

PSHE and RSE Curriculum Map 2026-2027

The Ramsey Academy

The Careers Curriculum

Terms	Year 7		Year 8		Year 9		Year 10		Year 11	
	Area	Lesson	Area	Lesson	Area	Lesson	Area	Lesson	Area	Lesson
Autumn Term 1	Relationships and Sex Education	Connecting with your teachers	Relationships and Sex Education	The Many Forms of Relationships	Health and Wellbeing	The Happiness Trap	Living in the Wider World	Career Pathways	Living in the Wider World	Pathways After School
		From Strangers to Friends		Managing Unhealthy Relationships		Managing Anxiety		Evaluating Pathways and Options		How does the Application Process Work?
		How to have Healthy Relationships		Repairing Relationships		Combatting Negative Self-Talk		Career Planning and Weighing your Options		What do you want to do in the future and how can you make it happen?
		Tackling Cyberbullying		Peer Pressure Survival Guide	Living in the Wider World	Exploring Career Pathways		Labour Market Trends Shaping Career Choices		What makes a Good Interview?
		Understanding Bullying		Together against Bullying		From Classroom to Career		Work Experience and Future Pathways		What Study Skills will maximise my Learning?
		Safe and Healthy Relationships		Online Relationships		Career Challenges and Rewards		Who should you Trust?		Smart Career Research
		Examining the Equality Act	Health and Wellbeing	Sharing Information Online		Getting your First Job		Safety Instincts		Digital Reputation and Career Opportunities
		What's Real Online?		The Limitless Internet		Building Career Confidence		Managing Emergencies		Exam Stress
Autumn Term 2	Living in the Wider World	Imagining your Future	Health and Wellbeing	Viewing Harmful Content	Relationships and Sex Education	Safe and Healthy Sex	Relationships and Sex Education	R.E.S.P.E.C.T	Relationships and Sex Education	Discrimination and the Equality Act
		What does "Career" mean?		Gender-Based Discrimination		Sexually Transmitted Infections		The Spectrum of Relationships		Stereotypes and Prejudice
		Discovering Jobs Around Us		Racism and Discrimination		Reproductive Health		Will you Marry me?		Respecting Human Rights
		Positive Professional Relationships		Homophobia		Pregnancy Choices		Recognising Signs of Coercive Control		Gender Biases
		Making Sense of Money		Making Healthy Decisions		Forced Marriages		Sexting		Criminal Exploitation
		Budgeting Basics		First Aid Beyond Emergencies		Stalking and Unwanted Behaviour		The Distorted Reality of Pornography		Fertility and Pregnancy
		Bank Accounts	Living in the Wider World	Exploring the Democratic process		Exploitation	Health and Wellbeing	Self-Examination and Screening		Contraceptive Considerations
Spring Term 1	Health and Wellbeing	Combat Worry, Stress and Anxiety	Living in the Wider World	The Role of the Courts & Tribunals	Health and Wellbeing	Substance Addiction	Living in the Wider World	AI and Society	Relationships and Sex Education	Sex and Substances
		The Stress Scale		Taking Control of My Money		Gambling Addiction		Keeping your Online Data Safe		Differences between Forced and Arranged Marriages
		Sleep Essentials		The Evolution of Money		Informed Drug and Alcohol Choices		Understanding Democracy		Sexual Violence and Abuse
		Phones and Sleep		Careers and the World Around Us		Drugs and County Lines		The UK's Relationships to the World		Safe Relationships Online
		Investing in Your Health		Technology, Trends, and Future Careers		Evaluating Eating Habits		Public Money		The Questions Around Deepfakes

		Healthy Eating, Healthy Living		Media and Careers		Saving Lives with First Aid		Your Pension, Your Future		Relationship Fall-outs	
Spring Term 2	Health and Wellbeing	The Dangers of your Internet Algorithm	Health and Wellbeing	The Truth about Vaping	Living in the Wider World	Financial Risk	Relationships and Sex Education	Understanding Sexual Consent	Health and Wellbeing	Domestic Abuse	
		Escaping the Social Media Trap		Health and Hygiene		Volunteering in My Community		Different Kinds of Intimacy		Sexual Harassment and Aggression	
		Social Media Addiction		Oral Hygiene		How Laws are Made		Sexual Orientation		The Dangers of Sextortion	
		Managing Privacy Online		Alcohol and Social Inhibitions		Respecting and Celebrating Religious Diversity		Female Genital Mutilation		Rethinking Masculinity	
		AI and Chat		Drug Awareness		Fundamentals of AI		Sharing Illegal Images		Health Conditions	
Summer Term 1	Relationships and Sex Education	Different Types of Families	Relationships and Sex Education	Assessing the Trustworthiness of Others	Health and Wellbeing	Sextortion	Health and Wellbeing	Unrealistic Online World	Living in the Wider World	Insurance	
		Positive Parenting		Respecting Ourselves		Knife Crime		Online Content and Mental Health		Credit and Debt	
		The Changing Adolescent Body and the Menstrual Cycle		Understanding Consent				Fake News and Misinformation	Health and Wellbeing	Managing Stress and Overthinking	
		Body Changes During Puberty		Power Dynamics & Consent		Instagram vs Reality		Online Radicalisation		Caring for your Mental Health	
		Sexual Consent		Contraception Essentials		Digital Footprint		Online Stalking			
		Building Healthy Relationships		Introduction to FGM		Understanding Eating Disorders		The Hidden Scars of Knife Crime			
				Ending Relationships		Organ Donation		The Rule of Law			
Summer Term 2	Health and Wellbeing	Vaping: A Global Dilemma	Health and Wellbeing	Deepfakes and AI	Relationships and Sex Education	Empowering Positive Masculinity	Health and Wellbeing	The Healthcare System			
		Healthy and Balanced Lifestyles		Discussing Pornography				Menstrual Health and Conditions			
		The Balanced Diet		Explicit Sexual Imagery		Relationships and their Legal Status		Understanding Vaccination and Immunisation			
		Alcohol and your Health		Online Masculine Narratives		Avoiding and Preventing Harassment		Drugs			
						Online Grooming		Prescription Medication			
		Fire and Water Safety		Changing Emotions		Rising Above Cyberbullying		Sleep, Exercise and Diet			
		Safety in Public		Drug Laws in the UK		Respecting Transgender Identities					