

PSHE 2020 – 2021: LONG-TERM OVERVIEW

	Autumn 1 Health & wellbeing	Autumn 2 - RESPECT / Living in the wider world	Spring 1 Relationships	Spring 2 Relationships	Summer 1 Health & wellbeing	Summer 2 - RESPECT / Living in the wider world
7	Transition and Mental Health Transition to secondary school and personal safety in and outside school. How to talk about emotions. 5 ways to wellbeing. Recognising the signs of mental health.	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations Anti Bullying /Friendships Introduction to LGBT terminology Aspire, the character principles	Relationships Introduction to consent/ peer pressure (peer on peer abuse) What is attraction, sexual attraction and love. Is it normal to be attracted to other genders Safe friendships and relationships Marriage, civil partnerships, cohabitation	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries Safe friendships and safe relationships Diversity	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM First Aid Personal hygiene / Immunisations, healthy lifestyles Introduction to cancer	Financial decision making Saving, borrowing, budgeting and making financial choices Identity, character, diversity, prejudice and equality Careers introduction Enterprise / Personal safety
8	Emotional wellbeing & Mental Health Mental health and emotional wellbeing, including body image and coping strategies. 5 ways to wellbeing.	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work LGBT issues around the world How do I cope with changing friendships. Break down of family and friendships. Social media and friendships. Sharing images and the law.	Discrimination & Relationships Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia Contraception Types of partnership Changing bodies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception Social media and relationships Sexual harassment Sharing images / law	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use. Nutrition - energy drinks. Sleep and screen time. Fitness Cancer awareness. HIV/Aids Organ donation. Online gambling. County lines / Female Genital Mutilation /Circumcision First Aid	Digital literacy Online safety, digital literacy/social media, media reliability, and gambling hooks Finance Crime - (Racism, knife crime, media, justice, resilience). Recent events (changes each year)
9	Emotional wellbeing & Mental Health How to identify harmful behaviours online including the impact of social media and how to report, or find support, if they have been affected by those behaviours. Links to the impact of this on mental wellbeing. 5 ways to wellbeing.	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process Forced marriage / Female Genital Mutilation Child Sexual Exploitation Transgender issues	Respectful relationships Families and parenting, healthy relationships. Contraception recap STIs recap, HIV, aids Qualities in relationships	Intimate relationships Consent Sexting/social media Same sex relationships Attitudes to pornography Peer influence, substance use and gangs	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid Healthy and unhealthy friendships, assertiveness. Nutrition - energy drinks Sleep and screen time / Fitness First Aid	Employability skills Employability and online presence / Career options / Options fayre Gender stereotypes in the work place Cancer awareness / Money matters HIV/Aids / Organ donation / Online gambling
10	Emotional wellbeing & Mental Health Common types of mental ill health (e.g. anxiety and depression). How to evaluate actions and the positive or negative effect on their own or others' mental health. 5 ways to wellbeing.	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices Study skills/Revision Careers Bullying / Resisting Pressure Hate crime /Gender prejudice	Healthy relationships Contraception, pregnancy, parenting STIs, support and tests Consent, partner abuse Miscarriage, fertility, Abortion	Addressing extremism and radicalisation Communities, belonging and challenging extremism Sex expectations, myths, pleasure and challenges, including the impact of the media and pornography Upskirting - male/female expectations Relationship break ups	Exploring influence The influence and impact of drugs and alcohol, gangs, role models and the media / tattoos and piercings First Aid Prescribed drugs, drugs and county lines / Male/female cancer awareness	Work experience Preparation for and evaluation of work experience and readiness for work - Goals/Aims yr. 10 Interviews /Personal statements Finance
11	Emotional wellbeing & Mental Health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change Promotion of mental wellbeing, including as an approach to combat stress. 5 ways to wellbeing. How to seek help or advice, including reporting concerns about others, if needed.	Building for the future Self-efficacy, stress management, and future opportunities Myth busting/media/fake news Next steps Application processes, and skills for further education, employment and career progression Personal statements / College applications / University costs	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), Relationship challenges and abuse Risky Behaviours	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships Revision techniques	Independence Responsible health choices, and safety in independent contexts Revision techniques First Aid	Next Steps Revision techniques Career aspirations University

