

PSHE & Worldviews Curriculum

PSHE, Relationships & Sex Education (RSE) and Religious Education (RE) are taught together across Years 7–11 as a single weekly programme. Each lesson falls under one of three strands — Compulsory RE, Life Skills, or PSHE — which rotate across a two-week timetable in most year groups. Units are arranged in half-termly blocks, run mostly through discussion, scenario-based tasks and small-group work, and build in complexity as students move through the school.

This sheet gives an overview of what your child will cover, half-term by half-term, so you can see what's coming up and talk about it at home.

Year-by-year overview

Year 7

Half-term	Weeks	Topics covered
Autumn 1	Wks 1–4	PSHE & Identity: Who am I and how do I belong? · Emotional vocabulary · Mental wellbeing · Asking for help and building resilience
Autumn 1–2	Wks 5–8	Worldviews: How people's worldviews differ · Dress and cultural inclusion · Understanding social issues and differing viewpoints
Autumn 2	Wks 9–12	PSHE: Bodies, puberty and keeping safe
Autumn 2	Wks 13–15	Religious Education: Christianity — what it is, the Church and the Bible, God and Jesus
Spring 1	Wk 16	Personal Finance: Introducing credit, savings and bank accounts (Barclays LifeSkills)
Spring 1	Wks 17–21	PSHE: Personal safety
Spring 2	Wks 22–24	Religious Education: Islam
Spring 2	Wks 25–26	Careers
Summer 1	Wk 27	Careers
Summer 1	Wks 28–30	Religious Education: Judaism
Summer 1–2	Wks 31–34	PSHE: Puberty and staying healthy
Summer 2	Wks 35–37	Environmental Ethics
Summer 2	Wks 38–39	Understanding bias and the dangers of media bias

Year 8

Half-term	Weeks	Topics covered
Autumn 1	Wks 1–5	Mental health and emotional wellbeing
Autumn 1	Wks 6–7	Future skills questionnaire · Decision-making: options for Key Stage 4
Autumn 2	Wks 1–3	Religious Education: Hinduism
Autumn 2	Wks 4–7	PSHE: Personal safety
Spring 1	Wk 1	Finances: Exploring money, attitudes, needs and wants (Barclays LifeSkills)
Spring 1	Wks 2–6	Belonging, identity and challenging discrimination
Spring 2	Wks 1–4	Religious Education: Life after death
Spring 2	Wk 5	Finances: Money, aspirations and budgeting (Barclays LifeSkills)
Summer 1	Wk 1	Tolerance
Summer 1	Wks 2–6	Healthy relationships, respect, boundaries and consent
Summer 2	Wk 1	Careers
Summer 2	Wks 2–5	Religious Education: Evil and suffering
Summer 2	Wks 6–7	Careers

Year 9

Half-term	Weeks	Topics covered
Autumn 1	Wks 1–4	Mental health: supporting ourselves and others
Autumn 2	Wk 1	Mental health: supporting ourselves and others (continued)
Autumn 2	Wks 2–4	Drugs, addiction and risk
Spring 1	Wks 1–2	Drugs, addiction and risk (continued) Free will
Spring 1	Wk 3	Sex, relationships and sexual health
Spring 2	Wks 1–2	Sex, relationships and sexual health (continued)
Summer 1	Wks 1–2	Sex, relationships and sexual health (continued)
Summer 1	Wk 3	Online harms: sextortion, AI, deepfakes and crime
Summer 2	Wks 1–4	Online harms: sextortion, AI, deepfakes and crime (continued) Worldview in modern Britain

Year 10

Half-term	Weeks	Topics covered
Autumn 1	Wks 1–4	Navigating the careers landscape, labour-market information and skills
Autumn 2	Wks 1–4	Consent, ethics and power Peace and conflict
Spring 1	Wks 1–3	Exploitation: sexual, financial and criminal
Spring 2	Wks 1–2	Exploitation: sexual, financial and criminal (continued)
Summer 1	Wks 1–3	Health choices and bodies Crime and punishment
Summer 2	Wks 1–4	Health choices and bodies (continued)

Year 11

Half-term	Weeks	Topics covered
Autumn 1	Wks 1–4	Wellbeing, resilience and transitions and conflict Human rights
Autumn 2	Wks 1–4	Safe relationships: domestic abuse and coercive control
Spring 1	Wks 1–3	Health decisions, long-term wellbeing and help-seeking
Spring 2	Wk 1	Health decisions, long-term wellbeing and help-seeking (continued)
Spring 2	Wk 2	Families, parenting and financial independence
Summer 1	Wks 1–3	Families, parenting and financial independence (continued)

Sixth Form

Thirty 25-minute tutor sessions cover all 63 key stage 5 RSHE learning objectives. These are supplemented by talks from guest speakers. The programme splits into 3 blocks. Blocks A and B are taught in year 12 and Block C is covered in Year 13.

Block	Weeks	Focus
A	1–9	Wellbeing, healthy relationships, consent and inclusion
B	10–18	Sexual health and harmful relationship behaviours
C	19–30	Online life, managing your own health, drugs and alcohol, and personal safety

Programme at a glance

Week	Session	Topic area
1	Staying well through change	Mental health; healthy lifestyles
2	Anxiety, depression and managing them	Mental health
3	Spotting when someone needs support and finding reliable help	Mental health
4	Changing friendships and new connections	Healthy relationships
5	Relationship values, influences and intimacy	Healthy relationships
6	Communication, conflict and endings	Healthy relationships
7	Consent: responsibilities and communicating boundaries	Boundaries and consent
8	New encounters, power and staying safe socially	Boundaries and consent; healthy relationships
9	Inclusion, discrimination and the Equality Act	Inclusion
10	Choosing and talking about contraception	Contraception; sexual health

11	STIs: prevention, testing and treatment	Sexual health
12	Fertility and routes to parenthood	Contraception and parenthood
13	Unintended pregnancy: options and support	Contraception and parenthood
14	Manipulation, coercion and abuse	Harmful behaviours
15	Harassment, stalking and sexual violence: law and reporting	Harmful behaviours
16	Challenging misogyny and intervening safely	Harmful behaviours
17	Forced marriage, so-called 'honour' based violence and FGM	Harmful behaviours
18	Exploitation and grooming	Harmful behaviours
19	Body image and body alteration	Online life; healthy lifestyles
20	Privacy, image sharing and deepfakes	Online life
21	Algorithms, misinformation and AI chatbots	Online life
22	Extremism and radicalisation online	Online life
23	Pornography: the industry, the evidence and the pressures	Online life
24	Looking after yourself: health services and eating well	Healthy lifestyles
25	Serious illness, emergencies and first aid	Healthy lifestyles; risk
26	Self-checks, screening and trustworthy health information	Healthy lifestyles

27	Alcohol and other drugs: substances, risks and influences	Drug education
28	Nights out, spiking and dependency	Drug education
29	Risk, conflict, weapons and criminal pressure	Risk and safety
30	Travel safety in the UK and abroad	Risk and safety

Questions?

If you have any questions about the PSHE & Worldviews curriculum, or about a specific topic your child will be covering, please contact our PSHE lead via email @ khancock@hgputc.org

Parents' Right to Withdraw a Child from Sex Education — Current DfE Guidance

The information below summarises the Department for Education's statutory guidance on Relationships, Sex and Health Education (RSHE). Updated guidance takes effect from 1 September 2026;

What the right covers

- Parents may request that their child be withdrawn from some or all of the Sex Education delivered as part of secondary RSE — for example, a specific topic such as contraception, while remaining in lessons on another, such as sexually transmitted infections.
- This right does not extend to Relationships Education or Health Education, both of which are compulsory for every pupil and cannot be withdrawn from.
- It also does not extend to any content taught as part of the science curriculum, including puberty or human reproduction taught in science.
- In this school's programme, the majority of PSHE, Worldviews, RE, Life Skills and careers content sits outside Sex Education and is therefore not covered by the right to withdraw; withdrawal applies only to the specific Sex Education elements within Relationships and Sex Education.

How a request is handled

- Parents should raise a withdrawal request with the Headteacher, who will normally discuss it with the parent (and the pupil, where appropriate) to understand the request and talk through the purpose and content of the lessons concerned. Form needed to withdraw a child is linked below.

A pupil's own right to opt back in

- From three terms before a pupil turns 16, the pupil can choose to opt back into Sex Education themselves, even if their parent has requested withdrawal, and schools must make sure pupils are aware of this.

Viewing curriculum materials

- Parents can ask to see the teaching materials used in RSHE at any time; school must make these available on request, alongside the school's published RSE policy.