

PSHE

KS3 CURRICULUM ROAD MAP →

YEARS 7-9 • ENGLAND •



REVISED RSHE GUIDANCE • IN FORCE FROM 1 SEPTEMBER 2026

1 IDENTITY, WELLBEING & MENTAL HEALTH

- emotions
- self-esteem
- resilience
- stress
- coping
- help-seeking



2 RELATIONSHIPS, CONSENT & RESPECT

- healthy relationships
- boundaries
- consent
- communication
- peer pressure
- respectful behaviour



3 RSE: PUBERTY, SEXUAL HEALTH & SAFETY

- puberty
- reproductive health
- contraception
- STIs
- pregnancy
- sexual consent
- coercion
- pornography
- unrealistic sexual content



4 ONLINE SAFETY & EXPLOITATION

- social media
- online relationships
- image sharing
- grooming
- sexual harassment
- sexual violence
- exploitation
- reporting concerns
- trusted adults



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5 HEALTH, RISK & INDEPENDENCE

- nutrition
- sleep
- physical activity
- drugs
- alcohol
- vaping
- first aid
- medicines
- risk-taking
- personal safety



6 MONEY, CAREERS & CITIZENSHIP

- budgeting
- scams & fraud
- financial choices
- careers
- employability
- rights & responsibilities
- democracy
- equality
- community participation



KCSIE 2026 • SAFEGUARDING • ONLINE HARMS
SEXUAL HARASSMENT • EXPLOITATION

PSHE

KS4 CURRICULUM ROAD MAP

YEARS 10-11
• ENGLAND •

BE
KIND
BE SAFE
BE YOU

REVISED RSHE GUIDANCE • IN FORCE FROM 1 SEPTEMBER 2026

1 MENTAL HEALTH, WELLBEING & IDENTITY

- resilience
- stress
- anxiety
- body image
- self-esteem
- help-seeking
- healthy coping



2 RELATIONSHIPS, CONSENT & RESPECT

- healthy relationships
- boundaries
- consent
- communication
- coercion
- controlling behaviour
- sexual harassment
- respectful relationships



3 RSE: SEXUAL HEALTH & REPRODUCTIVE CHOICES

- contraception
- condoms
- STIs and testing
- pregnancy choices and support
- fertility
- sexual consent
- pornography and unrealistic sexual content



4 ONLINE SAFETY, EXPLOITATION & SAFEGUARDING

- social media
- image sharing
- sexting
- grooming
- exploitation
- online sexual harassment
- scams
- reporting and trusted adults



5 HEALTH, RISK & INDEPENDENCE

- sleep
- nutrition
- physical activity
- drugs
- alcohol
- vaping
- medicines
- first aid
- risk-taking
- personal safety



6 LIFE AFTER SCHOOL: MONEY, WORK & CITIZENSHIP

- budgeting
- debt
- scams and fraud
- consumer choices
- careers
- employability
- workplace rights
- democracy
- equality
- community participation



KCSIE 2026 • SAFEGUARDING • ONLINE HARMS
SEXUAL HARASSMENT • EXPLOITATION

BRIGHTER
FUTURES