



Overview of PSHE Oldbury Wells School 2025-2026

Year 7	Year 8	Year 9	Year 10	Year 11
Topic/Lesson plan/Resources	Topic/Lesson plan/Resources	Topic/Lesson plan/Resources	Topic/Lesson plan/Resources	Topic/Lesson plan/Resources
What is diversity?	Challenging gender stereotypes	Recognising and preventing discrimination	Challenging prejudice and discrimination	Understanding pornography
What makes a healthy relationship?	Understanding marriage	Family life: parenthood and caring	Healthy lifestyles: health services, self examination and vaccination	Navigating social influence and pressure
Coping with change: bereavement, divorce and separation	Spotting unhealthy and abusive relationships	Financial choices: budgeting, saving, debt	The impact of relationships	The impact of relationships

October Half Term				
What is mental health?	Mental health: talking about our emotions	Mental health: developing coping strategies	Social influences: young people and gangs	An introduction to body image
Social media and mental health	Self-esteem and confidence	Social influences: tackling peer pressure	Addictive substances: legal and illegal drugs	Recognising strengths in ourselves and others
Growing up: physical and mental changes	Sexuality and gender identity: an introduction	Practising safe sex	Understanding pregnancy: your choices	Understanding consent and intimacy: offline and online
Understanding menstruation	Consent: what is it and why is it essential?	Sex, relationships, and the media	Sexual health: choosing and accessing contraception	Sexual health: preventing and treating STIs

Christmas Holidays				
Recognising and preventing bullying	Overcoming conflict and finding forgiveness	Social influences: young people and gangs	Managing risk: unsafe and emergency situations	Financial choices: managing finances in the world of work
Smoking and vaping: risks and consequences	Managing risk: looking after your personal safety	Addictive substances: legal and illegal drugs	Planning and organising: revising effectively	Illegal drugs: risks, consequences, and support
Healthy lifestyles: maintaining a balanced diet	Gambling: the facts	Healthy lifestyles: health services, self examination and vaccination	What is a healthy lifestyle?	Managing our health: services and support
				Substance addiction: how to seek help

February Half Term				
Female genital mutilation (FGM): facts and risks	Addictive substances: alcohol	Healthy lifestyles: achieving balance	Health-related choices: blood, organ and stem cell donation	Reflecting on Mocks
			Reflecting on data capture	Planning revision
Media literacy: staying safe online	Healthy lifestyles: exercising for physical and mental wellbeing	Sex and consent online	Alcohol: risks, consequences, and safety	What are my employability skills?
How to revise 1	Revision strategies 1			
	Revision strategies 2	Revision strategies 1		

Easter Holidays				
	Reflecting on Data Captures	-	-	Revision strategies 1
Who am I?	What are my interests?	What are my skills?	Staying safe online: protecting your personal data	Revision strategies 2
Exploring possibilities: dream jobs	Job applications: superhero CVs	What comes after school: the main learning pathways	Reflecting on my career journey: past, present and future	What type of career is best for me?
How to revise 2			Practical session :Planning for Year 10 Exams	Post 16 – Choices, Choices

May Half Term				
Reflecting on data captures	-	-	Revision strategies 1	-
What is a career?	Challenges and rewards of work	Decision making: choosing what to study at KS4	Revision strategies 2	
What is an entrepreneur?	Creating the life you want: making a vision board	Taking control of your career journey	What type of career is best for me?	
		Revision strategies 2		
What is a work-life balance?	What does success mean to me?	Working and earning: managing your money	Preparing to go on work experience	-
Careers and the future	Careers and the climate	What is the labour market and why is it important?	Wellbeing in the workplace	-