



Key Stages 3 – 5

PSHE Curriculum

2026-27

 Relationships and Sex Education (**#RSE**)
 Staying Safe On and Offline (**#SSO**)

 Health and Wellbeing (**#H&W**)
 Rights and British Values (**#RBV**)

 Celebrating Diversity and Equality (**#CDE**)
 Life Beyond School (**#LBS**)

 Citizenship (**#Citizenship**)

Key Stage 3: PSHE 2026-27

	AUTUMN (14 weeks / 7 lessons)		SPRING (12 weeks / 6 lessons)		SUMMER (12 weeks / 6 lessons)		
7	PSHE	Exploring Stereotypes <ul style="list-style-type: none">What are British Values and what is meant by our ‘identity’?What are stereotypes?Prejudice and discriminationEquality Act – what are your rights?	Exploring social issues <ul style="list-style-type: none">Why do people get involved in crime (inc. knife crime)?What is meant by gang culture and how do people get drawn into gangs?How can you stay safe in an increasingly online world?	Puberty <ul style="list-style-type: none">How our bodies change in puberty.Puberty in boys and girls.Importance of personal hygiene	Relationships <ul style="list-style-type: none">How does puberty impact relationships?Dealing with peer pressure.Teenage survival guide to puberty	Looking after our health and wellbeing <ul style="list-style-type: none">What keeps us healthy diet and exerciseWhat keeps us healthy relaxation and sleep	Looking after our health and wellbeing <ul style="list-style-type: none">How do energy drinks and caffeine affect the body?What is vaping and what does the science say?
		#CDE #RBV	#CDE #RBV #SSO #Citizenship	#H&W #RSE	#RSE	#H&W	#H&W #SSO
	TUTORIAL	Friendship and the Bishop Way <ul style="list-style-type: none">What makes a good friend?Types of bullyingManaging friendships and peer pressureStaying positive	Community and the Bishop Way <ul style="list-style-type: none">What is a community and the Bishop community?What is democracy in school and in our country?Have your say – our community*	Democracy in the UK <ul style="list-style-type: none">What are general elections and how do they work?What is Parliament?What do political parties do?	Democracy in the UK <ul style="list-style-type: none">Creating a political partyPresenting party manifestosElecting a political party	Careers <ul style="list-style-type: none">Transition points in your lifeCareers and your futureFinancial Education	Proud to be me <ul style="list-style-type: none">Celebrating our achievementsManaging challengesThe future and preparing for Year 8
		#RSE	#CDE #RBV #Citizenship	#RBV #Citizenship	#RBV #Citizenship	#LBS #Citizenship	#H&W #RSE #LBS
8	PSHE	Crime <ul style="list-style-type: none">British Values: why do young people commit crime?What is the law and why is it important?The role of the police in society	Justice <ul style="list-style-type: none">The criminal justice system and how it worksYou be the judgeReform v Punishment debate	Relationships <ul style="list-style-type: none">Healthy relationships, marriage & love.Managing conflictPrejudice and discrimination in relationships	Our lives online <ul style="list-style-type: none">Cyber bullyingOnline grooming / Grooming childrenSocial Media – benefits and disadvantages (link validation, safety, distorted reality etc)	Staying Safe <ul style="list-style-type: none">County LinesChild Exploitation and county lines	Looking after ourselves <ul style="list-style-type: none">How does alcohol impact the body?Healthy eatingBody image
		#RBV #LBS #Citizenship	#RBV #LBS #Citizenship	#RSE #CDE #RBV	#SSO #RBV	#RSE #H&W #SSO	#H&W
	TUTORIAL	Exploring prejudice <ul style="list-style-type: none">Ableism and disabilityWhat is racism?Hate crime in the UK.	Exploring prejudice and democracy <ul style="list-style-type: none">What are pressure groups and social movements?Creating a pressure groupPresenting pressure group campaigns	Northamptonshire County Schools Challenge	Northamptonshire County Schools Challenge	Careers: World of Work <ul style="list-style-type: none">Exploring careers - TACTWDLabour marketsPreparing for the Scillies – team work, resilience and independence	Proud to be me <ul style="list-style-type: none">Celebrating our achievementsManaging challengesThe future and preparing for Year 9
		#CDE #RBV #Citizenship	#CDE #RBV #Citizenship	#SSO #RBV #LBS	#SSO #RBV #LBS	#LBS	#H&W #RSE #LBS
9	PSHE	Addiction and the psychology of addiction <ul style="list-style-type: none">Types of addiction and the psychology of addictionCan we be addicted to technology?How are drugs classified?	Staying Safe <ul style="list-style-type: none">What are stimulant drugs and how can they affect the body?What are depressant drugs and how can they affect the body?Debate: should cannabis be legalised?	Sex Education <ul style="list-style-type: none">Law and consentSex and delaying sexual activityHarmful behaviours (language, sexual harassment, child—produced images, stalking)	Sex Education <ul style="list-style-type: none">Contraception including condom demonstrationSexually transmitted infectionsFGM and the law	Teenagers Guide to Relationships <ul style="list-style-type: none">Consolidation of RSE topicsCreate a guide for future students that highlights healthy relationships, how to identify unhealthy relationships.Signposting ways to get help and advice	Looking after ourselves <ul style="list-style-type: none">Dealing with pressureDealing with loss/griefDealing with divorce
		#SSO #H&W	#SSO #H&W	#RSE #CDE	#RSE #CDE	#H&W #RSE #CDE	#H&W #RSE
	TUTORIAL	Society under threat <ul style="list-style-type: none">What is terrorism and counterterrorism?What is extremism and radicalisation and how do people become radicalised?What is antisemitism?Modern Day slavery	Our rights <ul style="list-style-type: none">Human Rights ActEquality & Protected characteristicsDebate: How well does the UK promote equality?	Northamptonshire County Schools Challenge	Northamptonshire County Schools Challenge.	Careers: Employment and Money <ul style="list-style-type: none">What are taxes?Employment and financial managementSaving and managing money	Proud to be me <ul style="list-style-type: none">Celebrating our achievementsManaging challengesThe future and preparing for Year KS4
		#RBV #SSO #Citizenship	#RBV #CDE #Citizenship	#SSO #RBV #LBS	#SSO #RBV #LBS	#LBS #Citizenship	#H&W #RSE #LBS

Key Stage 4: PSHE 2026-27

	AUTUMN (14 weeks / 7 lessons)			SPRING (12 weeks / 6 lessons)		SUMMER (12 weeks / 6 lessons)	
10	PSHE	Media <ul style="list-style-type: none"> Social life v Real Life Social Media Validation Online Reputations Staying safe from scams 	You and your rights <ul style="list-style-type: none"> Rights v Responsibilities Your Employment Rights (including types of employment) Consumer rights 	Staying safe in relationships <ul style="list-style-type: none"> Respect in relationships (inc. misogyny, historical attitudes etc) Child-on-child abuse (inc. bullying, images, social media, sexting) Relationships and Sexual abuse 	Staying safe in relationships <ul style="list-style-type: none"> Domestic Abuse Honour-based violence (including FGM) Forced marriage 	Law & British Values <ul style="list-style-type: none"> Causes of Knife Crime (Respect for the rule of law) Modern Day Slavery (Individual Liberty) LGBTQ+ Rights in the UK and across the world (Tolerance) 	Careers <ul style="list-style-type: none"> What are my post 16 options? Discovering and researching future pathways What are apprenticeships?
		#RSE #SSO	#RBV #Citizenship	#RSE #H&W	#RSE #H&W	#RBV #Citizenship	#LBS #Citizenship
11	PSHE	Media <ul style="list-style-type: none"> Representation in the media and body image Representation of drug culture Sexualisation and the media Pornography 	Careers – life at 16 and beyond <ul style="list-style-type: none"> CV writing Personal statements Interviews <i>Needs to include Local labour market information</i>	Sexual Health <ul style="list-style-type: none"> Teenage pregnancy, contraception revisited, STIs Abortion – law, morals and ethics Checking health – testicles, prostate, breasts, cervical and ovarian cancers 	Emotional health & Wellbeing <ul style="list-style-type: none"> Exam Stress and preparation Time management Promoting Emotional Wellbeing & mental health 	Exam Stress and preparation Time management	
						STUDY LEAVE / EXAM PERIOD	STUDY LEAVE / EXAM PERIOD
		#RSE #SSO	#LBS #Citizenship	#RSE #H&W	#H&W #Citizenship		

Key Stage 5: Life and Ethics 2026-27

	AUTUMN (14 weeks / 7 lessons)			SPRING (12 weeks / 6 lessons)		SUMMER (12 weeks / 6 lessons)	
12	PSHE	Artificial Intelligence <ul style="list-style-type: none">What if Artificial Super Intelligence (ASI) goes beyond our control?What if AI is granted personhood?What if driverless cars had to make a moral decision?	My Rights and Responsibilities <ul style="list-style-type: none">Understanding cultural identityDemocracyResponsibility online	My Rights and Responsibilities <ul style="list-style-type: none">Working and earningProtecting your financesTenancy Rights	Sexual Health <ul style="list-style-type: none">Why consent mattersPregnancy and parenthoodSexual HealthRespectful Relationships	Responsibility <ul style="list-style-type: none">What if evil is banal?What if nobody knew it was you?What if you had to break the law to stop injustice?	Life Beyond School <ul style="list-style-type: none">Staying safe: transport and travelStaying safe: recreational drugsStaying safe: alcohol and binge drinking
			#CDE #RBV #Citizenship	#LBS #Citizenship	#SSO #H&W #RSE #CDE		#H&W #LBS
13	PSHE	Medical Ethics <ul style="list-style-type: none">CloningAssisted SuicideDesigner babies	Managing pressure <ul style="list-style-type: none">Exam pressureConstructive CriticismDangerous situations	Relationships and responsibility <ul style="list-style-type: none">StressRespect and relationships	Life Beyond School <ul style="list-style-type: none">Dealing with emergency situationsLeaving home	STUDY LEAVE / EXAM PERIOD	STUDY LEAVE / EXAM PERIOD
			#H&W#LBS #SSO	#LBS #Citizenship#RBV#RSE	#LBS #RBV #Citizenship#H&W		

>Something More?

Curriculums at BSS are designed to nurture not only intellectual and physical development but also the spiritual growth of students. This will be through:

Encouraging students to reflect on their experiences, beliefs and purpose and to contemplate the big Questions of Who am I? Why am I here? What is my purpose?
Highlighting extraordinary people, events, and discoveries that inspire awe or investigating how a sense of awe has led to **breakthroughs and creativity**.
Using art, music, literature, and nature to inspire awe, wonder, and spiritual insight.
Encouraging creative expression to connect with the inner self and the transcendent.
Fostering a sense of belonging and interconnectedness with others, nature, and the universe.
Encouraging self-awareness, emotional intelligence, and moral reasoning.
Promoting open-ended investigations rather than just seeking right answers.
Using hands-on activities, field trips and experiments to immerse students in learning and evoke wonder.

How does our curriculum do >Something More?

PSHE

1. Fostering a Sense of Belonging and Interconnectedness with Others, Nature, and the Universe

The curriculum powerfully explores human connectedness, democratic participation, and shared values through relationships education, exploring personal identity, and learning about the dangers of stereotypes, prejudice and discrimination. Considering what community is and means and what roles we have to play within our different communities.
Encourages reflection on how people connect to causes bigger than themselves—climate justice, LGBTQ+ rights, civil and equal rights.

2. Using Hands-On Activities, Field Trips, and Experiments to Immerse Students in Learning and Evoke Wonder

County Challenge: competing in the police and fire commissioners county challenge to consider relevant issues facing young people in the county and to devise practical ways to provide help and support.
Creative and reflective tasks during Mental Health Awareness Week, Anti-Bullying Week etc, practical tasks that are shared with the wider school community to encourage us to think and feel more widely and to open our minds to new ideas.
Using practical equipment and demonstrations to enable young people to see real life application. Using Multiple Agencies to deliver workshops to year groups to allow them insight into real life situations.
Visiting Alumni students demonstrating career pathways and provide aspiration for the future.

3. Highlighting Extraordinary People, Events, and Discoveries That Inspire Awe or Show How Awe Leads to Breakthroughs and Creativity

Look at key legislation such as Equal Rights Act, Human Rights Act – how it relates to British Values and our own school core values.

Martin Luther King – using his ‘I have a dream’ speech to allow students the opportunity to consider their dreams and aspirations for the future

Using up to date current affairs that are international, national and local to find stories, events and relevant people to help highlight the key themes that we follow in PSHE.

Exploring technological development to consider the positive impact that the digital world can bring as well as educate and raise awareness of the dangers.