

PSHE Curriculum Overview

Albany Westbridge Academy

Curriculum Overview for PSHE		
CYCLE A: Autumn Term 1 & 2		
Subject Area	Relationships (families, respectful relationships and online safety and awareness)	Relationships (online safety and awareness) Health and wellbeing (Health protection and prevention and personal safety)
Taught Content Knowledge/ skills	• Expectations within PSHE lessons • Respect in relationships • Online influences • Forced marriage • Inequalities in relationships • How harmful online content affects wellbeing • AI chatbots	• Pornography • Extreme and exaggerated online viewpoints • Personal data online • Online credibility • Self-examination and health screening • Knife crime • Strategies to stay safe
Key Skills	• Relationship skills • Social awareness • Responsible decision-making • Self-awareness • Self-management	• Relationship skills • Social awareness • Responsible decision-making • Self-awareness • Self-management
CYCLE A: Spring Term 1 & 2		

PSHE Curriculum Overview

Albany Westbridge Academy

Subject Content	Life Skills (Careers) Relationships (being safe) Health and Wellbeing (mental wellbeing)	Health and Wellbeing (mental wellbeing and wellbeing online) Life Skills (financial literacy)
Core knowledge	• What a career is • Identify short-term and long-term goals • Pathways after KS4 • Labour Market Information • Exploitation • Stalking • Self-esteem	• How constructive feedback helps to improve • Gambling • Different types of employment • The purpose of tax and examining a payslip • Social media influence on body image • The risks of buying drugs online
Key Skills	• Relationship skills • Social awareness • Responsible decision-making • Self-awareness • Self-management	• Relationship skills • Social awareness • Responsible decision-making • Self-awareness • Self-management

CYCLE A: Summer Term 1 & 2		
Subject Content	Relationships (intimate and sexual relationships) Health and wellbeing (developing bodies and contraception and parenthood)	Relationships (being safe) Health and Wellbeing (drugs, alcohol, tobacco and vaping, physical health and fitness and healthy eating)

PSHE Curriculum Overview

Albany Westbridge Academy

		Life Skills (Financial literacy)
Core knowledge	• Hormones • Choices related to pregnancy • STIs and HIV/AIDs • Safe sex • The impact of alcohol and drugs on judgement • Contraception including hormonal contraception • boundaries	• Financial risks • Consumer rights • Legal and illegal drugs • Physical and physiological consequences of addiction • Blood, organ and stem cell donation • How alcohol affects the body
Key Skills	• Relationship skills • Social awareness • Responsible decision-making • Self-awareness • Self-management	• Relationship skills • Social awareness • Responsible decision-making • Self-awareness • Self-management

CYCLE B: Autumn Term 1 & 2		
Subject Area	Relationships (families and respectful relationships) Health and Wellbeing (mental wellbeing)	Relationships (online safety and awareness) Health and wellbeing (wellbeing online)
Core knowledge	• Family issues • Inequalities in relationships • Respecting and tolerating different beliefs	• Legal consequences of harmful and illegal online material • Misinformation and data misuse

PSHE Curriculum Overview

Albany Westbridge Academy

	• Self-esteem • Give and receive feedback • Co-occurrence of alcohol / drug use and poor mental health	• AI • Pornography reinforcing unhealthy stereotypes • Unrealistic portrayals of sex • Online radicalisation • Body image • Harmful online content, specifically depictions of self-harm, suicide or violence and the impact on mental health and wellbeing
Key Skills	• Relationship skills • Social awareness • Responsible decision-making • Self-awareness • Self-management	• Relationship skills • Social awareness • Responsible decision-making • Self-awareness • Self-management

CYCLE B: Spring Term 1 & 2		
Subject Content	Relationships (online safety and awareness and being safe) Life Skills (Careers) Health and Wellbeing (mental wellbeing)	Relationships (respectful relationships) Health and Wellbeing (physical health and fitness, healthy eating and drugs, alcohol, tobacco and vaping) Life Skills (financial literacy)

PSHE Curriculum Overview

Albany Westbridge Academy

Core knowledge	• Addressing harmful or extreme viewpoints • Personal goals • Personal statements • Influences on the labour market • Legal consequences of stalking • Abusive behaviour	• Incels • Risks of an inactive lifestyle • How to maintain a healthy, balanced diet • Link between drug and alcohol use and mental health • Harmful side effects of drugs • Long-term physical and psychological consequences of addiction • How employment contracts affect income, rights and financial security
Key Skills	• Relationship skills • Social awareness • Responsible decision-making • Self-awareness • Self-management	• Relationship skills • Social awareness • Responsible decision-making • Self-awareness • Self-management

CYCLE B: Summer Term 1 & 2		
Subject Content	Relationships (respectful relationships) Health and wellbeing (personal safety, developing bodies and contraception and parenthood)	Relationships (intimate and sexual relationships) Health and Wellbeing (personal safety and health protection and prevention) Life Skills (Financial literacy)
Core knowledge	• Knife-related linked to peer pressure	• Legal framework of pregnancy options • How HIV is transmitted and the role of PrEp and PEP

PSHE Curriculum Overview

Albany Westbridge Academy

	• Communication, stability and shared decision-making in healthy relationships • Stages of the menstrual cycle • Difference between contraceptive methods • Available options and support pathways for unplanned pregnancy • Responsibilities of parenthood	• Knife-crime in the community • Financial obligations • Safe and unsafe borrowing • Financial exploitation • Common early signs of physical illness
Key Skills	• Relationship skills • Social awareness • Responsible decision-making • Self-awareness • Self-management	• Relationship skills • Social awareness • Responsible decision-making • Self-awareness • Self-management