

EBS PSHEE Curriculum 2024/25

	Area	Year 7	Area	Year 8	Area	Year 9	Area	Year 10	Area	Year 11	Area	Year 12	Area	Year 13
Autumn Term 1	Welcome to Secondary/ Healthy Relationships	4 lessons	Emotions and the Body	3 Lessons:	Sex Ed	4 lessons	Healthy Relationships	4 lessons	Exam Help	4 lessons	Living in the Wider World	The Rule of Law	Relationships Education	Domestic Conflict
		Lesson 1: Connecting with your Teachers		Lesson 1: Overcoming limiting beliefs		Lesson 1: Sexting		Lesson 1: Sex & Substances		Lesson 1: Setting Goals		Democracy v Autocracy		Understanding Self-Harm
		Lesson 2: From strangers to friends		Lesson 2: Dealing with Worry		Lesson 2: Reproductive Health		Lesson 2: Recognising Signs of Coercive Control		Lesson 2: Exam Stress		Religious Freedom in the UK		Preventing Sexual Harassment and Gender-Based Violence
		Lesson 3: Building a sense of belonging		Lesson 3: Changing Emotions		Lesson 3: Sexually transmitted infections		Lesson 3: Different kinds of intimacy		Lesson 3: Organised and Efficient		Stereotypes and Prejudice		Building Empathy and Connection
		Lesson 4: A Letter of Appreciation	Lesson 4: The Changing Body	Lesson 4: Managing Unhealthy and Toxic Relationships	Lesson 4: Being Assertive	Lesson 4: Career Pathways								
Autumn Term 2	Emotional Wellbeing	3 Lessons:	Prejudice	4 Lessons:	The World I Live In	3 Lessons:	Healthy Lifestyle	3 Lessons:	Sex Ed	4 lessons	Health and Wellbeing	Caring For Your Mental Health	Living in the Wider World	Respecting Human Rights
		Lesson 1: Asking for Help		Lesson 1: Gender- based discrimination		Lesson 1: First Aid Beyond Emergencies		Lesson 1: Self Examination and Screening		Lesson 1: Pregnancy Choices		Exploring Emotional Intelligence		Substance Use & The Law
		Lesson 2: Combatting worry, stress and anxiety		Lesson 2: Racism		Lesson 2: Sharing Illegal Images		Lesson 2: Fertility and Pregnancy		Lesson 2: Sexual Violence and Abuse		Unlocking Mindful Awareness		Overcoming Mob Mentality
		Lesson 3: Controlling our emotions		Lesson 3: Homophobia		Lesson 3: Online Radicalisation		Lesson 3: Phone Addiction		Lesson 3: The distorted reality of Pornography		The Science of Flow		Criminal Exploitation
		Lesson 4: Mental Health Monitoring	Lesson 4: The Equality Act			Lesson 4: Differences Between Forced & Arranged Marriages								
Spring Term 1	Social Media	3 Lessons:	Societal Issues	3 Lessons:	Wellbeing	3 Lessons:	Diversity and Culture	3 Lessons:	Substance Abuse	3 Lessons:	Relationships & Sex Education	Attitudes Towards Sexualisation and Pornography	Health and Wellbeing	Catastrophising & Thinking Traps
		Lesson 1: Managing Privacy Online		Lesson 1: Knife Crime		Lesson 1: Saving Lives With First Aid		Lesson 1: Multicultural Society		Lesson 1: Alcohol dependence & excessive drinking		Consent & Coercion		Overcoming Worry in Your Final Years
		Lesson 2: Social media addiction		Lesson 2: Gaming Addictions		Lesson 2: Random Acts Of Kindness		Lesson 2: R.E.S.P.E.C.T		Lesson 2: Drugs		Examining Sexual Violence		Lifelong Growth Mindset
		Lesson 3: Tackling cyberbullying		Lesson 3: Protect Our Environment		Lesson 3: Assessing Your Mindset		Lesson 3: Respecting Difference		Lesson 3: Party drugs				
Spring Term 2	Substance Abuse	3 Lessons:	Health	3 Lessons:	Relationships	3 Lessons:	Thinking Patterns	3 Lessons:	Values	3 Lessons	Health and Wellbeing	Values in Action	Living in the Wider World	Safeguarding Democratic Systems
		Lesson 1: Alcohol and your health		Lesson 1: Oral Hygiene		Lesson 1: Put a ring on it		Lesson 1: Developing Emotional Awareness		Lesson 1: Prescription Medication Misuse		Build Agency and Find Purpose		Embracing Challenges & Discomfort
		Lesson 2: Smoking and Nicotine Addiction		Lesson 2: Healthy Living		Lesson 2: Relationships and their legal status		Lesson 2: Managing Stress		Lesson 2: Developing Positive Habits		Impulse Control		Ethical Dilemmas & Moral Reasoning
		Lesson 3: Vaping: A Global Dilemma		Lesson 3: Health and Hygiene		Lesson 3: The many forms of relationships		Lesson 3: Countering the Negativity Bias		Lesson 3: Discovering Your Life's Purpose				
Summer Term 1	The Mind and Body	3 Lessons:	Relationships	3 Lessons:	Gender	3 Lessons:	Sex Ed	3 Lessons:	Wellbeing	4 lessons	Exams			
		Lesson 1: Drug Laws in the UK		Lesson 1: Online Relationships		Lesson 1: Gender Norms and Expectations		Lesson 1: Understanding Sexual Consent		Lesson 1: Reframing Failure				
		Lesson 2: Healthy and Balanced Lifestyles		Lesson 2: Understanding Consent		Lesson 2: Discrimination and the Equality Act		Lesson 2: Safe and healthy sex		Lesson 2: Joy in the Present Moment				
		Lesson 3: Body Changes During Puberty		Lesson 3: Power Dynamics and Consent		Lesson 3: Positive Parenting		Lesson 3: Contraceptive Considerations		Lesson 3: Belonging				
Summer Term 2	Sex Ed/ Relationships	3 Lessons:	The World We Live In	4 lessons:	Health	4 lessons	The Law	4 lessons	Exams					
		Lesson 1: Safe and Healthy Relationships		Lesson 1: Organ Donation		Lesson 1: Sleep, Exercise, and Diet		Lesson 1: Understanding Democracy						
		Lesson 2: Healthy vs Unhealthy relationships		Lesson 2: Against Bullying		Lesson 2: Phones and Sleep		Lesson 2: Fake news and misinformation						
		Lesson 3: Sexual Consent		Lesson 3: Ageism and Ableism		Lesson 3: Understanding Vaccinations and Immunisation		Lesson 3: Striving for equality						
				Lesson 4: Harassment	Lesson 4: Understanding Eating Disorders	Lesson 4: Democracy v Autocracy								