THEDAY
REAL WORLD LITERACY

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**. 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.

For Secondary PSHCE Subscribers

		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 manosphere 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 see? Deepfakes and democracy	AI at work: Hype v reality
	9/11		Thinking for yourself: Understanding extreme views and staying safe online		What's the harm? How conspiracy theories shape beliefs	
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?		

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BRAIN WAVES

These lesson are freely available via our partner BrainWaves

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Health & Wellbeing	Thinking about Mental Health	The Science Behind Wellbeing			The Science of Happiness	
		Challenging Negative Thoughts				
		Social Media and the Dangers of Perfection				
	Brain and Body	My Changing Brain			My Teenage Brain	
		Sleep, Screens and Mood				
	Positive Emotions	Turning Failures into Success				
		Managing Worry				
	Relationships	Conflict and Repair			Coping with Change	
		Talking about Mental Health				
	Meaning	Helping Others for Better Wellbeing				
	Accomplishments	Understanding your Strengths			Developing your Strengths	
		Making Change Happen			Building your Confidence	