

	<b>Autumn 1 Health and wellbeing</b>	<b>Autumn 2 Relationships</b>	<b>Spring 1 Living in the wider world</b>	<b>Spring 2 Health and wellbeing</b>	<b>Summer 1 Relationships</b>	<b>Summer 2 Living in the wider world</b>
Year 7	<p><u>Big Question: New beginnings and changes</u></p> <ul style="list-style-type: none"> <li>- Transition to Secondary schools</li> <li>- First day nerves</li> <li>- Making new friends</li> <li>- Adjusting to change</li> <li>- Peer pressure</li> <li>- What is mental health?</li> <li>- What is self-esteem?</li> <li>- What can impact my self-esteem?</li> <li>- Strategies to help with my self esteem</li> <li>- How can I be more resilient?</li> </ul>	<p><u>Big Question/theme: Relationships myself and others</u></p> <ul style="list-style-type: none"> <li>- Web of relationships</li> <li>- Different types of friendships</li> <li>- Managing toxic friendships</li> <li>- Romantic relationships</li> <li>- Family relationships</li> <li>- Different types of families</li> </ul>	<p><u>Big question: How can I be safe online?</u></p> <ul style="list-style-type: none"> <li>- Positives and negatives of the internet</li> <li>- Online privacy</li> <li>- The use of social media</li> <li>- Cyberbullying</li> <li>- The dangers of online gaming</li> </ul>	<p><u>Big question/topic: How can I look after my body?</u></p> <ul style="list-style-type: none"> <li>- Looking after my physical and mental health</li> <li>- Checking my body</li> <li>- Influences on your health</li> <li>- Importance of personal hygiene and handwashing (germs and bacteria)</li> <li>- Prevention of infection</li> <li>- What is FGM?</li> <li>- FGM awareness</li> <li>- What is cancer?</li> </ul>	<p><u>Big question/theme: Prejudice and challenges</u></p> <ul style="list-style-type: none"> <li>- What is a respectful relationship?</li> <li>- How can I be tolerant towards others?</li> <li>- What are the protected characteristics?</li> <li>- Respecting others</li> <li>- Discrimination</li> <li>- Sexism</li> <li>- Racism</li> <li>- Our use of words</li> </ul>	<p><u>Big question/theme: You and the law</u></p> <ul style="list-style-type: none"> <li>- What is crime?</li> <li>- Why do people commit crimes?</li> <li>- Different types of punishments</li> <li>- Anti-social behaviour</li> <li>- Knife crime and the law</li> <li>- The British Justice system</li> </ul>
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	<p><u>Big question/theme: How can I deal with my emotions?</u></p> <ul style="list-style-type: none"> <li>- Positive mental wellbeing</li> <li>- What is anxiety and strategies to deal with it?</li> <li>- How do I deal with my anger?</li> <li>- Mindfulness</li> <li>- Being resilient</li> <li>- What is stress and how can I overcome it?</li> </ul>	<p><u>Big question/theme: Respect myself and others</u></p> <ul style="list-style-type: none"> <li>- What is prejudice and discrimination?</li> <li>- Different types of bullying (online bullying, social media)</li> <li>- What is stereotyping?</li> <li>- Sexism</li> <li>- Homophobia (around the world)</li> <li>- Racism and prejudice</li> <li>- Discrimination towards teenagers</li> <li>- Celebrating diversity</li> </ul>	<p><u>Big question/theme: How do I vote?</u></p> <ul style="list-style-type: none"> <li>- What is democracy?</li> <li>- Importance of voting</li> <li>- Democracy and general elections</li> <li>- Introduction to Parliament</li> <li>- Role of the Prime Minister</li> <li>- How are laws made?</li> </ul>	<p><u>Big question/theme: Personal safety</u></p> <ul style="list-style-type: none"> <li>-Alcohol and drug misuse (particular focus on vaping, nicotine and addiction)</li> <li>- pressures relating to drug use</li> <li>- Drugs and the law</li> <li>-Binge drinking (causes and consequences)</li> <li>-Road safety</li> <li>-Fire safety</li> </ul>	<p><u>Big Question: What is a healthy and unhealthy relationship?</u></p> <ul style="list-style-type: none"> <li>- Different types of romantic relationships</li> <li>- Sexual orientation and gender</li> <li>- Healthy and unhealthy relationships</li> <li>- Sexting, dangers of image sharing and sexual harassment</li> <li>- Grooming (being safe online)</li> <li>- Domestic conflict</li> </ul>	<p><u>Big Question/theme: What does it mean to be a British citizen?</u></p> <ul style="list-style-type: none"> <li>- British values and how it is shown in modern day Britain</li> <li>- What does it mean to be a British citizen?</li> <li>- In depth study on each of the British values</li> <li>- British Values project</li> <li>- Me and my identity</li> <li>- Celebrating diversity</li> </ul>
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	<p><u>Big question/theme: How can I support my emotional wellbeing?</u></p> <ul style="list-style-type: none"> <li>- What is self-esteem?</li> <li>- Why do we have highs and lows?</li> <li>- Peer pressure</li> </ul>	<p><u>Big question/theme: Unhealthy relationships and behaviour</u></p> <ul style="list-style-type: none"> <li>- What is an unhealthy relationship?</li> <li>-Respecting boundaries</li> </ul>	<p><u>Big question/theme: Criminal justice in today's world.</u></p> <ul style="list-style-type: none"> <li>- What is the British criminal justice system?</li> <li>- Anti-social behaviour and the law</li> </ul>	<p><u>Big question/theme: Our health and personal safety</u></p> <ul style="list-style-type: none"> <li>-Peer influence, substance use and gangs</li> <li>-Healthy and unhealthy friendships,</li> </ul>	<p><u>Big question/theme: Intimate relationships</u></p> <ul style="list-style-type: none"> <li>- What is an intimate relationship?</li> <li>- Consent</li> <li>- STIs</li> </ul>	<p><u>Big questions/theme: 'The left, extremists, fascists and me'</u></p> <ul style="list-style-type: none"> <li>- Understanding and preventing extremism and radicalisation</li> <li>- Tolerance towards others</li> <li>- Terrorism</li> </ul>

	<ul style="list-style-type: none"> <li>- How can we keep good mental health?</li> <li>- Stress triggers</li> <li>- Dealing with my anger</li> <li>- Self-harm</li> <li>- Overcoming depression</li> </ul>	<ul style="list-style-type: none"> <li>- Is a controlling relationship, a healthy relationship?</li> <li>-Homophobia</li> <li>- Transphobia</li> <li>- Sexism and gender prejudice</li> <li>- Sexist language and misogyny</li> <li>-Peer pressure and the impact it can have on relationships</li> </ul>	<ul style="list-style-type: none"> <li>- The laws surrounding hate crime</li> <li>- Knife crime-why do teens get involved?</li> <li>- Gang crime</li> <li>- How does the law deal with young offenders?</li> </ul>	<ul style="list-style-type: none"> <li>-assertiveness</li> <li>- substance misuse</li> <li>-gang exploitation</li> </ul>	<ul style="list-style-type: none"> <li>- Sexting</li> <li>- Contraception</li> <li>- Teenage pregnancy</li> </ul>	<ul style="list-style-type: none"> <li>- Myths: Terrorism and religion</li> <li>- The radicalisation processes</li> <li>- Radical groups</li> <li>- Extremism; Sharia law in the UK</li> <li>- Counter terrorism</li> </ul>
Year 9 drop down day			---		<p><b>Big Question: Keeping safe day</b></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>Big question/theme: "Help me feel stressed!"</u></p> <ul style="list-style-type: none"> <li>- Triggers of stress</li> <li>- How can I help to combat stress?</li> <li>- How can I help someone with anxiety?</li> <li>- Self-harm (triggers and support)</li> <li>- Self esteem</li> <li>- Use of brain power</li> </ul>	<p><u>Big question/theme 'Unhealthy relationships'</u></p> <ul style="list-style-type: none"> <li>-What is an unhealthy relationship?</li> <li>-Consent and boundaries</li> <li>-Respect within relationships incl. misogynistic behaviour</li> <li>-Domestic abuse within teenage relationships</li> <li>-Dangers of online pornography</li> <li>-Sexual harassment and stalking</li> </ul>	<p><u>Big question/theme: 'Being safe in the world around me'.</u></p> <ul style="list-style-type: none"> <li>- Reasons for anti-social behaviour and the law</li> <li>- Why do young people get involved in county lines?</li> <li>- The consequences of knife crime</li> <li>- Online safety-dark web and online grooming</li> <li>- Online self safety</li> </ul>	<p><u>Big question/theme: Addiction</u></p> <ul style="list-style-type: none"> <li>- What is addiction?</li> <li>- Binge drinking</li> <li>- Why do young people smoke and vape? (incl, impacts)</li> <li>- Gambling</li> <li>- Online gaming</li> </ul>		<p><u>Big question/theme: Ups and downs of relationships</u></p> <ul style="list-style-type: none"> <li>-Promoting positive relationships</li> <li>-Dealing with break-ups</li> <li>-Deal with grief and bereavements</li> <li>-Conflict in different relationships</li> <li>-Becoming a parent</li> </ul>
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	
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
Topic areas: Personal identity Healthy lifestyles Keeping safe	Topic areas: Healthy Relationships Relationships and sex education Relationship safety Valuing difference	Topic areas: Rights and responsibilities Economic wellbeing Employability and enterprise Career progression