

QMGS PSHE Department Curriculum Overview for teaching from September 2026					
	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5
Year 7	Emotional wellbeing: managing change and transition	Friendship and bullying	Families and changing relationships	Puberty and keeping safe	Influences on relationships
	This unit helps students transition to secondary school, set learning goals and develop social and emotional skills.	This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents.	This unit covers the role of families, including caring for each other in changing circumstances, such as divorce or separation.	This unit revisits and builds on learning about puberty from KS2, as well as how to identify and report abuse.	This unit helps students consider influences on their expectations of – and attitudes towards – relationships, including online and media influences.
Year 8	Health and wellbeing	Personal safety and managing risk	Belonging and community	The online world	Healthy and unhealthy relationships
	In this unit, students develop decision-making skills that support a healthy lifestyle and their wellbeing, including considerations about food, exercise and sleep.	This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads, around water, and in relation to alcohol and other drugs.	This unit focuses on how to create respectful and cohesive communities. It helps students recognise and challenge bias, stereotypes and discrimination and promote inclusion.	This unit helps students to recognise how their behaviour can be manipulated online, through algorithms and targeted content. It helps students assess how online platforms generate income through users.	This unit introduces a range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support.
Year 9	Mental health and wellbeing	Drug education	Managing risk in relation to the law	Intimate sexual relationships	Navigating online harms
	Building on previous learning, this unit gives students the opportunity to rehearse essential self-regulation strategies and apply them to new and complex situations.	This unit builds on previous learning, focusing on developing skills to manage situations involving alcohol, vapes or other substances.	This unit helps students to assess the ways young people might be drawn into criminal behaviour, and the impact of breaking the law.	In this unit, students revisit learning about consent and learn about healthy, safe sexual relationships, including using contraception.	This unit explores online harms young people may be exposed to, focusing on how they can respond to deepfake AI images and misogynistic narratives.
Year 10	Independence, health choices and wellbeing	Navigating the online world	Friendship, diversity and challenging extremism	Managing influence	Exploring consent and recognising abuse
	This unit supports students to make informed, healthy and responsible health choices as they transition to key stage 4.	This unit helps students understand the impacts and risks of AI and digital technologies, including misinformation, deepfakes, and sharing images.	This unit supports students to challenge bullying and harmful attitudes, promote inclusion, and recognise and respond to extremism.	This unit helps students to evaluate online content, understand how harmful attitudes such as misogyny spread, and recognise the impact of content on wellbeing, attitudes and behaviour.	This unit revisits and deepens students' understanding of consent, and helps them recognise, challenge and seek support for harmful behaviours or abuse.
Year 11	Life-long wellbeing	Drugs and personal safety	Safe relationships and sexual health	Families, fertility and pregnancy	Managing and maintaining health
	This unit revisits and builds on prior learning about mental health, helping students to explore strategies that support wellbeing, especially when managing workload and preparing for exams.	This unit supports students to understand the risks linked to substance use and gang involvement, manage external influences, and develop strategies to stay safe and seek support.	This unit helps students to recognise healthy and unhealthy relationship behaviours, explore power and control, set boundaries, manage conflict and breakups, and make informed decisions about sexual health.	This unit explores family life, including committed relationships and parenting responsibilities, fertility and routes to parenthood, and options in the case of unplanned pregnancy.	This unit helps students explore behaviours that support their own and others' physical health, through prevention of illness, treatment options and emergency responses.