

PSHCE long-term plan 2021/22

| | Autumn 1 Health & wellbeing | Autumn 2 Relationships | Spring 1 Living in the wider world | Spring 2 Health & wellbeing | Summer 1 Living in the wider world | Summer 2 Relationships |
|---------------|---|---|---|--|---|---|
| Year 7 | <p>Transition and safety Transition into secondary school.</p> <p>Personal safety in and outside of school.</p> <p>Healthy routines e.g. sleep, diet, hygiene inc dental</p> <p>How diseases spread</p> <p>Basic first aid</p> | <p>Diversity Positive relationships, diversity, prejudice and bullying including cyber bullying.</p> <p>Managing on and offline friendships.</p> <p>Online safety</p> <p>Intro to sending inappropriate images</p> | <p>Developing skills and aspirations How to be enterprising.</p> <p>Broad career opportunities and qualities/abilities required</p> <p>Equality of opportunity and challenging stereotypes</p> <p>Link between values and career choices</p> | <p>Health, puberty and peer pressure risks Male puberty, porn + masturbation, hygiene</p> <p>Female puberty and menstruation.</p> <p>FGM (warning signs and what it is)</p> <p>The risks of tobacco, alcohol and other illegal substances</p> | <p>Financial decision making Borrowing money, saving money, budgeting and how to make ethical financial choices</p> <p>Intro to careers and different pathways</p> <p>Study skills in preparation for end of year exams</p> | <p>Positive behaviour and relationships Family types</p> <p>Self-worth and self esteem</p> <p>Being a good citizen</p> <p>Sexual harassment and unwanted physical contact</p> <p>The importance of kindness</p> |
| Year 8 | <p>Emotional wellbeing Mental health and emotional wellbeing</p> <p>Positive body image</p> <p>Coping strategies and how to seek help</p> <p>Anxiety and depression</p> <p>Managing change and loss</p> | <p>Discrimination and human rights Racism</p> <p>Religious discrimination</p> <p>Disability discrimination</p> <p>Sexism</p> <p>HBT</p> <p>How school can support</p> | <p>Digital literacy Online safety</p> <p>Digital literacy</p> <p>Media reliability</p> <p>Gambling hooks/risks online</p> <p>Intro to extremism and staying safe on and offline</p> | <p>Personal safety and grooming Signs of grooming and where to find help.</p> <p>How to avoid the risks of peer pressure and gang involvement</p> <p>Personal safety, road safety, knife crime</p> <p>First aid to include violent crime injuries</p> | <p>Community and careers Equality of opportunity in careers and life choices</p> <p>Challenging career stereotypes and raising aspirations</p> <p>Different types and patterns of work</p> <p>Study skills in preparation for end of year exams</p> | <p>Identity and relationships Gender identity and sexual orientation</p> <p>Consent and the law</p> <p>Sexting and the law</p> <p>Contraception uses and types</p> <p>Pornography and the law</p> |
| Year 9 | <p>Emotional wellbeing How to have a balanced healthy lifestyle e.g. diet and exercise including hygiene</p> <p>Strategies to combat stress and anxiety</p> <p>Unhealthy coping strategies e.g. self-harm, disordered eating, obsessive exercising, risks of exercise enhancing drugs</p> <p>Where to find mental health support</p> | <p>Respectful relationships Managing conflict at home and relationship breakdowns.</p> <p>Managing conflict in school. Removing 'snake culture'.</p> <p>Sexual harassment in and out of school</p> <p>How to tackle sexism, HBT and racism in school</p> | <p>Setting goals Understanding careers and future aspirations.</p> <p>Identifying learning strengths and setting goals as part of the GCSE options process.</p> <p>Becoming a reflective learner</p> | <p>Managing peer pressure Personal values and ethics – staying true to yourself</p> <p>Resisting peer pressure around drugs, smoking and alcohol</p> <p>Resisting peer pressure in regard to grooming and bullying</p> <p>Resisting pressures from social media</p> | <p>Work experience preparation Employability and online presence</p> <p>Researching work experience options and career pathways</p> <p>How to get ready for the world of work and what makes a good employee</p> <p>Planning an enterprise / charity / community project</p> | <p>Intimate relationships Healthy relationships</p> <p>Consent, rape and sexual assault, to include being under the influence of drugs / alcohol</p> <p>Importance of readiness for sex and benefits of delaying sexual activity</p> <p>STIs + access to condoms.</p> <p>Attitudes to pornography and unrealistic expectations</p> |

| | Autumn 1 Health & wellbeing | Autumn 2 Living in the wider world | Spring 1 Relationships | Spring 2 Citizenship | Summer 1 Living in the wider world | Summer 2 Relationships |
|----------------|---|--|---|--|---|--|
| Year 10 | <p>Transition to KS4 Positive habits for success including working habits, sleep, healthy diet and exercise.</p> <p>Evaluating the social and emotional risks of drug use and how to seek help and support.</p> <p>Mental health and ill health, stigma of these and safeguarding health during periods of transition and change</p> | <p>The world of work and financial decision making Preparing for WEX including making a good impression.</p> <p>Understanding the causes and effects of debt.</p> <p>Loans, mortgages, payment plans etc.</p> <p>Understanding the impact of advertising and social media on our financial choices.</p> <p>The risks of gambling (on and offline) and how to seek help.</p> | <p>Healthy relationships Gender identity, sexual orientation, coming out</p> <p>Personal values and healthy romantic relationships</p> <p>Assertive communication – contraception, sexual health and service access</p> <p>Relationship challenges, coercive behaviour, abuse and how to recognise it</p> <p>Domestic abuse, how to seek support and how to support a friend</p> | <p>Citizenship and the role of government and democracy in British society.</p> <p>Different religions of the world and the importance of equality.</p> | <p>Exploring influence The influence and impact of drugs, gangs and the media.</p> <p>The influence and impact of the portrayal of different ethnicities in the media.</p> <p>The influence and impact of the portrayal of women in the media, including pornography.</p> <p>The influence and impact of the portrayal of different sexualities and gender identities in the media.</p> <p>How to tackle prejudice and discrimination.</p> | <p>Staying safe over the summer Communities, belonging and challenging extremism.</p> <p>Different families and parental responsibilities.</p> <p>Civil partnerships, cohabitation, marriage and forced marriage.</p> <p>Managing changing relationships including romantic relationships and break ups.</p> <p>Staying safe and productive over the summer – setting a personal improvement challenge.</p> |
| | Autumn 1 Living in the wider world | Autumn 2 Health and wellbeing | Spring 1 Relationships | Spring 2 Health & wellbeing | Summer 1 Living in the wider world | |
| Year 11 | <p>Next steps Understanding the college / sixth form application process and plans beyond school.</p> <p>Skills for employment and career progression.</p> <p>Study and revision skills to maximise potential.</p> | <p>Building for the future Self-efficacy, resilience and organisation skills.</p> <p>Self-esteem and coping with stress and anxiety especially around exams.</p> <p>Body image for men and women – how the media influences the way we feel about ourselves and how to combat this to include hygiene.</p> <p>Growth mindset and positivity.</p> | <p>Sexual relationships Positive sexual relationships including anatomy and sex for pleasure</p> <p>Sexual relationships and porn</p> <p>Types of contraception, side effects and access</p> <p>Unwanted pregnancy options</p> <p>Abortion and the law</p> <p>Sexual harassment (with focus on sixth form / college)</p> | <p>Health and safety How to take responsibility for personal safety and health e.g. checking for cancers and using the NHS (to include different ages you can seek medical support independently).</p> <p>Fertility issues and options to overcome them – IVF, adoption and surrogacy</p> | <p>Revision and exams Meditation and mindfulness to deal with exam stress.</p> <p>Guided revision.</p> <p>Productive summer holiday plans.</p> | |