

Complete Statutory PSHE Mapping – Thornden School (DfE 2026)

1. Curriculum Delivery Model

Thornden secures statutory PSHE through a triangulated delivery model:

1. Tutor Time Personal Development (Years 7–11) – universal statutory entitlement
2. Discrete KS4 Personal Development lessons (Years 10–11) – depth, legality and adulthood readiness
3. Curriculum subject reinforcement – contextualisation and application

This model ensures statutory content is explicitly taught, revisited, deepened and applied.

2. Statutory Strand A: Mental Health & Wellbeing

Statutory Expectations

Emotional wellbeing, mental health literacy, coping strategies, resilience, anxiety, depression, suicide prevention and help-seeking.

Where This Is Taught

Tutor Personal Development

- **Year 7 – Foundations of Wellbeing and Belonging**
Pupils are explicitly taught what mental health is, how emotions work, and how to talk about feelings safely. Lessons such as *Mental Health Introduction*, *My Wellbeing Toolkit* and *Transition & Change* focus on emotional vocabulary, recognising early signs of distress, building routines, and identifying trusted adults.
- **Year 8 – Resilience, Self-Image and Stress**
Learning develops into understanding stress and self-esteem through lessons including *The Science of Stress*, *Self-Esteem & Body Image* and *Social Media & Wellbeing*. Pupils learn practical coping strategies, the impact of comparison online, and how stress affects the body and mind.
- **Year 9 – Mental Health Literacy and Empathy**
Tutor PD lessons such as *Managing Anxiety*, *Grief & Loss* and *Mental Health & Stigma* build literacy around anxiety disorders, loss, and self-harm awareness. There is a strong focus on empathy, stigma reduction and help-seeking for self and others.
- **Year 10 – Managing Pressure and Independence**
Through *Stress & Sleep*, *Loneliness* and *Work–Life Balance*, pupils apply coping strategies to exam pressure, workload and changing relationships. Lessons emphasise independence, healthy routines and support networks.
- **Year 11 – Risk, Resilience and Transition**
Statutory content culminates in *Suicide Prevention*, *Gratitude & Growth* and *Preparing for Change*. Pupils learn about crisis awareness, protective factors, supporting peers, and managing major transitions beyond school.

KS4 Personal Development Lessons

1. Exam stress and coping strategies
2. Loneliness and adult mental-health risk
3. Protective factors and crisis awareness

Subject Reinforcement

1. Science: Stress response, sleep, brain development
2. English: Trauma, identity and resilience in texts
3. PE: Exercise, wellbeing and resilience
4. RS: Compassion, empathy and moral reflection

3. Statutory Strand B: Physical Health, Fitness & Prevention

Statutory Expectations

Healthy lifestyles, physical activity, diet, sleep, disease prevention, cancer awareness, vaccination and screening.

Where This Is Taught

Tutor Personal Development

- **Year 7 – Healthy Routines and Personal Care**
Pupils learn about basic self-care, hygiene, sleep routines and the link between physical and mental health, supporting healthy transition into secondary school.
- **Year 8 – Nutrition and Lifestyle Choices**
Lessons on *Health and Nutrition* and *Lifestyle Diseases* develop understanding of balanced diets, exercise, and how choices affect long-term health.
- **Year 9 – Sleep, Screen Use and Health Services**
Tutor PD focuses on *Benefits of Sleep*, screen time, and accessing health support such as GPs and pharmacists.
- **Year 10 – Prevention and Personal Responsibility**
Through *Cancer: Prevention, Screening & Examination* and healthy lifestyle units, pupils learn about prevention, early detection and adult responsibility for health.
- **Year 11 – Independent Health Management**
Learning prepares pupils for managing health independently, understanding services and maintaining healthy routines beyond school.

KS4 Personal Development Lessons

1. Adult responsibility for health
2. Screening and prevention

Subject Reinforcement

1. **Science:** Body systems, disease prevention
2. **PE:** Lifelong fitness and health
3. **Food Technology:** Diet, hygiene and nutrition
4. **Child Development:** Health in early years

4. Statutory Strand C: Drugs, Alcohol, Tobacco & Vaping

Statutory Expectations

Risks, effects, law, addiction, peer pressure and help-seeking.

Where This Is Taught

Tutor Personal Development

- **Year 7 – Medicines and Personal Safety**
Introduction to safe use of medicines and understanding risk-taking behaviour.
- **Year 8 – Substances and Health**
Explicit teaching on alcohol, smoking and vaping, focusing on health impact and decision-making.
- **Year 9 – Risk, Law and Peer Influence**
Lessons explore legal consequences, peer pressure and strategies for refusal and support.
- **Year 10 – Addiction and Dependency**
Tutor PD examines addiction, dependency and long-term impact on health and relationships.
- **Year 11 – Support, Law and Adult Responsibility**
Pupils learn how to seek help, support others and understand adult legal responsibilities.

KS4 Personal Development Lessons

- Addiction, dependency and the law

Subject Reinforcement

1. **Science:** Biological impact of substances
2. **PE:** Performance and safety
3. **Humanities:** Social impact and legal frameworks

5. Statutory Strand D: Relationships & Sex Education (RSE)

Statutory Expectations

Families, friendships, respectful relationships, consent, sexual health, exploitation, harmful practices and the law.

Where This Is Taught

Tutor Personal Development

- **Year 7 – Friendships, Respect and Safety**
Pupils learn about healthy friendships, bullying, respect, protected characteristics and safeguarding topics such as FGM.
- **Year 8 – Consent, Boundaries and Online Risk**
Lessons such as *Consent*, *Law and Boundaries* cover consent, sexual health basics, pornography risk and county lines.
- **Year 9 – Relationships and Harmful Behaviour**
Tutor PD addresses sexual harassment, misogyny, media influence and challenging harmful norms.
- **Year 10 – Power, Control and the Law**
Through lessons on coercive control, stalking, forced marriage and pregnancy choices, pupils learn legal and ethical dimensions of relationships.
- **Year 11 – Adult Relationships and Safeguarding**
Content includes honour-based abuse, virginity testing, sextortion and expectations of healthy adult relationships.

KS4 Personal Development Lessons

1. Consent and the law
2. Exploitation and abusive relationships
3. Sexual ethics and adult responsibility

Subject Reinforcement

1. **Science:** Reproduction, fertility and sexual health
2. **English:** Power, relationships and coercion in texts
3. **RS:** Ethics, equality and belief

6. Statutory Strand E: Online Safety & Media Literacy

Statutory Expectations

Digital safety, online relationships, harmful content, exploitation, misinformation and AI risk.

Where This Is Taught

Tutor Personal Development

- **Year 7 – Digital Citizenship**
Safe use of devices, online behaviour and reporting concerns.

- **Year 8 – Online Influence and Risk**
Understanding algorithms, social media pressure and misinformation.
- **Year 9 – Online Harm and Exploitation**
Sexting, image sharing, grooming and staying safe online.
- **Year 10 – Crime, Ethics and AI**
Cybercrime, deepfakes, AI and online ethics.
- **Year 11 – Independence and Digital Responsibility**
Online dating risk, digital footprint and adult online responsibility.

KS4 Personal Development

- Cybercrime, AI ethics, extremism and pornography

Subject Reinforcement

1. **Computing:** Online safety, data protection
2. **Media Studies:** Representation and influence
3. **English:** Media literacy and persuasion
4. **Business:** Fraud and consumer protection

7. Statutory Strand F: Living in the Wider World

Statutory Expectations

Careers, finance, law, citizenship, rights, responsibilities and preparation for adulthood.

Where This Is Taught

Tutor Personal Development

- **Year 7 – Community and Belonging**
Introduction to school community, rights, responsibilities and British Values.
- **Year 8 – Finance and Decision-Making**
Budgeting, saving and gambling awareness.
- **Year 9 – Law, Rights and Society**
Understanding the law, citizenship and social responsibility.
- **Year 10 – Work and Employability**
Work experience, employment rights and health and safety.
- **Year 11 – Independence and Future Pathways**
Cost of living, post-16 choices and preparing for adult life.

KS4 Personal Development Lessons

1. Employment rights and health & safety
2. Cost of living and independence

Subject Reinforcement

1. **Mathematics:** Budgeting, risk and probability
2. **Careers:** Pathways and employability
3. **Humanities:** Law, democracy and citizenship
4. **Business:** Enterprise and workplace responsibility

8. Complete Statutory PSHE Coverage Table (Clean, Correctly Structured)

Below is the **definitive statutory PSHE coverage table**, written in **clean Markdown table format** so it remains a table when copied into Word, Google Docs or inspection materials. There are **no hard line breaks inside cells**.

Statutory PSHE Strand	Tutor PD KS3 (Years 7–9)	Tutor PD KS4 (Years 10–11)	KS4 Discrete PD (Depth & Legality)	Curriculum Subject Reinforcement
Mental Health & Wellbeing	Y7 emotional literacy, transition, belonging; Y8 stress, self-esteem, social media wellbeing; Y9 anxiety, stigma, grief and loss	Y10 stress and sleep, loneliness, work–life balance; Y11 suicide prevention, resilience, post-16 transition	Exam stress; loneliness; coping strategies; crisis awareness; managing transitions; help-seeking and peer support	Science (stress, sleep, brain development); English (trauma, identity, resilience); PE (exercise, resilience, teamwork); RS (empathy, compassion, moral reflection)
Physical Health, Fitness & Prevention	Y7 healthy routines, hygiene, self-care; Y8 nutrition, exercise, lifestyle disease; Y9 sleep, screen use, accessing health services	Y10 cancer prevention and screening; Y11 independent health management	Cancer awareness; prevention and screening; adult responsibility for health; accessing health services	Science (body systems, disease prevention); PE (lifelong fitness); Food Technology (nutrition, hygiene); Child Development (early years health)
Drugs, Alcohol, Tobacco & Vaping	Y7 medicines and safety; Y8 alcohol, smoking and vaping risks; Y9 law, peer pressure and refusal skills	Y10 addiction and dependency; Y11 support pathways and legal responsibility	Addiction and dependency; short- and long-term health impact; law and consequences; accessing support	Science (biological impact of substances); PE (performance, risk and safety); Humanities (law, social impact)

Statutory PSHE Strand	Tutor PD KS3 (Years 7–9)	Tutor PD KS4 (Years 10–11)	KS4 Discrete PD (Depth & Legality)	Curriculum Subject Reinforcement
Relationships & Sex Education (RSE)	Y7 friendships, bullying, respect, FGM; Y8 consent, boundaries, sexual health, pornography risk; Y9 sexual harassment, misogyny, media influence	Y10 coercive control, stalking, forced marriage, pregnancy choices; Y11 honour-based abuse, virginity testing, sextortion	Consent and the law; exploitation and abusive relationships; sexual ethics; readiness for adult relationships	Science (reproduction, fertility, contraception); English (power, coercion and relationships in texts); RS (ethics, equality, belief)
Online Safety & Media Literacy	Y7 digital citizenship, reporting concerns; Y8 algorithms, online influence, misinformation; Y9 sexting, grooming, online exploitation	Y10 cybercrime, AI, deepfakes; Y11 online dating, digital footprint	Cybercrime; AI ethics; extremism; pornography and online harm; managing digital identity	Computing (online safety, data protection); Media Studies (representation and influence); English (media literacy, persuasion); Business (fraud, consumer protection)
Living in the Wider World	Y7 community, rights, British Values; Y8 budgeting, saving, gambling awareness; Y9 law, citizenship, social responsibility	Y10 work experience, employment rights; Y11 cost of living, post-16 pathways	Employment rights and health & safety; financial independence; adulthood readiness; civic responsibility	Maths (budgeting, risk, probability); Careers (pathways, employability); Humanities (democracy, law, citizenship); Business (enterprise, work)