**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 changesMenstrual wellbeingHealthy and Unhealthy RelationshipsManaging conflictIntroduction to consent | Resilience and being safe What is riskHow to manage risky situationsBeing assertivePositive relationships and friendshipsBullying 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
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| **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** ParentingParenting Parenting rolesHealthy relationshipsOnline and offline relationshipsRelationship abuse Getting support | **First Aid** CPRAsthma and allergiesFirst 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
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| **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
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| **11** | Emotional wellbeingLifestyles and wellbeingInfluences on lifestyle decisionsFacing challengesExam stressWorrying | * 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 worldPersonal 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 stressConfidence  |  |
| **12** | **Transition Thriving in sixth form**WellbeingHealth for lifeThe importance Being active Nutrition and healthy EatingWellbeing how to rechargeHealthly Behaviours – Sixth form survival guide | **Exploring options**Paving the wayResearching routesSkills for employmentCV developmentAspiration Reflection | Living in the Wider WorldEmployability SkillsWork experience preparation work place behavioursWork 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 parentingModern familiesRoutes to pregnancyPregnancy outcomesPregnancy 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 / ApprenticeshipsUCAS Personal Statements |
|  | **13** | **Health and Wellbeing**Managing transition into year 13 thriving in sixth formManaging risks and influencesExploring consequences Exploring the teenage brainSleep Managing stressConversations about mental health | Health and wellbeing Boosting mood First Aid Basic Life Saving Living independently The cost of living independentlySaving for your future  | Borrowing for your futureBudgeting Getting into savings habit Bills Paylslips and contributions | Bank AccountsRenting and insuranceCredit scores , scams and id theftDiversity in the work placeEquality Act 2010Rights and work  | **Relationships**Managing relationship conflict and break upsAddressing relationship abuse Sexual harassment  Diversity and InclusionUnderstanding and preventing extremismCommunity and faith |  |