



PSHE Curriculum Overview



Relationships & Sex Education

*"Be who God meant you to be and
you will set the world on fire."
— St. Catherine of Siena*

This unit helps students develop essential life skills for healthy, safe, and respectful relationships, fully in line with Catholic teaching. Students explore emotional, social, and physical development, puberty, consent, and age-appropriate sexual health, alongside online safety and understanding diverse family structures. Through a values-based approach, grounded in love, responsibility, and care for the body, the unit supports students in building confidence, self-esteem, and the ability to make thoughtful, respectful decisions throughout their lives.

*"Speak up for those who cannot speak for themselves." -
Proverbs 31:8*

Living in the
Wider World



This unit prepares students for active and responsible participation in society, guided by Catholic Social Teaching and a commitment to the common good. Students are encouraged to understand their rights and responsibilities, value community and diversity, and recognise their role in promoting justice and peace. The unit explores global citizenship, care for the environment, and economic wellbeing, including money and future career pathways. Students also learn about British Values, different cultures, personal safety, and how they can contribute positively to their communities and the wider world.



"Life and physical health are precious gifts entrusted to us by God. We must take reasonable care of them." - The Catechism

This unit supports students' physical, mental, and emotional wellbeing in a caring and respectful learning environment. Guided by Catholic Social Teaching, students are encouraged to value the dignity of the human person, care for themselves and others, and make responsible, informed choices. The unit helps students develop healthy lifestyle habits, understand and manage emotions, build resilience, and recognise influences on their decisions. Topics include puberty, nutrition, sleep, risk management, digital safety, and knowing where to seek support when needed.