THE ORANGE TREE SCHOOL
PSHE Learning Journey
Year 7 2026- 2027

CRE8TIVE RESOURCES

SKILLS DEVELOPED — TEAMWORK & LEADERSHIP | PUBLIC SPEAKING | PROBLEM SOLVING | CREATIVITY & INNOVATION | DECISION MAKING | RESILIENCE & STAYING POSITIVE | PLANNING & ORGANISATION — **SKILLS DEVELOPED**

YEAR 8

YEAR 7 — POLITICS & PARLIAMENT

CITIZENSHIP

BRITISH VALUES

CORE THEME 1

- Why is Politics Important?
- How is our Country Run?
- The Role of the Prime Minister
- The Monarchy and King Charles III

YEAR 7 — CELEBRATING DIFFERENCES

CITIZENSHIP

PSHE

BRITISH VALUES

CORE THEME 2

- What is your Identity?
- Multicultural Britain
- Importance of Being Kind
- Breaking Down Stereotypes
- Learning Disabilities
- Prejudice and Discrimination
- Challenging Islamophobia and Antisemitism

YEAR 7 — STAYING SAFE ONLINE & OFFLINE

STATUTORY HEALTH & RSE

DRUGS EDUCATION

CORE THEME 4

- Staying Safe Online
- Online Gaming, Grooming and Addiction
- Avoiding Gangs & Criminal Behaviour
- Alcohol and Risk
- Energy Drinks and Caffeine
- Nicotine and Smoking
- E-Cigs, Vaping and Shisha
- Knife Crime and Safety

YEAR 7 — FRIENDS, RESPECT & RELATIONSHIPS

STATUTORY HEALTH & RSE

PSHE

CORE THEME 3

- Consent and Boundaries
- Respect and Relationships
- What Makes a Good Friend
- Friendships & Online Relationships
- What is Loneliness?
- Pressure, Influence and Friends
- What Does it Mean to be a Man in Today?

YEAR 7 — PUBERTY & BODY DEVELOPMENT

STATUTORY HEALTH

PSHE

WELLBEING

CORE THEME 5

- Introduction to Puberty
- Girls Puberty & Periods
- Boys Puberty
- Personal Hygiene
- Self-Esteem
- Tooth Decay & Dental Health
- Is it bullying or banter?

YEAR 7 — MANAGING CHANGE

GATSBY BENCHMARKS - CAREERS -

FINANCIAL EDUCATION

SMSC & CAREERS

CORE THEME 6

- What is PSHE?
- Getting to Know People
- What is a community?
- Careers and Your Future
- Sleep and Relaxation
- Financial Education

WELCOME

RSE COMPLIANT

HEALTH COMPLIANT

GATSBY BENCHMARKS

SPIRAL THEMATIC APPROACH

1) Rights, Responsibilities & British Values
2) Celebrating Diversity & Equality
3) Relationships and Sex Education
4) Staying Safe Online and Offline
5) Health and Wellbeing
6) Life Beyond School

OrangeTree School

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YEAR 9

YEAR 8 — POLITICS & PARLIAMENT

CITIZENSHIP

BRITISH VALUES

CORE THEME 1

- Desert Island - Living
- Desert Island - Building a Community
- Desert Island - Criminals, Law & Society
- How are Laws Made
- Prison, Reform and Punishment

YEAR 8 — EQUALITY & DIVERSITY EXPLORED

CORE THEME 2

CITIZENSHIP

PSHE

EQUALITY

- Equality Act 2010
- Removing the Barriers Equality for all
- LGBTQ+ What is it
- LGBTQ+ Rights Across the World
- Gender Equality
- Ableism and Disability Discrimination
- Racism & Discrimination in Society
- Respect: Why women deserve it

YEAR 8 — DANGEROUS SOCIETY ONLINE & OFFLINE

CORE THEME 4

STATUTORY HEALTH & RSE

DRUGS EDUCATION

GANGS

- County Lines - What is it ?Who is at Risk?
- Substance Misuse
- Why is Vaping become so popular with young people
- The dangers of Vaping
- Cyberbullying
- Online Grooming
- Alcohol Safety
- Child Exploitation & Online Protection

YEAR 8 — IDENTITY, RELATIONSHIPS & SEX EDUCATION

CORE THEME 3

STATUTORY HEALTH & RSE

PSHE

- What is Love and Self Love
- Healthy Respectful Relationships
- Dealing with Conflict
- Periods and Menstrual Cycle
- Menstrual and Gynaecological Health
- Introduction to Contraception
- Sexual Orientation
- What is a GP and Role of a local Doctor
- What is Antimicrobial Resistance?

YEAR 8 — PHYSICAL HEALTH & MENTAL WELLBEING

CORE THEME 5

STATUTORY HEALTH

PSHE

WELLBEING

- What is Mental Health?
- Stress Management
- Types of Bullying
- Is it bullying or banter?
- Positive Body Image
- Child Abuse
- Healthy Eating and Cholesterol

YEAR 8 — PROUD TO BE ME!

CORE THEME 6

GATSBY BENCHMARKS - CAREERS -

SMSC

CAREERS

- Proud to be me
- The Importance of Happiness
- What Makes Me Angry
- Self Esteem and the Media
- Careers and Aspirations
- Exploring Careers

WELCOME

RSE COMPLIANT

HEALTH COMPLIANT

GATSBY BENCHMARKS

SPIRAL THEMATIC APPROACH

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Year 9 2026-2027

CRE8TIVE RESOURCES

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YEAR 10

YEAR 9 — COMBATTING EXTREMISM & TERRORISM

- Conspiracy Theories and Extremist Narratives
- Forms of Extremism
- What is Terrorism
- How does counter terrorism work
- Antisemitism
- War and Conflict

CITIZENSHIP | PREVENT | CORE THEME 1

YEAR 9 — CONTRACEPTION & STIS

- What are STIs
- Treating STIs and the Clinic
- Contraception Explored
- Contraception Condoms
- HIV and AIDS
- HIV and AIDS Prejudice and Discrimination
- Sexual Harassment and Stalking
- What is Sextortion?

STATUTORY HEALTH & RSE | PSHE | CORE THEME 3

YEAR 9 — LEGAL & ILLEGAL DRUGS STAYING SAFE

- What is a Drug
- Different Types of Addictions
- Cannabis Products
- Drugs Classifications
- Party Drugs & Illegal Drugs
- Illegal online behaviours including drug and knife supply
- Personal Safety Around Water

STATUTORY HEALTH | DRUGS EDUCATION | CORE THEME 4

YEAR 9 — SEX, THE LAW & CONSENT

- Sexual Consent and the Law
- FGM and the Law
- Relationships and Partners
- Domestic Abuse and Domestic Violence
- Why have Sex
- Delaying Sexual Activity
- Dangers of Virginity testing and hymenoplasty

STATUTORY HEALTH & RSE | PSHE | CORE THEME 3

YEAR 9 — BODY CONFIDENCE

- How Self-Esteem Changes
- What is a Penis?
- What is a Vulva?
- Bullying in all its forms
- Dealing with Grief and Loss
- Media and Airbrushing
- Cancer Prevention and Healthy Lifestyles

STATUTORY HEALTH | PSHE | WELLBEING | CORE THEME 5

YEAR 9 — ESSENTIAL LIFE SKILLS

- From Failure to Success
- Assertiveness
- First Aid
- Saving and Managing Money
- Finance, Budgeting and Employment
- Social Media & Online Stress

GATSBY BENCHMARKS - CAREERS - | FINANCE | ENTERPRISE & CAREERS | CORE THEME 6

WELCOME

RSE COMPLIANT

HEALTH COMPLIANT

GATSBY BENCHMARKS

SPIRAL THEMATIC APPROACH

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Year 10 2026-2027

CRE8TIVE RESOURCES

SKILLS DEVELOPED — TEAMWORK & LEADERSHIP | PUBLIC SPEAKING | PROBLEM SOLVING | CREATIVITY & INNOVATION | DECISION MAKING | RESILIENCE & STAYING POSITIVE | PLANNING & ORGANISATION — **SKILLS DEVELOPED**

YEAR 11

YEAR 10 — EXPLORING BRITISH VALUES (CORE THEME 1)

- Critical Thinking & Fake News
- Hate Crime in the UK
- British Values and Identity
- Mutual Respect & Tolerance
- Honour Based Violence
- Forced Marriages and Breast Ironing

YEAR 10 — VIOLENCE, CRIMES & SEEKING SAFETY (CORE THEME 4)

YEAR 10 — SEXUAL HEALTH CONTRACEPTION & STIS (CORE THEME 3)

STATUTORY HEALTH & RSE — PSHE

- What are STIs
- Treating STIs and the Clinic
- Contraception Explored
- Contraception Condoms
- HIV and AIDS
- Porn and its Impact on Society
- Online Pornography (Myths vs Reality)

YEAR 10 — LEGAL & ILLEGAL DRUGS STAYING SAFE (CORE THEME 4)

STATUTORY HEALTH — DRUGS EDUCATION

- What is a Drug
- Different Types of Addictions
- Cannabis Products
- Drugs Classifications
- Party Drugs & Illegal Drugs
- Online Gaming & Gambling
- Keeping Your Data Safe
- Personal Safety In public Spaces
- Personal Safety in Unfamiliar social or Work

YEAR 10 — EXPLORING RELATIONSHIPS SEX, THE LAW & CONSENT (CORE THEME 3)

STATUTORY HEALTH & RSE — PSHE

- Sexual Consent and the Law
- FGM and the Law
- Dangers of Virginity testing and hymenoplasty
- Relationships and Partners
- Domestic Abuse and Domestic Violence
- Why have Sex
- Delaying Sexual Activity
- Sexual Harassment and Stalking

YEAR 10 — MENTAL HEALTH & WELLBEING (CORE THEME 5)

STATUTORY HEALTH — PSHE — WELLBEING

- Child Sexual Abuse
- Screen Time
- Deepfakes
- Mental Health Illnesses
- Self-Harm
- Suicidal (Thoughts and Feelings)
- Promoting Emotional Wellbeing
- Unhealthy Weight Gain & Risks

YEAR 10 — RIGHTS AND RESPONSIBILITIES (CORE THEME 6)

Life Beyond School — FINANCIAL EDUCATION — CITIZENSHIP

- Insta and TikTok Generation
- Targeted Advertising and Your Data
- What is Marriage, Cohabitation & Civil Partnerships
- Rights and Responsibilities
- Role of Pharmacists
- Exploring the Local Healthcare System
- Employment Rights
- Consumer Rights
- Exploring a Paycheck

WELCOME

RSE COMPLIANT

HEALTH COMPLIANT

GATSBY BENCHMARKS

SPIRAL THEMATIC APPROACH

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YEAR 12

YEAR 11

SUMMER EXAM SEASON

YEAR 11

LEAVING - YEAR 11 -

REVISION

FINAL EXAMS

British Values and Identity
Mutual Respect & Tolerance
Forms of Extremism
What is Terrorism
Hate Crime in the UK

EXPLORING BRITISH VALUES

CORE THEME 1

Party Drugs & Illegal Drugs
Cannabis Products
Virtual Reality and Live Streaming
Online Reputation and Digital Footprints
Honour Based Violence
Forced Marriage and Breast Ironing

STAYING SAFE

CORE THEME 4

YEAR 11

STATUTORY HEALTH

PSHE

WELLBEING

ADULT HEALTH & LOOKING AFTER YOURSELF

CORE THEME 5

Parenthood for Teenagers
Abortion Laws, Morals and Ethics
Teenage Pregnancy Choices
Healthy behaviours before during and after Pregnancy
Personal Safety in Unfamiliar social or Work Settings
Personal Safety In public Spaces and Water

Cancer Prevention and Healthy Lifestyles
Testicular and Prostate Cancer
Breast Cancer, Cervical Cancer & Screening
Promoting Emotional Wellbeing
Domestic Abuse and Domestic Violence
Love and Abuse

Respect, Love and Relationships
Unhealthy Relationships, Sexual Assault and Rape
Ending Relationships
Pleasure and Delaying Sexual Activity
Revisiting STIs and Contraception
Importance of Sexual Health
Online Pornography (Myths vs Reality)
What is AI Generated Sexual imagery

What is Sextortion?
Deepfakes
Sexting, Nudes and Dick Pics
Alcohol, Parties and Bad Choices

SEXUAL HEALTH, RISK & RELATIONSHIPS

CORE THEME 3

YEAR 11

YOUR FUTURE AND BEYOND

CORE THEME 6

Post 16 Options
Role of Pharmacists
Exploring the Local Healthcare System
Social Media Vs Real Life
Screen Addiction and Studying
Targeted Advertising and Your Data

Marriage, Cohabitation & Civil Partnerships
Exploring a Paycheck
Employment Rights
CV Writing
Writing a Personal Statement

WELCOME

RSE COMPLIANT

HEALTH COMPLIANT

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SPIRAL THEMATIC APPROACH

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YEAR 13

SUMMER EXAM SEASON

LEAVING - YEAR 11 -

REVISION

FINAL EXAMS

YEAR 12

1. Getting Home Safely
2. Going Abroad and Safety
3. The Importance of Basic First Aid
4. The Police, Organised Crimes & Gangs
5. Alcohol & Being Assertive
6. Drugs, Alcohol and Work
7. Decisions, Drink Spiking & Drink Drivers

STAYING SAFE, ONLINE & OFFLINE

Risk, Personal Safety & Drugs

RELATIONSHIPS AND SEX EDUCATION

Relationship, Values & Consent

1. Types of Relationships
2. Relationship Values
3. Prejudice & Discrimination
4. Consent, Sexual Norms & Expectations
5. Consent Around the World
6. Police Investigating Sexual Assaults
7. Violence Against Women

YEAR 12

1 Managing Online Safety & Privacy
2. Online Reputation
3. Importance of Networking & LinkedIn
4. Media Literacy & Digital Resilience
5. Critical Media Literacy Skills
6. Photoshop, Airbrushing & Fake News
7. Extremism & Radicalisation

RIGHTS, RESPONSIBILITIES & BRITISH VALUES

MEDIA LITERACY & DIGITAL RESILIENCE

HEALTH AND WELLBEING

HEALTHY LIFESTYLES & MENTAL HEALTH

1. Cancer & Getting Checked
2. Vaccines and Immunisation
3. Recognising Illnesses
4. A Healthy Diet on a Budget
5. Balancing Work & Life
6. Supporting Others
7. Maintaining Positive Mental Health

YEAR 12

1. Gaslighting & Emotional Abuse
2. Coercion and Controlling Behaviour
4. Harassment & Stalking
6. De-Escalating Aggressive Situations
7. Culture and Diversity
3. Sharia Law and HBV

Bullying, Abuse & Discrimination

CELEBRATING DIVERSITY & EQUALITY

WELCOME

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