

PSHCE Curriculum Overview – CST Mapping (Years 7–11)

Mapped to school's six CST principles: Human Dignity, Common Good, Care for Creation, Peace, Reconciliation and Solidarity, Option for the Poor and Vulnerable, Dignity at Work and Participation.

In Lesson 1 of each year, when students learn about:

- **How we work together in PSHCE**
- **The expectations for behaviour**
- **Respecting others in class discussions**
- **Creating a safe and inclusive environment**

they are learning how to **recognise and protect the dignity of every person in the room.**

By following shared rules and working in respectful ways:

- We **honour each other's voice and contributions.**
- We create a space where **everyone feels safe, included, and valued.**
- We understand that **respecting rules is not just about discipline**, but about building a culture of **mutual dignity and care.**

Year 7

Unit / Lesson Focus	CST Principle	Why It Fits
Goal Setting, Organisation, Identity & Values	Human Dignity	These lessons help students explore their identity and build self-awareness. They promote respect for oneself and others, recognising that each person is made in the image of God. Goal setting and developing personal values supports the development of self-worth and celebrates the dignity of each individual.
Friendships, Bullying & Online Communication	Peace, Reconciliation and Solidarity	These lessons focus on empathy, compassion, and inclusion—core aspects of solidarity. Students are taught to stand up for one another, build peaceful relationships, and respond to conflict and bullying in a spirit of reconciliation. This fosters a supportive school community where all feel valued and included.
Emotions, Healthy Habits (Diet, Hygiene, Sleep)	Care for Creation	Encourages students to care for their physical and emotional well-being, recognising that our bodies and minds are part of God's creation.
Puberty, Body Image, Self-Worth	Dignity at Work and Participation	Helps students understand and value their personal development and recognise their growing role in relationships and society.
Decision Making – Drugs, Alcohol, Safety, First Aid	Common Good	Promotes making responsible choices that protect health and safety for oneself and others—building a healthier community for all.
Assertiveness, Boundaries, FGM, Forced Marriage	Option for the Poor and Vulnerable	Raises awareness and supports the protection of vulnerable individuals, empowering students to speak up and seek help

Year 8

Unit / Lesson Focus	CST Principle	Why It Fits
Digital Literacy & Online Presence	Common Good	Promotes responsible use of online platforms for the benefit of all and helps students contribute to a well-informed society.
Equality, Diversity & Challenging Stereotypes	Peace, Reconciliation and Solidarity	Encourages respect for difference and unity among all people, helping students to challenge injustice and promote inclusion.
Substance Use, Contraception & Influence	Option for the Poor and Vulnerable	Supports informed, healthy choices and recognises the need to protect and care for those more vulnerable to risky influences.
Careers & Aspirations	Dignity at Work and Participation	Promotes meaningful and purposeful contribution through work and the development of students' gifts and talents.
Healthy Relationships, Boundaries, Sexting	Human Dignity	Encourages self-worth, respect for others, and valuing the dignity of every person in relationships.
Mental & Physical Wellbeing	Care for Creation	Teaches care and responsibility for one's physical and mental health as part of God's creation.

Year 9

Unit / Lesson Focus	CST Principle	Why It Fits
Employability & Career Choices	Dignity at Work and Participation	Encourages students to prepare for purposeful work and active contribution to society.
Friendships, Gangs, Drugs and Alcohol	Option for the Poor and Vulnerable	Addresses issues that affect those most at risk and teaches solidarity and protection for vulnerable peers.
Mental Health, Loss & Coping Strategies	Peace, Reconciliation and Solidarity	Supports emotional healing and community support. Fosters compassion, emotional healing, and support for one another in times of difficulty.
Financial Education & Gambling	Common Good	Promotes responsible decisions for shared social benefit. Teaches responsible choices that contribute to a fairer and more stable society for all.
Healthy Relationships & Consent	Human Dignity	Promotes mutual respect and personal boundaries, recognising the sacred worth of each person.
Sexual Health, Cancer Awareness, First Aid	Care for Creation	Encourages responsibility and proactive care for health and well-being of oneself and others.

Year 10

Unit / Lesson Focus	CST Principle	Why It Fits
Mental Health, Transitions & Resilience	Care for Creation	Supports mental and emotional wellbeing, encouraging stewardship of one's body and mind during change.
Relationships, Abuse & Pornography	Option for the Poor and Vulnerable	Empowers students to protect the dignity of others and support those affected by harm or exploitation.
Safety, First Aid & Online Conduct	Common Good	Promotes ethical behaviour and personal responsibility that supports a safer and healthier society.
Work Skills, Careers & Goal Setting	Dignity at Work and Participation	Encourages personal growth through education and employment. Supports young people in preparing for meaningful employment and contributing to their community.
Marriage, Discrimination, Extremism	Peace, Reconciliation and Solidarity	Challenges hate and division, fostering respect and unity in relationships and society, and supports reconciliation and social harmony.
Work Experience & Future Planning	Human Dignity	Promotes reflection on self-worth and meaningful life direction. Encourages self-reflection and personal development, honouring each student's God-given potential.

Year 11

Unit / Lesson Focus	CST Principle	Why It Fits
Money, Safety & Independence	Common Good	Supports responsible financial and safety decisions for social benefit. Promotes wise financial decisions and personal responsibility for the benefit of society.
Relationships, Consent & Sexual Health	Human Dignity	Promotes respectful, safe, and loving relationships. Teaches students to respect themselves and others in loving, safe relationships.
Healthy Lifestyle & Health Services	Care for Creation	Promotes stewardship of our physical and emotional health. Promotes care for one's body and mind as an act of respect for God's creation.
Parenting, Fertility, Loss and Support	Option for the Poor and Vulnerable & Peace, Reconciliation and Solidarity	Provides support and compassion for those in vulnerable situations such as parenting, grief, and loss. Promotes empathy and healing within a supportive community helping support others through loss and challenge.
Transition, Self-Worth, Future Planning	Dignity at Work and Participation	Empowers students to grow in purpose and participation in society. Empowers students to grow in confidence, make life choices, and pursue meaningful work.