



	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn Term	<p><b>A new school</b></p> <p>L1. Intro to PSHE</p> <p>L2. Who am I? (icebreakers)</p> <p>L3. Big school success</p> <p>Friendships/relationships</p> <p>L4. What is bullying?</p> <p>L5. What is a good friend?</p> <p>L6. Dealing with bullying</p> <p>Staying safe online</p> <p>L7. Social media safety</p> <p>L8. Online dangers</p> <p>L9 &amp; L10. Body rights (consent and SRE (recognising abuse)*)</p> <p>L11. Proficiency test</p>	<p>L1 &amp; L2. Mental health and wellbeing – how do I cope with anxiety? How can I make change work for me?</p> <p><b>T2 - Puberty</b></p> <p>L3. What is puberty &amp; what will happen?*</p> <p>L4. Puberty - emotional and physical changes.</p> <p>L5. Am I an adult now? Mapping further changes following puberty.</p> <p>L6. Puberty – your questions.</p> <p>L7. Proficiency test and reflection</p> <p>L8. Family – different types</p> <p>L9. Family conflict and how to overcome it</p> <p>L10 &amp; L11. What is my personal identity and why is diversity important?</p>	<p>L1. 'A letter to my future self'</p> <p>L2. Target setting – what do I want from this year?</p> <p>L3. Pressure at home.</p> <p>L4. Pressure online (Self-image)</p> <p>L5 &amp; L6. Eating disorders. (male and female)</p> <p>L7 &amp; L8. Self-destructive behaviour (self-harm/drugs/drinking/smoking)</p> <p>Respecting each other</p> <p>L9. Gendered respect</p> <p>L10. Respecting our differences</p> <p>L11. Proficiency test</p>	<p>L1. Reflection- RSE feedback and PSHE so far (self-reflection)</p> <p>L2. Positivity and what do I want from this year? (cognitive strategies)</p> <p>L3. Cannabis and mental health</p> <p>L4. Drugs – what are the risks?</p> <p>L5. Drugs – what is addiction?</p> <p>L6 &amp; L7 &amp; L8. Racism and inequality, including Black Lives Matter</p> <p>L9&amp; L10. Self-care not selfies! Media pressure and cosmetic surgery, Self-esteem.</p>	<p>L1. Reflection- RSE feedback and PSHE so far (self-reflection)</p> <p>L2. Anxiety, coping with change</p> <p>L3 &amp; L4. Alcohol and you</p> <p>L5 &amp; L6. The law – what is the law? What happens if I break the law?</p>



\* Denotes a legally required element of RSE syllabus following the 2019 PSHE (RSE) statutory guidance 2019

<p><b>Spring Term</b></p>	<p><b>L1. Why is kindness so important? (Emotional literacy)</b></p> <p><b>L2. What is peer pressure?</b></p> <p><b>L3. Online pressure and self-image.</b></p> <p><b>L4. Online time &amp; my brain.</b></p> <p><b>L5. What are some mental health conditions?</b></p> <p><b>L6. How can I look after my mental health and others around me? (mindfulness and positivity)</b></p> <p><b>L7. Healthy living</b></p> <p><b>L8. Healthy eating</b></p> <p><b>L9/10. Smoking and vaping.</b></p> <p><b>L11. Proficiency test</b></p>	<p><b>L1. Relationships and me: is it a crush?</b></p> <p><b>L2. Changing relationships and how to say 'no' *</b></p> <p><b>L3. What is cancer and why do people get it?</b></p> <p><b>L4. How can I support someone who is bereaved?</b></p> <p><b>L5 &amp; L6. EconoME – Savings/bank accounts/credit cards etc – how do they work?</b></p> <p><b>L7. What is a scam and how can I avoid it?</b></p> <p><b>L8. Online safety -what is blackmail and coercion?</b></p> <p><b>L9. County lines – What are gangs and county lines?</b></p> <p><b>L10. How can I recognise and help someone who is being exploited?</b></p> <p><b>L11. Proficiency test and reflection</b></p>	<p><b>RSE: Relationships &amp; sex education</b></p> <p><b>L1. Healthy relationships</b></p> <p><b>*L2 &amp; L3. Exploitation online and in person. (online blackmail and staying safe) *</b></p> <p><b>L4. Cyberbullying and consequences.</b></p> <p><b>L5. Social media is 4EVA.</b></p> <p><b>L6 &amp; L7. FGM/ 'honour' based violence / forced marriage. *</b></p> <p><b>Human trafficking – what is it and how to recognise exploitation</b></p> <p><b>L8 &amp; L9. What is contraception? How does it work? Why might people take it? *</b></p> <p><b>L10. What is consent?</b></p> <p><b>L11. How does consent work in relationships?</b></p> <p><b>L11. Proficiency test</b></p>	<p><b>*L1 &amp; 2. Healthy relationships &amp; self-esteem / the first time, consent</b></p> <p><b>*L3&amp;4. Contraception Including condom demo</b></p> <p><b>*L5, L6 and L7. STIs (including HIV and AIDS)</b></p> <p><b>L8 &amp; L9 – Gambling and addiction</b></p>	<p><b>L1 &amp; L2. Teenage pregnancy-adoption/termination/ keeping the child/loss</b></p> <p><b>L3 &amp; L4. Pornography and its impact. (stereotypes and unhealthy relationships)</b></p> <p><b>L5 &amp; L6. Abusive relationships. What is coercion and control?</b></p>
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<p><b>Summer Term</b> 4 sessions (ks3 5)</p>	<p><b>L1. Stereotyping and equality – what is a family?</b> <b>L2. What is gender and what are some gender stereotypes?</b> <b>The Island</b> <b>L3. Landing</b> <b>L4. Decisions</b> <b>L5. Laws</b> <b>L6. Dilemmas</b> <b>L7. The real cost of living game.</b> <b>L8. What is a budget? What is a bank account? How much do things really cost?</b> <b>L9. Proficiency test and reflection</b> <b>L10 &amp; L11. We made it! A reflection on the end of the year – writing postcards to next year 7s, reflecting on the year in total</b></p>	<p><b>Human rights</b> <b>L1. What are Human rights?</b> <b>L2. HR Violations</b> <b>L3. Discrimination</b> <b>L4. Extremism – why does radicalisation happen and how does it challenge our values? (focus on right wing extremism)</b> <b>L5 &amp; L6. Coping with exams (mindfulness)/ Study skills.</b> <b>L7 &amp; L8. Resilience – coping with pressure and good self-esteem. Just a game?</b> <b>L9. Online addiction</b> <b>L10. Gaming and gambling</b> <b>L11. Proficiency test and EOY reflection</b></p>	<p><b>L1 &amp; L2. Moral thinking (philosophy)</b> <b>L3 &amp; L4. Decisions, decisions –options and GCSE choices</b> <b>Welcome to the real world (finance)</b> <b>L5. The dream &amp; jobs</b> <b>L6. Reality bites</b> <b>L7. Unexpected events</b> <b>It must be love?</b> <b>L8. Negging and gaslighting.</b> <b>L9. What are misogyny and Incels?</b> <b>L10. Proficiency test</b> <b>L11. Final reflection</b></p>	<p><b>L1 - 3: Check me out (self-examination)</b> <b>L1. Testicles</b> <b>L2. Breasts</b> <b>L3. Skin</b> <b>Preparing for college and work</b> <b>L4. What is a CV? Application forms and cover letters.</b> <b>L5. Work expectations</b> <b>L6. Having an interview.</b> <b>L7 + finance – credit/debit/ mortgages. Loans and bank accounts</b> <b>L7. Final reflection</b></p>	<p><b>L1 &amp; L2 &amp; L3. Drugs</b> <b>L4. End of PSHE reflection – passing on what you have learned and reflecting on the future.</b></p>
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