

Trinity Academy Upper Site – PSHE Curriculum 26-27

	Autumn Term		Spring Term		Summer Term	
	HT1	HT2	HT3	HT4	HT5	HT6
Year 8	Being Me in My World Social inclusion, respect, toxic friendships, peer pressure	Celebrating Difference Body confidence, comparison, self-worth, media influence	Relationships Influencers, trends, conformity, sexting, digital pressure	Dreams and Goals Discrimination, equality, fairness, protest, activism	Healthy Me Loss, separation, managing uncertainty, bereavement	Changing Me Conflict resolution, boundaries, negotiation, saying no
Year 9	Being Me in My World LGBTQ+ awareness, consent, stereotypes, identity safety	Celebrating Difference Sexting, underage relationships, risk navigation, exploitation	Healthy Me Shame cycles, coping strategies, panic, emotional regulation	Relationships Racism, ableism, privilege, inclusion, discrimination	Dreams and Goals GCSE prep, decision-making, managing pressure, goal-setting	Changing Me Ownership, forgiveness, self-worth, personal strengths
Year 10	Celebrating Difference Sexual ethics, LGBTQ+ safety, FGM, boundaries, coercion, unsafe relationships	Being Me in My World Vaping, drugs, alcohol, first aid, risk awareness, emergency responses	Healthy Me Emotional regulation, anxiety, depression, relapse prevention, coping tools	Relationships Disinformation, echo chambers, online grooming, radicalisation, media bias	Dreams and Goals Independence, housing, budgeting, CVs, career planning, managing time	Changing Me Empathy, trauma recovery, grief, closure, forgiveness, transitions
Year 11	Being Me in My World Study stress, peer influence, future choices, managing pressure	Celebrating Difference Digital footprint, managing image, dating safety, online reputation	Healthy Me Burnout, exam pressure, coping tools, self-care strategies	Relationships Moving on, endings, nostalgia, emotional closure, grief	Dreams and Goals College/work life, finances, independence, life skills	Changing Me Grief, closure, gratitude, celebration, looking forward