

The Day's PSHCE spiral curriculum map

The Day's PSHCE curriculum is available for members on our 'Secondary PSHCE' subscription package. We will be introducing further PSHCE lessons half-termly so look out for updates on [theday.co.uk/resources/pshce-lessons](https://www.theday.co.uk/resources/pshce-lessons). We have included links to the free wellbeing curriculum provided by our partners BrainWaves and Oxford University, which can be used flexibly across Key Stages.

		KS3			KS4	
Theme	Topic	Year 7 (age 11-12)	Year 8 (age 12-13)	Year 9 (age 13-14)	Year 10 (age 14-15)	Year 11 (age 15-16)
Living in the Wider World	Social Media	The Highlight Reel: Why don't people post the bad bits too?	De-Influencing Yourself: Who Wants Our Attention Online	Online groups: Help or Harm?		
	Misinformation	Spotting Misinformation	Finding Facts in the AI Age	Misinformation and Online Debate		
	Misogyny	Gender stereotypes: Why do they matter?	Challenging harmful online influences	Unpacking mansphere messages		
	AI	Smart machines: How is AI changing our world?	AI as a shortcut problem: AI answers and critical thinking	Always agreeing: AI, friendship and intimacy online	Can we trust what we see? Deepfakes and democracy	AI at work: Hype v reality
Citizenship	Voting & Democracy	Votes at 16: Active citizenship	Votes at 16: Democracy in the UK	Votes at 16: Why should you vote?		
		From Parliament to Prime Minister: Who makes decisions?	Who Stands for What? Understanding UK Political Parties	Does Every Vote Count? Voting Systems Explained	Beyond the Ballot Box: How People Create Change?	Is Democracy the Best System? Global Perspectives on Democracy
Relationships & Sex	Respectful Relationships / Online Safety	Why do we feel shame?	Think Before You Share: The Risks of Sending Images	Hidden Threats: Understanding and Preventing Sextortion	Consent, Coercion and the Law	Shame and Control in Relationships: Identifying Unhealthy Behaviour
Health & Wellbeing	Looking after you	How does food shape our bodies and minds?	Can we eat smart in an ultraprocessed world?	Energy drinks: Personal choice or public health problem?		

For Secondary PSHCE Subscribers

These lessons are freely available via our partner BrainWaves

Theme	Topic	KS3			KS4	
		Year 7 (age 11-12)	Year 8 (age 12-13)	Year 9 (age 13-14)	Year 10 (age 14-15)	Year 11 (age 15-16)
Health & Wellbeing	Thinking about Mental Health	<u>The Science Behind Wellbeing</u>			<u>The Science of Happiness</u>	
		<u>Challenging Negative Thoughts</u>				
		<u>Social Media and the Dangers of Perfection</u>				
	Brain and Body	<u>My Changing Brain</u>			<u>My Teenage Brain</u>	
		<u>Sleep, Screens and Mood</u>				
	Positive Emotions	<u>Turning Failures into Success</u>				
		<u>Managing Worry</u>				
	Relationships	<u>Conflict and Repair</u>			<u>Coping with Change</u>	
		<u>Talking about Mental Health</u>				
	Meaning	<u>Helping Others for Better Wellbeing</u>				
Accomplishments	<u>Understanding your Strengths</u>			<u>Developing your Strengths</u>		
	<u>Making Change Happen</u>			<u>Building your Confidence</u>		