

	Autumn 1 Health and wellbeing	Autumn 2 Relationships	Spring 1 Living in the wider world	Spring 2 Health and wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	<u>Big Question: New beginnings and changes</u> <ul style="list-style-type: none"> - Transition to Secondary schools - First day nerves - Making new friends - Adjusting to change - Peer pressure - What is mental health? - What is self-esteem? - What can impact my self-esteem? - Strategies to help with my self esteem - How can I be more resilient? 	<u>Big Question/theme: Relationships myself and others</u> <ul style="list-style-type: none"> - Web of relationships - Different types of friendships - Romantic relationships - Family relationships - Different types of families 	<u>Big question: How can I manage my money?</u> <ul style="list-style-type: none"> - What is money? - How can I make secure transactions? - Staying in control of my money - Personal budgeting - Fraud - Money and debt - How can I manage my money securely? - Managing my money in today's world (scenario based) 	<u>Big question/topic: How can I look after my body?</u> <ul style="list-style-type: none"> - Why is my body changing? - Checking my body - Influences on your health - Importance of personal hygiene and handwashing (germs and bacteria) - Prevention of infection - What is FGM? - FGM awareness - What is cancer? 	<u>Big question: What is a respectful relationship?</u> <ul style="list-style-type: none"> - What is a respectful relationship? - Conflict and relationships - Cyberbullying and trolling - Respecting others - Discrimination - Sexism - Racism - What is consent and knowing your boundaries? 	<u>Big question/theme: You and the law</u> <ul style="list-style-type: none"> - What is crime? - Why do people commit crimes? - Different types of punishments - Anti-social behaviour - Gang culture - The British Justice system - Law and young offenders
Link to PSHE Association lesson outcomes	H1, H4, H5, H13, H14, H15, H16, H17	R1, R4, R8, R11, R13, R14, R30	L2, L16, L18, L20	H6, H7, H9	R27, R35, R36, R37, R38, L4, L7	L5, L6
Year 8	<u>Big question/theme: How can I deal with my emotions?</u> <ul style="list-style-type: none"> - Positive mental wellbeing - What is anxiety and strategies to deal with it? - How do I deal with my anger? - Mindfulness - Being resilient - What is stress and how can I overcome it? 	<u>Big question/theme: Respect myself and others</u> <ul style="list-style-type: none"> - What is prejudice and discrimination? - Different types of bullying (online bullying, social media) - What is stereotyping? - Sexism - Racism - Homophobia - Discrimination towards physical disabilities - Racism and prejudice - Celebrating diversity 	<u>Big question/theme: How do I vote?</u> <ul style="list-style-type: none"> - What is democracy? - Democracy and general elections - Introduction to Parliament - Role of the Prime Minister - How are laws made? 	<u>Big question/theme: Drugs: Legal or Illegal</u> <ul style="list-style-type: none"> -Alcohol and drug misuse (particular focus on vaping) - pressures relating to drug use - Drugs and the law -Binge drinking (causes and consequences) 	<u>Big Question: What is a healthy and unhealthy relationship?</u> <ul style="list-style-type: none"> - Different types of romantic relationships - Sexual orientation and gender - Healthy and unhealthy relationships - Sexting and sexual harassment - Grooming (being safe online) 	<u>Big Question/theme: What does it mean to be British?</u> <ul style="list-style-type: none"> - British values and how it is shown in modern day Britain - What does it mean to be British? - In depth study on each of the British values - British values and homophobia - British Values project - Me and my identity - Celebrating diversity
Link to PSHE Association lesson outcomes	H15, H16, H17, H20, H22, H23, H24, H25, H26, H27, H28, H29, H30	L2, L4, R7,R28, R29	L1, L5, L6	H3, H6, H7, H17, H18, H19	R1, R6, R24, R25, R26, R29	L3, L4, L5, L6, L7
Year 9	<u>Big question/theme: How can I support my emotional wellbeing?</u> <ul style="list-style-type: none"> - What is self-esteem? - Why do we have highs and lows? - Peer pressure 	<u>Big question/theme: Unhealthy relationships and behaviour</u> <ul style="list-style-type: none"> - What is an unhealthy relationship? -Respecting boundaries 	<u>Big question/theme: Criminal justice in today's world.</u> <ul style="list-style-type: none"> - What is the criminal justice system? - Anti-social behaviour and the law 	<u>Big question/theme: Being under the influence</u> <ul style="list-style-type: none"> -Peer influence, substance use and gangs -Healthy and unhealthy friendships, 	<u>Big question/theme: Intimate relationships</u> <ul style="list-style-type: none"> - What is an intimate relationship? - Consent - STIs 	<u>Big questions/theme: 'The left, extremists, fascists and me'</u> <ul style="list-style-type: none"> - Understanding and preventing extremism - Perceptions - Terrorism

	<ul style="list-style-type: none"> - How can we keep good mental health? - Stress triggers - Dealing with my anger - Self-harm - Overcoming depression 	<ul style="list-style-type: none"> - Is a controlling relationship, a healthy relationship? - Homophobia - Transphobia - Sexism and gender prejudice - Sexist language and misogyny 	<ul style="list-style-type: none"> - Hate crime - Knife crime - Gang crime - The British Justice system 	<ul style="list-style-type: none"> - assertiveness - substance misuse - gang exploitation 	<ul style="list-style-type: none"> - Sexting - Contraception 	<ul style="list-style-type: none"> - Myths: Terrorism and religion - The radicalisation processes - Counter terrorism
Year 9 drop down day					<p>Big Question: Keeping safe day</p> <p>Healthy and unhealthy relationships</p> <p>Substance use and misuse (vaping and binge drinking)</p>	
Link to PSHE Association lesson outcomes	H1, H4, H5, R30, R31, R34	R26, R27, R28, R29	L4, L5, L6, L7	H24, H25, H26, H28, H29, H30, H31, H32	R7, R15, R16, R17, R18, R19, R20, R21, R22, R23	L3, L4, L5, L6, L7 <u>L3, L5 (KS4)</u>
Year 10	<p><u>Autumn term PSHE drop down day (with careers) 'Looking after myself'</u></p> <p>Session 1: Dealing with stress and anxiety and different strategies in dealing with stress and anxiety</p> <p>Session 2: Substance use and misuse (addiction)</p> <p>Session 3: Online safety particular focus on online gaming.</p>		<p><u>Spring term PSHE drop down day (with careers) 'Healthy relationships'</u></p> <p>Session 1: Being in love (healthy and positive relationships)</p> <p>Session 2: Domestic abuse in relationships</p> <p>Session 3: Consent and sexual harassment</p>		<p><u>Summer term PSHE drop down day (with careers) 'Living in the wider world'</u></p> <p>Session 1: Money management (debt and money laundering)</p> <p>Session 2: Country lines, gang crime and anti-social behaviour</p> <p>Session 3: 'Leaving my mark' (selfie safety, being careful what I post online)</p>	
Link to PSHE Association lesson outcomes	H1, H3, H4, H5, H6, H7	R5, R7, R6, R16	L4, L5, L6, L7	H14, H15, H16, H17, L20	R3, R10, R11, R12, R24, R25, R28	L20, L21, L22
Year 11	<p><u>AUT 1 PSHE drop down day (with careers) 'Preparing for adult life'</u></p> <p>Session 1: Living independently</p> <p>Session 2: Wages and tax deduction</p> <p>Session 3: What are my employment rights?</p>	<p><u>AUT 2 PSHE drop down day 'Preparing for adult life (part 2)'</u></p> <p>Session 1: Dealing with exam stress</p> <p>Session 2: Consent and safe sex</p> <p>Session 3: Marriage and parenting</p>		Revision	Revision	
Link to PSHE Association lesson outcomes	R1, R3, R4, R5, R8, R11, R12, R13, R15, R20	H1, H2, H3, H4, H5, H6, H7, H12, H14				

Core Theme 1: Health and Wellbeing Core

Core Theme 2: Relationships

Core Theme 3: Living in the Wider World

Whole school PSHE long term plan 2023-2024

<p>Topic areas: Personal identity Healthy lifestyles Keeping safe</p>	<p>Topic areas: Healthy Relationships Relationships and sex education Relationship safety Valuing difference</p>	<p>Topic areas: Rights and responsibilities Economic wellbeing Employability and enterprise Career progression</p>
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