



AIM AND PURPOSE

The aim and purpose of the PSHE curriculum at The Totteridge Academy is to equip students with the knowledge, skills, and confidence to lead safe, healthy, and responsible lives. It provides a structured and supportive environment for pupils to develop a strong understanding of their mental and physical wellbeing, relationships, identity, and personal values. Through reflective tasks, scenario-based learning, and open discussions, students are encouraged to make informed decisions, manage risks, and recognise when and how to seek help. The curriculum also plays a crucial role in fostering resilience, empathy, self-esteem, and moral integrity, all while promoting personal development and social responsibility in line with the academy's commitment to students becoming articulate, principled members of society.

To achieve these aims, the PSHE curriculum is thoughtfully sequenced to ensure that key themes are revisited and built upon each year, with content deepening in complexity at age-appropriate stages. Lessons take place twice weekly during tutor time and are delivered by tutors, providing a consistent and familiar context for learning. The curriculum spans core themes of health and wellbeing, relationships, and living in the wider world—including careers and economic education. It progresses from foundational understanding in Key Stage 3 to more complex application and self-regulation in Key Stages 4 and 5, equipping students with the competencies, values, and independence needed for adulthood and successful, informed lives beyond school.

HOW DOES THE CURRICULUM INDUCT STUDENTS INTO THE DISCIPLINE OF THE SUBJECT?

The PSHE curriculum inducts students into the subject through regular, purposeful sessions held twice a week during tutor time and assemblies. Delivered by tutors who know their students well, these sessions create a safe space for open discussion and reflection.





OVERVIEW

Year 7 focuses on supporting pupils' transition to secondary school by developing emotional wellbeing, healthy habits and resilience. They are introduced to puberty, healthy relationships, careers, identity, equality and online safety through foundational knowledge and practical skills. The curriculum emphasizes understanding themselves, respecting others and staying safe both offline and online. These topics establish the core concepts that are revisited and explored in greater depth in later years.

Term Focus

Autumn term

Autumn 1	Lessons	Autumn 2	Lessons
Wellbeing & Healthy Choices	<i>Each lesson is split two parts and will take two sessions to complete.</i> - How does it feel to start secondary school? - What are my emotions telling me? - How can we make choices for our mental wellbeing? - How can we build positive relationships with ourselves? - How can we build our resilience to change? - How do exercise and sleep impact are physical health? - How do I keep my body and teeth clean?	Healthy Choices & My Body and Me	<i>Each lesson is split two parts and will take two sessions to complete.</i> - What are the facts about smoking and vaping? - How can we stay safe in different environments? - How can we perform first aid? - How do our bodies change during puberty? - How does it feel to go through puberty? - How do our genitals change during puberty? - What support might females need during their period?

Spring term

Spring 1	Lessons	Spring 2	Lessons
Healthy Relationships	<i>Each lesson is split two parts and will take two sessions to complete.</i> - What do we need from a healthy relationship? - How can we keep our friendships healthy? - How do we have healthy boundaries with our friends? - What rights do we have to privacy and our bodies? - How do we identify and challenge bullying? - What is sexual harassment and how can we stop it?	Careers	<i>Each lesson will take one session to complete.</i> - Who am I - Exploring Possibilities & Dream Jobs - What is a Career - What is an entrepreneur - Careers & The Future - Changing world of work - Why career matters - Introduction to Unifrog - Career Link - Future Skills Questionnaire

Summer term

Summer 1	Lessons	Summer 2	Lessons
Identity & Community	<i>Each lesson is split two parts and will take two sessions to complete.</i> - What does identity mean to you? - How can we reduce harmful stereotypes? - Is it easy to find a feeling of belonging? - What does a community need to be healthy? - What can be the impact of discrimination? - How does the Equality Act protect everyone in the UK? - How can we create a world free from sexism?	Online Safety & Digital Awareness	<i>Each lesson is split two parts and will take two sessions to complete.</i> - How can we have a healthy relationship with our devices? - How can we take control of our privacy online? - How do we choose what to share online? - How can online content affect us? - Who decides what we view online? - How does money affect the online world?

Resources used to create TTA's PSHE curriculum:

Unifrog, Life Lessons, FT FLIC (financial literacy curriculum)



OVERVIEW

Year 8 builds on these foundations by encouraging greater independence and personal responsibility. Students deepen their understanding of mental and physical health, relationships, careers and financial literacy, while exploring consent, online influences, sexual health and diversity. They begin applying their knowledge to more complex situations such as managing conflict, recognising unhealthy behaviours and making informed financial decisions. The curriculum develops confidence in navigating adolescence and wider society.

Term Focus

Autumn term

	Autumn 1	Lessons	Autumn 2	Lessons
Year 8:	Wellbeing & Healthy Choices	<i>Each lesson is split two parts and will take two sessions to complete.</i> - How can we talk about our mental health? - How can we develop a positive mindset? - Who am I? - How does our diet affect our physical health? - How can we overcome barriers to physical exercise? - What are the facts about alcohol? - What are the facts about legal and illegal drugs?	Careers & Financial Literacy	<i>Each lesson will take one session to complete.</i> - What are my Interests - Job applications & Superhero CVs - Challenges & Rewards of Work - What is a work life balance - Creating your life – Vision Boards - Future Skills Questionnaire - Opening a bank account - How to read a bank statement - How to save money - Debit and credit cards - How to manage debt - A guide to banking - The impact of inflation - How do we avoid losing our money? (gambling, loot boxes and advertising manipulation)

Spring term

	Spring 1	Lessons	Spring 2	Lessons
Year 8:	Healthy Relationships	<i>Each lesson is split two parts and will take two sessions to complete.</i> - What roles do we play in relationships? - How can families have healthy relationships? - How can we manage conflicts with friends? - How do power dynamics affect us? - How can we be active bystanders? - How can we end relationships with kindness?	Healthy Relationships	<i>Each lesson is split two parts and will take two sessions to complete.</i> - What are the signs of a healthy romantic relationship? - What is a healthy way to communicate about romantic feelings? - What could be the impact of viewing pornography? - How can we create a school free from sexual harassment? - How can someone respond to controlling behaviour?

Summer term

	Summer 1	Lessons	Summer 2	Lessons
Year 8:	My Body and Me & Digital Awareness	<i>Each lesson is split two parts and will take two sessions to complete.</i> - How can people understand their sexual desires? - The importance of genitals (including FGM) - The importance of vaccination and healthcare - What choices do people make around using condoms? - How can the internet impact our wellbeing? - What can be the impact of sharing intimate content? - How can we know what is real online?	Identity & Community	<i>Each lesson is split two parts and will take two sessions to complete.</i> - What does heritage mean to you? - What do the Fundamental British Values mean to you? - How can we support people to love who they love? - How can we create a world where disabled people thrive? - How can we create a world free from racism? - How can the internet impact our wellbeing?

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OVERVIEW

Year 9 prepares students for Key Stage 4 by strengthening decision-making, independence and critical thinking. Careers education becomes more focused on GCSE pathways, while relationship education expands to include consent, intimacy, peer influence and domestic abuse. Pupils also explore identity, discrimination, digital risks and personal health in greater depth, helping them manage increasing social and online pressures. Learning increasingly focuses on evaluating choices and understanding their long-term consequences.

Term Focus

Autumn term

	Autumn 1	Lessons	Autumn 2	Lessons
Year 9:	Careers & Financial Literacy	1. What are my skills 2. What comes after? Understanding Pathways 3. Decision making: What to study at KS4 4. Taking control of your Career Journey 5. Working & Earning: Labour Market Information 6. Labour Market Information 7. Exploring Unifrog 8. Careers link 9. Future Skills Questionnaire 10. Mobile Phone Products 11. Cryptocurrency 12. Financial Exploitation 13. Online Gaming 14. Online Scams	Identity & Community	<i>Each lesson is split two parts and will take two sessions to complete.</i> 1. What influences our sense of identity? 2. How are stereotypes used to spread hate and make money? 3. How do we build a feeling of belonging? 4. What is the impact of sexism? 5. How can we create an anti-discrimination school? 6. How can we talk about gender with respect? 7. What are my rights?

Spring term

	Spring 1	Lessons	Spring 2	Lessons
Year 9:	Healthy Relationships	<i>Each lesson is split two parts and will take two sessions to complete.</i> 1. How can we deal with grief and loss? 2. How can we avoid pressuring other people? 3. How can we manage peer influence? 4. How can we manage feelings around change? 5. How do people decide if they are ready for romance and intimacy? 6. Why is sexual consent so important?	Healthy Relationships	<i>Each lesson is split two parts and will take two sessions to complete.</i> 1. Why is connection important in romantic relationships? 2. How do online cultures affect our connection to each other? 3. How can bystanders reduce sexual harassment? 4. What are the warning signs of unhealthy sexual behaviour? 5. What are the impacts of domestic abuse on wellbeing?

Summer term

	Summer 1	Lessons	Summer 2	Lessons
Year 9:	Wellbeing, Healthy Choices & Digital Awareness	<i>Each lesson is split two parts and will take two sessions to complete.</i> 1. Self-regulation techniques 2. Why can it be hard to talk about our feelings? 3. How could someone respond to drug-related emergencies? 4. How can we avoid criminal exploitation? 5. What impact can our online choices have? 6. What can be the impact of deepfakes? 7. How can we respond to online influence?	My Body and Me	<i>Each lesson is split two parts and will take two sessions to complete.</i> 1. How can we support everyone to have positive body image? 2. How are people affected by hormonal and mood cycles? 3. How can we check our own health? 4. How can blood, organ and stem cell donation save lives? 5. How can people protect themselves and others from STIs? 6. Buffer lessons/PSHE round up/In the news

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OVERVIEW

Year 10 develops resilience and prepares students for greater independence during GCSE study. Pupils examine complex mental health issues, substance misuse, body image, contraception, digital safety, AI, work experience, healthy relationships and equality. Careers and financial education become increasingly practical, supporting preparation for post-16 choices. The curriculum encourages students to critically evaluate influences and make informed, responsible decisions in adult contexts.

Term Focus

Autumn term

	Autumn 1	Lessons	Autumn 2	Lessons
Year 10:	Wellbeing & Healthy Choices	<i>Each lesson is split two parts and will take two sessions to complete.</i> 1. Experiencing complex emotions (including mental ill-health) 2. Healthy and unhealthy coping strategies 3. Techniques for improving mental health and reducing low mood 4. How can we overcome barriers to a healthy lifestyle? 5. How can someone stop smoking or vaping? 6. What are the effects of illegal drugs on the body and mind? 7. How can people stay safe around alcohol?	Healthy Choices & My Body and Me	<i>Each lesson is split two parts and will take two sessions to complete.</i> 1. How can we improve our self-esteem? 2. How can we manage powerful influence? 3. What life saving skills do I need? (part 1) 4. What life saving skills do I need? (part 2) 5. How does the media affect body image and the way we relate? 6. Pregnancy and healthy foetal development 7. How can people make healthy choices around contraception?

Spring term

	Spring 1	Lessons	Spring 2	Lessons
Year 10:	Online Safety & Digital Awareness	<i>Each lesson is split two parts and will take two sessions to complete.</i> 1. How can romantic relationships be impacted by technology? 2. How can we respond to sexual behaviour online? 3. How can we create a positive reputation online? 4. Why can being online feel addictive? 5. Why can extremism spread online? 6. How might AI affect our lives?	Careers & Financial Literacy	1. What are my Upcoming Challenges 2. Wellbeing in the workplace 3. Preparing for work experience part 1 4. Preparing for work experience part 2 5. Careers in the City Part 1 6. Careers in the City Part 2 7. Choosing Apprenticeships 8. Financial exploitation 9. Entrepreneurship 10. Gig Work & Rights

Summer term

	Summer 1	Lessons	Summer 2	Lessons
Year 10:	Healthy Relationships	<i>Each lesson is split two parts and will take two sessions to complete.</i> 1. How can we manage conflict healthily? 2. Why do some people have civil partnerships or marriages? 3. How can people communicate honestly in a romantic relationship? 4. How can someone communicate choices about sex and intimacy? 5. How do gender stereotypes influence sexual violence? 6. What are the effects of sexual harassment on men and women? 7. How can we prevent controlling behaviour in relationships?	Identity & Community	<i>Each lesson is split two parts and will take two sessions to complete.</i> 1. How do gender norms influence the way we behave? 2. What would our world be like if there was more tolerance? 3. What is it like to live in Britain? 4. Why is talking about discrimination complex? 5. What is the social model of disability? 6. How easy do people find it to express their religion or beliefs?

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OVERVIEW

Year 11 focuses on preparing students for adulthood alongside managing exam pressures and future transitions. Learning develops employability, post-16 planning and financial independence while covering complex topics such as sexual health, pregnancy, addiction, radicalisation and personal safety. Wellbeing lessons support resilience during examinations and encourage healthy coping strategies. The curriculum consolidates previous learning while equipping students with the knowledge needed for life beyond school.

Term Focus

Autumn term

	Autumn 1	Lessons	Autumn 2	Lessons
Year 11:	Careers: Employability Skills	<i>Each lesson will take one session to complete.</i> 1. What are my Employability Skills 2. Interest and skills quiz – Unifrog 3. Post 16 Pathways 4. Money talks: Apprenticeship V Higher Education 5. Decision making 6. Choosing your post 16 pathway 7. Writing a Personal Statement 8. Take Home Pay 9. Income Tax 10. Bills and Budgeting Part 1 11. Bills and Budgeting Part 2 12. Savings Accounts 13. Investing 14. Insurance	Healthy Relationships, Identity & Community	<i>Each lesson is split two parts and will take two sessions to complete.</i> 1. What happens when romantic partners want different things? 2. How can we have a positive impact on romantic partners? 3. What can be the impact of combining alcohol and drugs with intimacy? 4. How do online cultures and content affect sexual relationships 5. What does it mean to be anti-racist? 6. How can we promote equality and respect online? 7. How is data used to make money and influence us?

Spring term

	Spring 1	Lessons	Spring 2	Lessons
Year 11:	My Body and Me	<i>Each lesson is split two parts and will take two sessions to complete.</i> 1. What health issues can affect people with female bodies? 2. What does it mean to become a parent? 3. Fertility, infertility and miscarriage 4. The choice to continue or end a pregnancy 5. How can we access the healthcare we need? 6. How can we test for, and protect each other from, STIs?	Wellbeing & Healthy Choices	<i>Each lesson is split two parts and will take two sessions to complete.</i> 1. Balancing everyday pressures and opportunities 2. How can we build resilience and overcome challenges? 3. How does addiction impact mental health? 4. How can we avoid exploitation and radicalisation? 5. How can I feel confident and safe when meeting new people?

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OVERVIEW

Year 12 supports students' transition into sixth form and adulthood by developing study skills, independence and resilience. Pupils explore advanced topics including media literacy, AI, financial management, healthy relationships, consent, careers and post-18 planning. Learning becomes increasingly focused on real-life responsibilities, critical thinking and managing risk in adult settings. The curriculum encourages students to take ownership of their wellbeing, education and future aspirations.

Term Focus

Autumn term

	Autumn 1	Lessons	Autumn 2	Lessons
Year 12:	Transition, Study Skills Wellbeing	1. Professional communication 2. Having an A-Level Mindset 3. Organisation & Managing Time Effectively 4. Note-taking 5. Conversations About Mental Health 6. Accessing Support for Mental Health	Media Literacy and Digital Resilience	1. Artificial Intelligence 2. Financial Exploitation 3. Misinformation Online 4. Extremism Part 1 5. Extremism Part 2 6. Social media Dangers (Sexting)

Spring term

	Spring 1	Lessons	Spring 2	Lessons
Year 12:	Financial Literacy	1. Borrowing and Debt 2. Student finance 3. Renting and buying a property 4. Cryptocurrency 5. Macroeconomics 101	Careers: Post 18 Choices and Preparations	1. Careers and motivations 2. Managing email inbox 3. Prioritising tasks 4. Work life balance 5. Workplace relationships

Summer term

	Summer 1	Lessons	Summer 2	Lessons
Year 12:	Relationships and Consent	1. Relationships with family and friends 2. Sharing with others 3. Sexual relationships part 1 4. Sexual relationships part 2 5. Consent 6. Buffer lesson 7. Buffer lesson	Knowing your Rights and Making Healthy Choices	1. Sexual Violence 2. Abusive relationships 3. Knowing your Sexual and Reproductive Rights 4. Alcohol and Drug Misuse 5. Healthy Choices: Preventing Illness 6. Reflection

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OVERVIEW

Year 13 prepares students for independent adult life beyond school. The curriculum focuses on advanced wellbeing, sexual health, careers, financial literacy and practical life skills such as budgeting, taxation, housing and pensions. Students revisit key health topics with an emphasis on personal responsibility and accessing appropriate support. Learning culminates in ensuring students leave school equipped to make informed decisions about their health, relationships, finances and future careers.

Term Focus

Autumn term

	Autumn 1	Lessons	Autumn 2	Lessons
Year 13	Wellbeing (Physical and Mental Health)	1. Prejudice and Stigma around Mental Health 2. Mental Health First Aid 3. Revisiting First Aid 4. Staying Healthy: Beyond school 5. Self-Examination: Moles, Breast, Testicles 6. Organ Donation, Vaccines, Blood Donation	Your Body and Contraception	1. Healthy Food 2. Talking about contraception 3. Sexual Health: Stealthing 4. Developing Sexual Readiness 5. Pornography

Spring term

	Spring 1	Lessons	Spring 2	Lessons
Year 13	Careers: Preparing for your next steps	1. Bills 2. Budgeting and banking 3. More Money 4. Income and Tax 5. Sleep at Work 6. Buffer lesson	Financial Literacy	1. The Economy 2. Mortgages 3. Credit Cards 4. Pensions 5. ISAs

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