PSHE Long Term Overview

	Autumn 1 Health and Wellbeing	Autumn 2 Health and Wellbeing	Spring 1 Relationships	Spring 2 Relationships	Summer 1 Living in the wider world	Summer 2 Living in the wider world
Yr 9	**Healthy lifestyle** Diet, exercise, lifestyle balance and healthy choices, and first aid	**Peer influence, substance use and gangs** Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation, sexual health - contraception including STIs	**Respectful relationships, positive peer influence** Families and parenting, healthy relationships, conflict resolution, and relationship changes	**Intimate relationships** Relationships and sex education including consent and attitudes to pornography	**Employment and protected characteristics** Anti-social behaviour and violent behaviours, organised crime and county lines.	**Digital literacy** Extremism and radicalisation, online and offline activity, challenging misogyny and incel ideologies
	○ Healthy lifestyle and positive wellbeing ○ Mental health ○ First aid and personal safety ○ Self-harm	○ Drugs and alcohol ○ Gangs and knife crime ○ Sexual health	○ Positive friendships and peer influence ○ Family relationships and relationship changes ○ Managing change	○ Healthy relationships ○ Sexual relationships and consent ○ Impact of media and pornography	○ Employment and protected characteristics ○ Anti-social behaviour and violent behaviours ○ Organised crime and county lines.	○ Extremism and radicalisation ○ Online and offline activity including AI ○ Challenging misogyny and incel ideologies
Drop down day					Earth Day: Green careers day – Employment in a rapidly growing sector.	
CEIAG	Living in the wider world **Employability skills and setting goals** Employability and online presence Learning strengths, career options and goal setting as part of GCSE options process					
	• **Introduction to careers** • **Future self** • **Key skills**	• **Key skills** • **Careers and stereotypes** • **Impact of AI** • **Careers action plan**	• **Post 14 choices** • **Getting good advice** • **Welcome to Unifrog**	• **National apprenticeship week** • **National careers week**	• **Different types of careers** • **Careers success** • **Self-employed**	• **Entrepreneurs** • **Reflection**
Yr 10	**Mental health** Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	**Sexual health and wellbeing** Relationships and sex expectations, pleasure and challenges, pressure, pregnancy and sexual health.	**Risky relationships** Decision making, the influence and impact of drugs and alcohol, exploring influence and risk management.	**Communities and belonging** Understanding and tolerance and addressing criminal behaviours	**Relationships in the wider world** Navigating relationships, offline and online safety, including the impact of media, role models and pornography	**Making safe choices off and online,** risk management, lifestyles choice and health changes.
JoL	• **Introduction and transition** • **Mental Health** • **The link between our physical and mental health** • **Conflict management**	• **Healthy relationships** • **Reproductive health and fertility** • **Sexual pressure** • **Contraception**	• **The risk surrounding drug use** • **The effects of alcohol** • **Prescription drugs** • **Smoking**	• **Extremism, understanding and respecting others** • **The impact of stereotyping** • **Bullying** • **Sexual harassment and**	• **Marriage** • **Long term relationships** • **Parenting** • **Trust**	• **The online world** • **Gambling** • **Abuse online** • **Crime and your behaviour**

	• **The changes which take place during puberty – males** • **The changes which take place during puberty – females**	• **Pregnancy** • **STI** • **Assessment**	• **Extremism**	**sexual violence** • **Equality and diversity** • **Assessment**	• **Unsafe relationships** • **Online data** • **Sharing content online** • **The truth about pornography** • **Assessment**	• **Fake news** • **Healthy lifestyle** • **Blood organ and stem cell donation** • **Dealing with disability** • **Assessment**
Drop down day	**Saltmine Theatre company –** social media use, consent, sexual harassment, cyberbullying and AI.					
IAG	Living in the wider world **Employability skills and setting goals** Employability and online presence Learning strengths, career options and goal setting as part of GCSE progression					
	• **Re-introduction to careers** • **Key Skills** • **Future Self**	• **What is work experience** • **Contacting an employer** • **Finding a work experience placement**	• **What are my future plans? -Year 10 survey** • **What are my employer rights** • **What makes a good employer**	• **Work Experience Business Behaviours** • **Health and Safety**	• ***Different types of careers*** • ***Careers success*** • ***Self-employed***	• ***Entrepreneurs*** • ***Reflection***
Yr11	**Independence and building a healthy future** Responsible health choices, self-efficacy, responsible lifestyle choices, stress management, and future opportunities	**Independence and safety** Safety, personal values, assertive communication, marriage and forced marriage and relationship challenges and abuse	**Relationships in the world of work** Skills for further education, employment and career progression	**Next steps** Application to a real-world setting, steps to success		
JoL	• **Health risk of a poor diet** • **Self-examination and screening** • **Immunisation and vaccination** • **Sleep** • **First aid** • **CPR and using a defibrillator**	• **Honor based violence, forced marriage and FGM** • **Sexual exploitation, grooming and rape** • **Sexual Harassment and domestic abuse** • **Consent** • **Assessment**	• **Starting salaries** • **Employability** • **Employment Support** • **Professionalism** • **Employee rights**	• **Planning a food budget** • **Budgeting** • **Assessment** • **Finding a place to live** • **Preparation for your future and conclusion**		
Drop down day	**YOUR IMPACT – Interactive road safety awareness**					
IAG	Living in the wider world **Employability skills and setting goals** Employability and online presence Learning strengths, career options and future life					

	• **Re-Introduction to careers** • **Evaluating post 16 options and providers** • **Preparing for post 16 interviews**	• **Key skills** • **Future self** • **Is Uni for me**	• **National apprenticeship week** • **What are my employer rights**	• ***Different types of careers*** • ***Careers success*** • ***Self-employed*** • ***Entrepreneurs*** • ***Reflection***		
	Gowing levels of independence and building a sustainable future Developing self-efficacy, responsible lifestyle choices and money management	**Safety and responsible habits** Road safety, decision making and building responsible habits	**Relationships with oneself** **Sexual relationships, political awareness and decision making**	**New horizons** **Travel, Safe and sustainable living**	**Relationships in the wider world and personal responsibility**	
Yr12	**Year 12 JoL** • **Starting salaries & deductions** • **Considering your living arrangements.** • **Weekly food budget** • **Luxury Items & their costs**	• **Process of learning to drive** • **True cost of learning to drive (Put with above)** • **LGBT+ issues** • **Credit cards** • **Responsible borrowing**	• **Responsible sexual activity** • **Managing mental health** • **UK Politics** • **Drug Use**	• **Travelling Safely** • **Wellness** • **Sustainable living** • **Pregnancy**	• **Getting Married** • **Crime & your behaviour** • **Employment rights & responsibilities**	
	Healthy approaches to the media. Increasing levels of responsibility and making healthy choices for oneself	**Lifelong planning and protection from risk.** Legal requirements and access risk and decision-making	**Online presence, and mental health awareness.** Taking care of one's own needs and the needs of others.	**Responsible lifestyle choices.** Financial planning and modern-day challenges.	**Beliefs and beyond.** Exploring the meaning of life, wealth and power	
Yr13	**Year 13 JoL** • **Understanding & respecting others** • **Fake news & control of the media** • **Media distortions of body image** • **Pet ownership**	• **Importance of making a will** • **Legal registrations** • **Emergencies** • **Health & wellbeing**	• **Online behaviour & it's ramifications** • **Recognising destructive behaviour in yourself & others** • **Sleep** • **Campaign for change**	• **Credit scores** • **Whistleblowing** • **Identity & its importance in modern day** • **Dealing with disability.**	• **Globalisation** • **The distribution of wealth & power** • **Theories of religion** • **Life after retirement.**	