

Queen's College, London: PSHE Curriculum 2026-27

	Michaelmas 1	Michaelmas 2	Lent 1	Lent 2	Summer 1	Summer 2
Class 3	Transition and safety: organisation; transitions; <u>personal safety</u> ; <u>online life</u> ; managing risk; <u>friendship</u> ; <u>bullying</u> ; <u>bystanders</u> .	Building relationships: <u>friendship challenges</u> ; <u>similarities</u> , <u>differences</u> , <u>peer influence</u> ; <u>media</u> and <u>body image</u> ; <u>healthy and unhealthy relationships</u> ; <u>managing conflict</u> ; <u>consent</u> .	Diversity: <u>identity</u> ; <u>diversity</u> ; <u>stereotypes</u> ; <u>protected characteristics</u> ; <u>cyberbullying</u> ; <u>upstanding</u> .	Health & puberty: puberty; menstrual wellbeing; feelings; healthy coping strategies; healthy living; vaping.	Developing skills: independent learning; active listening; spending and budgeting; getting a job; inflation; critical consumption.	Careers: dream jobs; what is a career?; entrepreneurship; work-life balance; the future.
Class 2	The Digital world: <u>online life</u> ; <u>digital tattoo</u> ; <u>online reputation</u> ; <u>the Online Safety Act</u> ; <u>influence</u> ; <u>the algorithm</u> ; <u>click and pay</u> ; <u>gaming</u> ; <u>social media</u> ; <u>online spending</u> .	Belonging & Community: <u>identity</u> and <u>community</u> ; <u>bias</u> and <u>stereotypes</u> ; <u>discrimination</u> ; <u>values</u> ; <u>diversity</u> ; <u>preventing gender-based violence</u> .	Identity & Relationships: <u>healthy relationships</u> ; <u>sexualised media</u> ; <u>safer online relationships</u> ; <u>sexual harassment</u> ; <u>image-sharing</u> ; <u>consent</u> .	Wellbeing: managing emotions; managing reactions; developing positive thinking patterns; managing rumination and worry; managing tension and stress.	Drugs, alcohol and tobacco: study skills, stress and revision; understanding drugs; tobacco and nicotine; alcohol and risk; food for thought.	Careers & finance: money – how to open a bank account, save, and manage debt; what are my interests; CVs; challenges and rewards of work; creating the life you want.
Class 1	Health & Wellbeing: being active; sleep; dental health; normal eating; menstrual wellbeing; vaping.	Careers: targets; what comes after school?; choosing what to study at KS4; taking control of your career; managing your money; the labour market.	Respectful relationships: <u>self-esteem</u> ; <u>changing relationships</u> ; <u>family roles</u> ; <u>conflict</u> ; <u>managing change, loss, and grief</u> ; <u>managing the ending of friendships</u> .	Intimate relationships: <u>choices around sex</u> ; <u>sex and the law</u> ; <u>healthy relationships</u> ; <u>contraception and STIs</u> ; <u>feelings about sharing nudes</u> ; <u>consent</u> ; <u>deepfakes</u> ; <u>FGM</u> , <u>virginity testing</u> , and <u>hymenoplasty</u> .	Influence & risk: exploring attitudes; <u>the law and managing risk</u> ; alcohol and cannabis; <u>managing influence</u> ; <u>coercive friendships</u> ; <u>serious and organised crime</u> ; <u>misogyny - harms and misconceptions</u> ; <u>misogyny - responding to it</u> .	Wellbeing for life: managing strong emotions; managing distractions; managing disappointments; unhealthy and healthy coping strategies.
1 Junior	New Challenges: learning skills; food for thought; physical activity; sleep.	Belonging & community: <u>friendship and bullying</u> ; <u>equality and discrimination</u> ; <u>valuing ourselves and valuing diversity</u> ; <u>understanding and preventing extremism</u> ; <u>gangs</u> ; <u>misogynistic attitudes</u> ; <u>safely challenging misogynistic beliefs</u> ; <u>belonging to ourselves</u> .	Exploring influence: <u>influence</u> , <u>pressure</u> and the teenage brain; <u>social media</u> and money; <u>social media and trust</u> ; drugs; <u>online financial harms</u> .	Healthy relationships: relating to others; <u>sexual relationships</u> ; <u>communication</u> ; <u>consent</u> ; <u>pornography</u> ; <u>pleasure</u> ; <u>pressure, persuasion, and coercion</u> ; <u>forced marriage</u> ; <u>relationship rights and responsibilities</u> .	Healthy relationships: <u>sexual health and contraception</u> ; <u>deepfakes</u> ; <u>nudes</u> ; <u>AI</u> .	Careers: exploring employer profiles; what career is best for me; work experience; wellbeing in the workplace.
11 Junior*	Wellbeing for life: mental health and wellbeing throughout life; managing distractions; changing thinking habits; seeking help and support; managing stress and tension; menstrual wellbeing; study skills, motivation, and time management.	Careers: post-16 choices; apprenticeships vs higher education.	Safe relationships & sexual health: <u>healthy and unhealthy relationships</u> ; <u>power and control</u> ; <u>setting boundaries and getting help</u> ; <u>relationship behaviours</u> ; <u>choices around sex and contraception</u> ; <u>sexual health</u> .	Families, fertility & pregnancy: <u>long term relationships</u> ; <u>parenting</u> ; <u>fertility and routes to parenthood</u> ; <u>pregnancy outcomes and choices</u> ; <u>managing change, loss and grief</u> .	Financial literacy: take home pay; budgeting, savings; investing; insurance.	Study Leave
1 Senior	Transition to A-level study: adapting to A-level study; study skills; growing independence; skills development.	Mental and physical health, well-being and safety (two-year programme) Understanding and taking responsibility for mental and physical health and well-being including healthy eating and exercise, emotions, lifestyle balance, screening, mental ill health, and risks and consequences of gambling, drugs and alcohol.	Life Skills: self defence; learning to drive; road and pedestrian safety.	Relationships and sex education (two-year programme) Gender and sexuality, abusive relationships and harassment, assertive communication and consent, equality, sexual health, reproductive rights, sexual well-being, menopause, and the influence of pornography.	Health and wellbeing: developing self-care; coping with exams and stress; food and mood; developing skills; goal setting for the future.	Planning ahead: UCAS workshops; personal reflection; understanding personal strengths and weaknesses.
11 Senior	Life beyond school: UCAS; interview skills; employability.		Money management: budgeting; saving; bank accounts; student finance; renting; insurance; fraud.	Developing independence: revision planning; study leave; exam wellbeing; end of school transitions.	Study Leave	

Health & wellbeing

Relationships & sex education

Living in the wider world

*Content taught to IJ will not necessarily follow the order above, as pupils will be taught in a carousel format.

Please refer to the PSHE and RSE policies for further details

Please note that this schedule may be adapted at short notice to respond to emerging issues within a particular form or year group