

Secondary RSHE statutory guidance comparison

The table shows how the PSHE spiral curriculum will be organised. Each strand will be revisited several times (across each Key Stage), to ensure repeat coverage and age-appropriate progression.

Overview of 2026 Secondary Curriculum								
Theme	Understanding myself			Self with others		Self within the world		
PSHE Association equivalent	“Health and Wellbeing”			“Relationships”		“Living in the Wider World”		
Unit	Wellbeing	My body & Me	Healthy choices	Healthy Relationships	Intimate Healthy Relationships	Identity & Community	Digital Lives	Aspiration & money
Strands	Emotions, mental health and mental wellbeing Mental strength, self-esteem and resilience Physical health	Puberty Body image Female health, male health and FGM Reproductive health & parenthood Looking after our health and navigating healthcare systems Sexual intercourse, contraception and sexual health	Drugs, alcohol, tobacco and vaping Safety in public spaces, gangs and exploitation Life-saving skills	Identifying healthy and unhealthy relationships Maintaining positive relationships Managing peer pressure and improving self-awareness Responding to bullying Change, separation and grief	Marriage, civil-partnerships and forced marriage Romantic and sexual relationships The effect of pornography and online cultures on sexual behaviour Identifying and responding to harmful sexual behaviour How to identify abuse and controlling behaviour	Rights and discrimination Identities, stereotypes and respect Belonging and community building	Online wellbeing - Privacy and personal information Sharing content Healthy online behaviour Socialising online Online content Data, money and misinformation	Careers and goals World of Work Personal finance