



21 Century Life (PHSE/RSHE) Curriculum Overview

21 Century Life (PHSE / RSHE)

PSHE at Tiffin School is designed as a carefully structured five-year journey, equipping students with the knowledge, skills and confidence they need to thrive both inside and beyond the classroom.

Through a broad and progressive curriculum covering Relationships, Sex and Health Education (RSHE), Mental Health and Wellbeing, Economic Wellbeing, and Careers Education, students develop the understanding and practical skills needed to make informed, responsible and healthy decisions throughout adolescence and into adult life.

RSHE is delivered through our 21st Century Life Lessons (PSHE), assemblies, tutor time and subject lessons, with external visitors, such as the School Nurse, contributing to specific topics and facilitating discussions where appropriate. We encourage students and teachers to share and respect different views, creating a safe, supportive and inclusive environment in which questions and discussions about relationships, health and sexual matters can take place openly, without stigma or embarrassment.

Our curriculum follows a spiral approach, revisiting key themes at increasing levels of depth and complexity as students mature. This enables pupils to build on their previous learning, develop resilience, maintain positive relationships, understand and manage risks, and prepare confidently for the opportunities, challenges and responsibilities of adult life.

KS3 21C Life Curriculum

	Year 7	Year 8	Year 9
Autumn Term	In the Autumn Term , the focus is on emotional wellbeing and successfully adapting to secondary school life. Students develop strategies for managing change, setting personal goals, and maintaining positive mental wellbeing. Alongside this, they explore the characteristics of healthy friendships, learn how to recognise and respond to bullying, and develop empathy, resilience and respect for others.	In the Autumn Term , the focus is on health, wellbeing and personal safety. Students explore how everyday lifestyle choices influence both their physical and mental wellbeing, including healthy eating, sleep, physical activity and emotional health. They also develop strategies for assessing risk and staying safe in a range of situations, including around roads, water, alcohol and other substances.	In the Autumn Term , the focus is on mental wellbeing and healthy decision-making. Students develop practical strategies for managing emotions, setbacks and stress while exploring the risks associated with vaping, alcohol and other substances. They learn how external influences can affect decision-making and develop the confidence to make safe, informed choices.
Spring Term	During the Spring Term , the curriculum focuses on relationships, family life and personal safety. Students explore how families can change over time, the importance of supportive relationships, and how expectations of relationships can be influenced by peers, social media and popular culture. They also revisit learning about puberty, develop an understanding of personal health, and learn how to recognise unsafe situations and seek help when needed.	During the Spring Term , the curriculum explores belonging, diversity and life in the online world. Students examine identity, stereotypes and discrimination while developing an understanding of respectful communities and British values. Alongside this, they learn how online platforms influence behaviour and spending, exploring algorithms, digital manipulation and responsible online decision-making.	During the Spring Term , the curriculum explores personal responsibility, relationships and the law. Students consider how young people can become involved in criminal activity, including cybercrime and exploitation, while learning about healthy intimate relationships, consent, contraception and sexual health in an age-appropriate context.
Summer Term	In the Summer Term , students build on these foundations by exploring healthy relationships, communication, consent and conflict resolution. Alongside this, they begin developing essential financial literacy skills, including budgeting, spending decisions, consumer awareness and understanding the value of money. These topics encourage responsible decision-making and prepare students for increasing independence both inside and outside school.	In the Summer Term , students focus on developing healthy relationships and financial responsibility. They explore healthy and unhealthy relationships, consent, online safety, sexual harassment and image sharing, while also developing practical money management skills such as budgeting, banking, saving and understanding financial risk. These topics help prepare students for increasing independence both now and in the future.	In the Summer Term , the focus shifts towards online safety and preparing for future pathways. Students examine emerging online harms, including deepfake AI images, online misogyny and the sharing of inappropriate content, while also exploring careers education, future aspirations and the skills needed to make informed choices about GCSE options and future employment.

KS4 21C Life Curriculum

	Year 10	Year 11
Autumn Term	In the Autumn Term , students focus on Independence, Health Choices and Wellbeing , learning how to make informed decisions that support their physical and mental wellbeing. They explore healthy lifestyle choices including nutrition, physical activity, sleep and reproductive health, alongside important health awareness topics such as breast awareness, testicular cancer and menstruation. Students also begin to examine the opportunities and challenges presented by artificial intelligence and digital technologies, including misinformation, deepfakes, chatbots and the responsible sharing of images.	In the Autumn Term , the focus is on Life-long Wellbeing and Drugs and Personal Safety . Students develop strategies to support their mental wellbeing, particularly during periods of increased pressure such as examinations and future planning. They revisit drug education, exploring the risks associated with substance use, external influences and gang involvement, while developing the confidence to seek help and make safe decisions. Students also learn essential first aid, including basic life support, and explore wider health topics such as vaccinations, organ donation and maintaining good physical health.
Spring Term	During the Spring Term , the emphasis shifts towards Friendship, Diversity and Managing Influence . Students explore how bullying, prejudice and extremism can affect individuals and communities, while learning how to promote inclusion and challenge harmful attitudes. They also develop critical thinking skills by examining how online content, financial influences and misogynistic narratives can shape beliefs, behaviours and wellbeing. These lessons encourage students to recognise manipulation, evaluate information critically and make responsible decisions online.	In the Spring Term , students focus on Safe Relationships and Sexual Health and Families, Fertility and Pregnancy . Lessons deepen understanding of healthy relationships, recognising unhealthy behaviours, setting boundaries, managing conflict and making informed choices about sexual health. Students also explore long-term relationships, marriage, parenting, fertility, routes to parenthood and pregnancy choices, encouraging thoughtful discussion about future family life and personal responsibility.
Summer Term	In the Summer Term , students deepen their understanding of consent, healthy relationships and recognising abuse . They explore intimacy, the impact of pornography, pressure, persuasion and coercion, alongside relationship rights and recognising abusive behaviours. Students also learn about safeguarding issues including honour-based abuse, forced marriage and FGM, ensuring they know how to seek help and report concerns safely. Alongside this, students focus on study, work and careers , exploring career pathways, work experience, applications and developing the personal skills needed to prepare for their futures.	

