

# PSHE Curriculum Map – Respire



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Intro to PSHE - Pupil Voice. Shaping your course	Pros and cons of becoming an adult, age limit	Intimate romantic relationships, scenarios, sex perceptions, Are you ready for sex?, peer-on peer abuse	Relationships and consent, being ready for sex, coercion, sexual harassment, sexual violence	Alcohol Awareness - identify and assess risks associated with underage or irresponsible drinking	Transition Support Transition Visits
	Post 16 Options – what do I need to achieve to enter the role that interests me most?	Relationships and the law, marriage and alternatives, consent, advice on sexual health, coercive control, domestic abuse, 'honour based violence', peer-on peer abuse,	LGBT+, gender and sexuality spectrums	Hormonal health, puberty, hormones and fertility, female infertility, male infertility, protecting fertility, testicle checking, menstrual cycle, IVF	Self-care actions to support physical and mental wellbeing	
	Planning for the Future - How am I going to be successful on my journey	Equality Act, coercive control, domestic abuse, violence in relationships, teen dating violence, peer on-peer abuse	Perceptions of LGBT+, timeline, Do's and Don'ts of coming out	Contraceptives and sexual health, emergency contraception	The impact of social media on body image and identify techniques for minimising stress that may arise from negative body image.	
	<i>External Speaker</i> (Your Voice Matters)	Self-review, online law and safety, including pornography and gambling, misuse of mobile phones, sexting, peer-on-peer abus	Balance of power in relationships, case studies, peer-on-peer abuse	Pregnancy and choice, what is a pregnancy?, Knowing if you are pregnant, keeping a baby, abortion, adoption.	Loneliness and Connections. The importance of taking part. Can technology help us reach our goals?	
	CV Writing Capturing our skills in a skills-focused CV	Being an adult, keeping safe, emergency situations, advice and support, first aid scenarios	My body my choice, breast ironing and FGM, 'honour based violence', forced marriage, law, LGBT+ hate crime	Mutual respect in intimate relationships	Money, work, debt, gambling, employment, types of employment e.g., self-employed, employee, zero hours, financial goals, budgeting, credit cards	
	Writing a Personal Statement What do I need to share about me and why? – Making Applications to Post 16	Assessment	Being you in a relationship	Assessment	Jobs in the future, dream job, managing your skillset, employment opportunities	