**PSHE Plan 2023-2024**

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| **SUBJECT** | **YEAR** | **HALF TERM ONE** | **HALF TERM TWO** | **HALF TERM THREE** | **HALF TERM FOUR** | **HALF TERM FIVE** | **HALF TERM SIX** |
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| **PSHE** | | **7** | Managing changes to secondary school   * Thriving in secondary school * Goal Setting * Keeping Well * Managing change * Feelings and worries * Self -esteem and confidence * Positive attention | Health and Wellbeing   * What do we mean to be healthy * Diet and exercise * Maintaining physical Health * Things that support our health * Where to go for help * Personal Hygiene * Dental Health | Relationships and Health    Puberty and emotional changes  Menstrual wellbeing  Healthy and Unhealthy Relationships  Managing conflict  Introduction to consent | Resilience and being safe  What is risk  How to manage risky situations  Being assertive  Positive relationships and friendships  Bullying and cyberbullying  Bullying and the bystander effect | **Being Safe**   * Not just Flirting /Just a Joke * Gambling * Gangs and Knife Crime * Sharing Information online * Discrimination * Cyberfirst protect personal informayion * **Cybercrime Manage devices and accounts** * **Identifying scams** | **Health First Aid**  **First Aid Basic Life support**  **First Aid - Bleeding**  **Living in The Wider World – Careers Step up Programme**  **Living in The Wider World – Finance**   * How do we use money? * What’s the best way to pay for things? * Borrowing money * How to budget * Spending and Saving |
| **8** | Emotional Wellbeing and Mental Health   * Attitudes to mental health * Promoting emotional wellbeing * Mental health resilience * Unhealthy coping strategies * Healthy coping strategies * Sleep and mental health * Online safety and mental health - cyberbullying | Emotional Wellbeing and Mental Health   * Crossing the line – just send it – sexting * Crossing the line – peer pressure * Crossing the line self esteem * Body Image * Appearance ideals * Media Messages * Confront comparisons * Banish body talk * Be the change | Drugs Education   * Understanding drugs * Tobacco and influences * Alcohol and risk * Alcohol Effects * Smoking | Relationships   * Relationship values * Influences ion relationship expectations * Sexual orientation and identity * Consent – voiding assumptions * Introduction to contraception * Being Safe FGM | **Relationships and** Parenting  Parenting  Parenting roles  Healthy relationships  Online and offline relationships  Relationship abuse  Getting support | **First Aid**  CPR  Asthma and allergies  First Aid Project |
| **9** | * Online Safety * Thinking critically about what you see online * Propaganda - content designed to persuade * Can you trust everyone who contacts you online * Digital resilience * Online pressure and how to respond * Impact of social media * Social Media and wellbeing ( Public Health England) | * Online Safety Toolkit - Social media and online friends * Online Safety Toolkit - Social media and online friends * Online Safety Toolkit -Sharing photos/videos * Online Safety Toolkit -Sharing photos/videos * Online safety toolkit Gaming * Online safety toolkit Gaming * Speak out only a joke * Stereotypes and bullying | * Drugs Education * Exploring attitudes towards drugs * Drugs and the law * Drugs and their effects * Managing influence * Gangs and Knife Crime | * Relationships * Communication Skills in relationships - being assertive * respectful relationship behaviours * freedom and capacity to consent * sexual health * contraception * Managing the end of a relationships | * **Healthy relationships** * **sexualised media stereotypes** * **Safer online relationships** * **Online pornography** * **Sexual harassment** * **Body image and the media** | **Health**   * **First Aid basic life support** * CPR * Bleeding * Head injuries * Choking |
| **10** | * Transition to KS4 * Dealing with change * The importance of sleep * Mental health new challenges * Reframe negative thinking * Mental ill health * Promoting emotional wellbeing | * Relationships and family life * Different types of relationships * Relationship definitions * Marriage and cohabiting * Family life 1 Long term commitments * Family life 2 legal status of marriage * Consent and capacity to consent * reporting issues of consent | * The role of intimacy and pleasure * The impact of pornography * Pressure , persuasion and coercion * Managing relationship conflict and break ups * Addressing relationship abuse | * Conflict * Sexual health fertility * Pregnancy * Pregnancy choices   PREVENT Going too far programme | * **Substance abuse assessing risk** * **Substance use managing influence** * **Support and help** * **Understanding gambling** * **Resilience towards gambling** * **Recognising problem gambling** | * **First Aid** * CPR * Bleeding * Chest Pain * Chest and muscle injuries |
| **11** | Emotional wellbeing  Lifestyles and wellbeing  Influences on lifestyle decisions  Facing challenges  Exam stress  Worrying | * Relationships – rights trust values * Communication and readiness * Unhealthy relationships * Signposting for support * Financial risk and security * Insure against risk * Saving and insurance Financial Fraud * Type of Fraud – Money mules * CV * Cover Letters * Interview practice and questions * Social attitudes to sending nudes * Recognising online sexual harassment * Responding to online sexual harassment * Reporting online sexual harassment reporting | * Assembly Programme * British Values * Mental Health * Safer Internet Day | Living in the wider world  Personal Finance – Transition to work   * Payslips * Budgeting * Consumer rights   Assembly programme  Equality  Aspiration - Female Role Models | * Coping with exam stress * Transition * Revision and exam support   Assembly Programme  Resilience  Managing stress  Confidence |  |
| **12** | **Transition Thriving in sixth form**  Wellbeing  Health for life  The importance Being active  Nutrition and healthy Eating  Wellbeing how to recharge  Healthly Behaviours – Sixth form survival guide | **Exploring options**  Paving the way  Researching routes  Skills for employment  CV development  Aspiration Reflection | Living in the Wider World  Employability Skills  Work experience preparation work place behaviours  Work experience planning  Work experience Week  Work experience reflection and review | **Relationships**  Relationships Myths and ideals / Successful relationships  Responsibilities in relationships  - Consent and the law  Communicating wants and needs  Unwanted ,inappropriate and Illegal behaviours    Future Focus Week | **Relationships - Families**  routes to parenting  Modern families  Routes to pregnancy  Pregnancy outcomes  Pregnancy choices | **Prevent**  **Going too Far**  **Believe it or not**  **Extremism**  **PREVENT – British Values**  **PREVENT LASI**  **Prevent Extreme Right Wing**  **Living in the Wider World**  Transition - options after Gateacre University / Apprenticeships  UCAS Personal Statements |
|  | | **13** | **Health and Wellbeing**  Managing transition into year 13 thriving in sixth form  Managing risks and influences  Exploring consequences  Exploring the teenage brain  Sleep  Managing stress  Conversations about mental health | Health and wellbeing  Boosting mood  First Aid Basic Life Saving  Living independently  The cost of living independently  Saving for your future | Borrowing for your future  Budgeting  Getting into savings habit  Bills  Paylslips and contributions | Bank Accounts  Renting and insurance  Credit scores , scams and id theft  Diversity in the work place  Equality Act 2010  Rights and work | **Relationships**  Managing relationship conflict and break ups  Addressing relationship abuse  Sexual harassment  Diversity and Inclusion  Understanding and preventing extremism  Community and faith |  |