

September 2026

Dear Parent/Carer,

Please find in this document the PSHCE programme of lessons we offer here at Swakeleys.

PSHCE is studied by all year groups on a weekly basis. Personal, Social, Health, Citizenship and Economic (PSHCE) Education & Relationship & Sex Education (RSE) is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in modern Britain.

This year we are teaching PSHCE & RSE lessons through an online platform called Wellio, this delivers lessons that are compliant with the Department for Education's (DfE) updated statutory Relationships, Sex & Health Education guidance.

The PSHCE programme is divided into three core themes which are taught in lessons across the year. The themes are:

Health & Wellbeing

Relationships & Identity

Living in the Wider World

Our RSE policy can be found on our website and here: <https://swakeleys.hillingdon.sch.uk/wp-content/uploads/2026/08/RSE-Policy-2026-.pdf>

Kind regards,



Miss H. Allan

PSHCE Curriculum Leader

PSHCE Programme 2026-2027

Relationships & sex education, Health & Wellbeing, Living in the Wider World, Careers					
Week	Year 7	Year 8	Year 9	Year 10	Year 11
7 Sep - 13 Sep	Connecting with Your Teachers	The many forms of relationships	The Happiness Trap	Inclusivity & belonging	Discrimination and the Equality Act
14 Sep - 20 Sep	From Strangers to Friends	Managing unhealthy relationships	Managing anxiety	Who should you trust?	Stereotypes & Prejudice
21 Sep - 27 Sep	How To Have Healthy Relationships	Repairing relationships	Combatting negative self-talk	Self-esteem & respect	Respecting Human Rights
28 Sep - 4 Oct	Tackling Cyberbullying	Peer pressure survival guide	Expressing gratitude	R.E.S.P.E.C.T.	Gender biases
5 Oct - 11 Oct	Understanding Bullying	Together against bullying	Character strengths in focus	Safety instincts	Criminal exploitation
12 Oct - 18 Oct	Safe & healthy relationships	Online relationships	Positive vs negative humour	Managing emergencies	The questions around deepfakes
19 Oct - 25 Oct	Careers & contributing to others	Technology trends and future careers	Careers & their impact on society	Careers, politics & the economy	Exploring career pathways
Half Term					
2 Nov- 8 Nov	Examining the Equality Act 2010	Sharing information online	Safe & healthy sex	The Spectrum of relationships	Fertility & pregnancy
9 Nov – 15 Nov	The Role of the Courts & Tribunals	The limitless internet	Sexually transmitted infections	Will you marry me?	Contraceptive considerations
16 Nov – 22 Nov	Making sense of money	Viewing harmful content	Reproductive health	Recognising signs of coercive control	Sex & substances
23 Nov – 29 Nov	Budgeting basics	Gender-based discrimination	Pregnancy choices	Sexting	Differences between forced & arranged

					marriages/ MOCK exams
30 Nov – 6 Dec	Bank accounts	Racism & discrimination	Forced marriages	The distorted reality of pornography	Mock Exams
7 Dec – 13 Dec	What's real online?	Homophobia	Stalking & unwanted behaviour	Self-examination & screening	Mock Exams
14 Dec – 20 Dec	The dangers of your internet algorithms	First Aid beyond emergencies	The mind body connection	Keeping your online data safe	Mock Exams

Christmas Holidays

4 Jan – 10 Jan	Careers Focus Fortnight				
11 Jan – 17 Jan					

18 Jan – 24 Jan	Rewiring your brain	Respecting & celebrating religious diversity	Informed drug & alcohol choices	Understanding Democracy	Domestic abuse
25 Jan 31 Jan	Sleep essentials	Exploring the democratic process	Drugs & County lines	The UK's relationship to the world	Sexual harassment & aggression
1 Feb – 7 Feb	Phones & sleep	Taking control of my money	Substance addiction	Public money	The dangers of sextortion
8 Feb – 14 Feb.	Investing in your health	Making health decisions	Saving lives with First Aid	AI & Society	Sexual violence & abuse

HALF TERM

22 Feb – 28 Feb	Managing privacy online	The truth about vaping	Exploitation	Different kinds of intimacy – friends, family, relationships	Relationship fall-outs
1 Mar – 7 Mar	Social media addiction	Oral hygiene	Volunteering in my community	Sexual orientation	Safe relationships online
8 Mar – 14 Mar	Escaping the social media trap	Drug awareness	How Laws are made	Understanding sexual consent	Rethinking masculinity
15 Mar – 21 Mar	AI & Chatbots	Health & Hygiene	Fundamentals of AI	Sharing illegal images	Caring for your mental health
22 Mar – 28 Mar	My boundaries & yours	Alcohol & social inhibitions	Deepfakes & AI	FGM	Health conditions

Easter Holidays

12 Apr – 18 Apr	Good & bad relationships	Assessing the trustworthiness of others	Sextortion	Year 10 Internal Exams/ Unrealistic online world	Exam stress
19 Apr – 25 Apr	Different types of families	Understanding consent	Knife Crime	Fake news & misinformation	Managing stress & overthinking
26 Apr – 2 May	Positive parenting	Power dynamics & consent	Instagram vs Reality	Online radicalisation	
3 May – 9 May	Building healthy relationships	Contraception Essentials	Digital footprint	Online stalking	
10 May – 16 May	The changing adolescent body & the menstrual cycle	The impact of viewing harmful content i.e. pornography	Gambling addiction	The hidden scars of knife crime	
17 May – 23 May	Body changes during puberty	Introduction to FGM	Organ donation	The Rule of Law	
24 May – 30 May	Combat worry, stress & anxiety	Sexual consent	Rising above cyberbullying	The psychology of bullies	
HALF TERM					
7 June – 13 June	Vaping: a global dilemma	Respecting ourselves	Respecting transgender identities	The Healthcare system	
14 June – 20 June	Healthy & balanced lifestyle	Ending relationships	Relationships & their legal status	Work Shadowing Week	
21 June – 27 June	Real life resilience	Explicit sexual imagery	Avoiding & preventing harassment	Menstrual health & conditions	
28 June – 4 July	Safety in public	Online masculinity	Online grooming	Understanding vaccination & immunisation	
5 July – 11 July	Fire & water safety	Changing emotions	Sleep, exercise & diet	Drugs	
12 July – 18 July	Alcohol & your health	Drug laws in the UK	Empowering positive masculinity	Prescription medication misuse	