

PSHE RSE 2025-2026
Unifrog and Ten:Ten

Religious Understanding (Delivered in RE lessons)	Diversity and anti-racism	Sexual health, sexuality and gender	Wellbeing and Mental Health	Relationships, family, and friends	Life skills	Physical health	Online safety
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		Year 7		Year 8		Year 9		Year 10		Year 11		Year 12		Year 13				
Delivered by the RE DEPT WC:		Who Am I?		Created and Chosen		The Search for Love		Authentic Freedom		Self Worth		Common Room		Bakhtin's Prayer				
		10:10	60m	10:10	60m	10:10	60m	10:10	60m	10:10	60m	10:10	60m	10:10	60m			
Tutor Time				Challenging gender stereotypes				Challenging prejudice and discrimination		Know your rights: the Equality Act 2010				Staying safe: recognising harassment and abuse		Understanding inclusion		
				15m				15m		15m				15m		15m		
15.09.25 P1		What is Diversity?		Appreciating Differences		Recognising and Preventing Discrimination		Self Image		Managing Our Health: Services and Support				Understanding cultural identity and cultural competency		Intersectionality... marginalisation, and privilege		
			60m	10:10	60m		60m	10:10			60m			60m		60m		
30.09.25 P1		Changing Bodies		Feelings		Love People, Use Things		Beliefs, Values and Attitudes		Addiction				Making choices about pregnancy and parenthood		Consent matters		
		10:10	60m	10:10	60m	10:10	60m	10:10		10:10	60m			60m		60m		
30.09.25 P1		Understanding menstruation		Consent: what is it and why is it essential?		In Control of my Choices		Parenthood		Illegal drugs: risks, consequences, and support				Making choices about your sexual health		VI Form Content		
			60m		60m	10:10	60m	10:10	60m		60m			60m				
08.10.25 P1		Where Do We Come From?		Before I Was Born		Fertility and Contraception		Pregnancy and Abortion		Eating Disorders				60m				
		10:10	60m	10:10	60m	10:10	60m	10:10	60m	10:10								
23.10.25 P1		What is mental health?		Mental health: talking about our emotions		Mental health: developing coping strategies		An introduction to body image		Mental health: revisited				Body enhancement		Mental health: accessing support		
			60m		60m		60m		60m		60m			60m		15m	60m	
10.11.25 P1		Social media and mental health		Self-esteem and confidence		Commitment and Marriage		Recognising strengths in ourselves and others		Birth Control				Acknowledging skills and assets		VI Form Content		
			60m		60m	10:10	60m		60m	10:10	60m			15m	60m			
25.11.25 P1		What makes a healthy relationship?		Tough Relationships		Social influences: tackling peer pressure		Abuse		Mocks				Respectful relationships: trust and intimacy		Respectful relationships: meeting new people		
			60m		60m		60m	10:10								60m		
10.12.25 P1		Family and Friends		Overcoming conflict and finding forgiveness		Relationships and conflict		Managing risk: unsafe and emergency situations		Mocks				Respectful relationships: ending relationships		Respectful relationships: values and differences		
		10:10	60m		60m		60m		60m							60m		60m
15.01.26 P1		Coping with change, bereavement, divorce and separation		Think Before You Share		Family life: parenthood and caring		Planning and organising: revising effectively		Pornography				VI Form Content		Understanding forced marriage		
			60m	10:10	60m		60m		60m	10:10	60m					15m		
26.01.26 P1		My Life on Screen		Media literacy: interpreting information online		What is good communication?		What is a healthy lifestyle?		STIs				Understanding online misinformation		VI Form Content		
		10:10	60m		60m		60m		60m	10:10	60m			60m				
10.02.26 P1		Media literacy: staying safe online		Managing risk: looking after your personal safety		Financial choices: budgeting, saving, debt		Health-related choices: blood, organ and stem cell donation		Coercive Control				Staying safe: exiting aggressive social situations		Financial choices: working and earning		
			60m		60m	15m	60m		60m	10:10	60m			60m		60m		
04.03.26 P1		Recognising and preventing bullying		Gambling: the facts		Social influences: young people and gangs		Health-related choices: aesthetic procedures		Mocks				Staying safe: protecting your finances		Staying safe: transport and travel		
		15m	60m	15m		15m			60m									60m
19.03.26 P1		Smoking and vaping: risks and consequences		Developing your leadership skills		Understanding Consent		Alcohol: risks, consequences, and safety		Mocks				Staying safe: dangerous and emergency situations		The role of constructive criticism		
			60m		60m	10:10	60m		60m							60m		60m
16.04.26 P1		Healthy lifestyles: maintaining a balanced diet		Addictive substances: alcohol		Addictive substances: legal and illegal drugs		Staying safe online: protecting your personal data		Taking others' perspectives				Staying safe: alcohol and binge-drinking		Staying safe: recreational drugs		
			60m		60m		60m		60m		60m			60m		60m		
29.04.26 P1		Online safety		Healthy lifestyles: exercising for physical and mental wellbeing		Healthy lifestyles: health services, self examination and vaccination		Mocks		Gambling: risks, consequences, and safety				Staying safe: setting boundaries online		Leaving home: building a healthy lifestyle		
					60m		60m				60m						60m	
12.05.26 P1		Female genital mutilation (FGM): facts and risks		Healthy lifestyles: exercising for physical and mental wellbeing - Cont		Healthy lifestyles: achieving balance		Mocks		Financial choices: managing finances in the world of work				VI Form Content		VI Form Content		
		15m			60m		60m				60m							
8.06.26 P1		Female genital mutilation (FGM): facts and risks - Cont		Healthy lifestyles: exercising for physical and mental wellbeing - Cont		Human Rights and Wromas				Managing our health: services and support								
						10:10	60m				60m							