

SECONDARY PSHE EDUCATION: LONG-TERM OVERVIEW

Key

Personal Development Lessons

Personal Development Days

Work Experience

| | Health & wellbeing | Living in the wider world | Relationships |
|--------|--|---|---|
| Year 7 | <p>Transition and safety</p> <p>Transition to secondary school</p> <p>Looking after your mental health and wellbeing</p> <p>Keeping safe and making healthy choices – Drugs, alcohol and vaping</p> <p>Health and puberty</p> <p>Healthy routines, influences on health,</p> | <p>Developing skills and aspirations</p> <p>Staying safe online</p> <p>Resilience in the face of adversity.</p> <p>Spirituality - Personal development day- Visit to local church, Christian ethos</p> <p>Prayer.</p> | <p>Diversity and Discrimination</p> <p>Discrimination in all its forms</p> <p>Protected Characteristics</p> <p>Bullying and online behaviour</p> <p>Cyberbullying</p> <p>RSE Building relationships</p> <p>Self-worth, romance and friendships (including online) and relationship boundaries</p> <p>Consent</p> <p>Sexting</p> <p>Puberty,</p> <p>Unwanted contact/ personal boundaries</p> <p>FGM</p> |
| Year 8 | <p>Team building, resilience and challenge</p> <p>Borwick Hall visit</p> | <p>Developing skills and aspirations for the future</p> <p>Dragon's Den, Financial Capabilities and Leadership skills</p> <p>Digital literacy</p> <p>Online safety, digital literacy, media reliability, Passwords,</p> | <p>2022</p> <p>Staying safe online– sending and receiving inappropriate images. Grooming, exploitation and CEOPS</p> <p>2023 – RSE Healthy relationships, contraception</p> |

Health Awareness

Alcohol and drug misuse and pressures relating to drug use
Wasted Lives (Fire Brigade)

Choices and Consequences (Fire Brigade)

Emotional wellbeing

Mental health and emotional wellbeing, including body image and coping strategies

Self harm, Eating disorders and Mental Illness

Drugs and alcohol

Alcohol and drug misuse and pressures relating to drug use

Healthy lifestyle

Diet, exercise, lifestyle balance and healthy choices, Mental health and ill health, stigma, safeguarding health, including during periods of transition or change

First Aid – St John’s ambulance lesson plans.

Setting goals

Learning strengths, career options and goal setting as part of the GCSE options process

Employability skills

Employability and online presence

Criminal Justice System

The law, Police and Court system.

Humanutopia

Respectful relationships

Families and parenting, healthy relationships, conflict resolution, and relationship changes

RSE Intimate relationships

Gender identity, sexual orientation, consent, ‘sexting’, and an introduction to contraception

Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography

Peer influence, substance use and gangs

Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation

Year 10

Year 11

Managing risk and making healthy choices

Employability
 PD day – Preparing for work.
 CV writing
 Mock interview
 College talks
 Application forms

Work experience
 Preparation for and evaluation of work experience and readiness for work (May)

College Visit

Healthy relationships
PD day (Autumn 1)
 Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography

Contraception

STIs

Building for the future
 Self-efficacy, stress management, and future opportunities

Humanutopia – The final push

Independence
 Responsible health choices, and safety in independent contexts

Managing risk.

First Aid- St John's Ambulance lesson plans.

Next steps
 Application processes, and skills for further education, employment and career progression

Financial decision making
 The impact of financial decisions, debt, gambling and the impact of advertising on financial choices (PD day)

RSE
Communication in relationships
 SRE- Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse

Challenging Sexism and Sexual Harassment
The Law

RSE Families
 Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships

Addressing extremism and radicalisation
 Communities, belonging and challenging extremism

