THE INDEPENDENT GRAMMAR SCHOOL: DURHAM

PSHE Curriculum Map - Upper School (Years 9-11)

Year Group	Health & Wellbeing	Relationships & Sex Education	Living in the Wider World	Careers & Work-related Learning	Citizenship & Personal Responsibility
Year 9	Emotional wellbeing, stress management, body image, healthy lifestyles and substance awareness	Healthy relationships, consent, sexting, contraception, sexual health and staying safe	Financial capability, ethical consumerism, digital resilience and community involvement	Career pathways, options choices, work experience, CVs and interview skills	Human rights, social justice, volunteering, active citizenship and global responsibility
Year 10	Mental health, exam stress, healthy relationships, substance awareness, first aid and personal safety	Intimate relationships, consent, contraception, STI awareness, sexting, online safety and the law	GCSE choices and pathways, study skills, budgeting, financial decisions and post-16 options	Post-16 and post-18 pathways, career planning, employability skills and experience of work	Law, justice and fairness, ethics, environment, social action and global citizenship
Year 11	Exam stress, mental wellbeing, looking after yourself, healthy relationships and transition to post-16 life	Relationships, consent, contraception, sexual health, online safety and healthy futures	Post-16 pathways, finance, housing, tax, voting and life as an adult	Post-16/18 pathways, personal statements, interviews, employability and future planning	British values, leadership, community engagement, social responsibility and making a difference

Curriculum Intent

- Empower pupils to lead healthy, respectful and purposeful lives
- Develop knowledge, skills and character across five key areas
- Meet statutory Relationships Education/RSE and Health Education requirements in an age-appropriate way

Implementation

- Delivered through the school curriculum, PSHE lessons and assemblies
- Topics are age-appropriate, sequenced and revisited over time
- Opportunities for discussion, reflection and real-world application
- Links to wider school life, enrichment, visits and external partners
- Inclusive and ambitious, tailored to meet student needs

Impact

- Pupils understand and value themselves and others
- Pupils know how to stay safe and healthy
- Pupils are prepared for life in modern Britain
- Pupils are equipped to make informed choices

Document Owner: Personal Development Lead

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Date: _____