

Term and week	Year 7	Year 8	Year 9	Year 10	Year 11
<p>Autumn 1</p> <p>Resources with links can be found in One drive>22/23>Subject leaders>PSHE>22-23</p> <p>There is also always our PSHE association subscription and sites like TES</p>	<p>Economic wellbeing: Evaluating value for money; Debt, fraud and personal values around finance; Financial exploitation PoS refs: L15, L16, L17, L18, L19, L21, L27</p>	<p>Careers: Life and career aspirations; Personal strengths and skills for employment; Stereotypes; Routes into careers; Progression routes; Online presence PoS refs: H1, R15, R16, R39, L2, L4, L6, L8, L10, L11, L12, L14, L20, L21, L22, L24</p>	<p>Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation PoS refs: H24, H25, H27, H28, H29, R1, R20, R37, R42, R44, R45, R46, R47</p>	<p>Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change PoS refs: H2, H5, H6, H7, H8, H9, H10</p>	<p>Building for the future Self-efficacy, stress management, and future opportunities PoS refs: H2, H3, H4, H8, H12, L22</p>
Week 1	To think about financial choices including saving, spending and budgeting	To be able to identify their life and career aspirations	To distinguish between healthy and unhealthy relationships	To discover strategies to cope with early adolescence	To be able to manage the judgement of others and challenge stereotyping
Week 2	To learn about attitudes and values in relation to finance, including debt and loans	To be able to identify personal strengths and skills for employment	To assess risk and manage influences	To learn strategies to reframe negative thinking	To discuss ways of balancing ambition and unrealistic expectations
Week 3	To be able to manage influences over financial decisions	To challenge stereotypes and expectations that limit aspirations	To consider 'group think' and how it can affect our behaviours	To gain strategies to promote positive mental health and wellbeing	To identify strategies to improve self-efficacy including motivation

Week 4	To know how to manage emotions in relation to finance	To learn about routes into different careers	To recognise aggressive, passive and assertive behaviours	To be able to identify the early signs of ill mental health	To describe how to maintain a healthy self concept
Week 5	To recognise risk and financial exploitation and access help and advice	To be able to evaluate progression routes	To manage risk in relation to gangs	To discover where to access help and support to deal with it	To discuss stress – its nature and its causes
Week 6	To consider strategies to manage unforeseen circumstances	To learn how a person's online presence can affect employability	To know the legal and physical risks of carrying a knife	To describe the portrayal of mental health in the media	To identify positive and safe ways to create content online
Week 7	To plan effective strategies to cope with the cost of living crisis	To be able to manage emotions in relation to future employment	To recognise positive social norms in relation to alcohol and drug use	To have the confidence to challenge stigmas around misinformation	To be able to balance time online effectively
Autumn 2	Healthy lifestyles: Physically and mentally healthy lifestyles; Healthy sleep habits; Dental health; Managing stress; Accessing health services PoS refs: H3, H5, H13, H14, H15, H16, H17, H18, H20, H21, H34	Friendships and managing influences: Managing social influence, peer pressure and peer approval; Strategies to manage pressure to conform within a group and in relation to substance use PoS refs: H30, H31, R1, R2, R9, R13,	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process PoS refs: L2, L3, L6, L7, L8, L9, L11, L12, L13, L14	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices PoS refs: H25, R38, L16, L17, L18, L19, L20, L25	Next steps Application processes, and skills for further education, employment and career progression PoS refs: L1, L2, L3, L4, L6, L7, L8, L11, L12, L21

		R14, R16, R23, R42, R44, R45, R46			
Week 1	To learn to manage influences on healthy lifestyle choices	To be able to manage group friendships	To learn about transferrable skills, abilities and interests	To identify ways to budget effectively and evaluate savings options	To be able to use feedback constructively when planning for the future
Week 2	To recognise the link between sleep and wellbeing	To learn to manage social influences, peer pressure and the desire for peer approval	To be able to highlight your strengths	To know how to prevent and manage debt, including credit rating and pay day lending	To be able to set and achieve smart targets
Week 3	To be able to maintain healthy sleep habits	To recognise how to manage personal safety in social situations	To learn about different types of work and career paths	To explain how data is collected and generated and shared and the impact of targeted advertising	To devise successful revision strategies
Week 4	To learn how to balance time between school work, leisure time, exercise and online	To know how to access support in relation to friendship issues	To be able to manage feelings related to future employment	To discuss thinking problems eg. Gambler's fallacy and how it increases	To discuss options post-16 and career pathways

				gambling problems	
Week 5	To learn how to manage influences on, and maintain, good oral hygiene and dental health	To know why young people may join gangs and the consequences of gang behaviour	To know how to work towards aspirations and set meaningful achievable goals	To identify the relationship between gambling and debt	To be able to write a CV effectively
Week 6	To select strategies to manage stress, puberty and the challenges of growing up	To access support in relation to gangs	To learn about options for GCSE and post-16	To be able to manage risk in relation to financial activities	To identify a list of ways to maintain and maximise employability
Week 7	To learn how to access health services	To gain exit strategies from gangs	To select a range of relevant skills for decision making	To identify strategies for managing online influences eg. Free 10 bet	To discuss strategies for maintaining a healthy work/life balance
Spring 1	Substances: Social norms regarding drugs, alcohol and tobacco; Myths and misconceptions; Influence and risks relating to substance use PoS refs: H5,	Relationships: Relationship norms; Stereotypes and expectations of gender roles, behaviour and intimacy; Gender identity and sexual orientation; Consent in intimate situations; Contraception and sexual health	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes PoS refs: H2, R1, R6, R19, R21, R22, R23, R35, R36	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse

	H23, H24, H25, H26, H27, H28, H29	PoS refs: H19, H22, H35, H36, R1, R2, R3, R4, R5, R6, R7, R8, R9, R10, R11, R12, R13, R14, R16, R23, R28, R29, R31, R33, R39, L24, L25, L27		PoS refs: R1, R2, R3, R6, R7, R8, R14, R15, R18, R19, R22, R28, R29, R30, R31	PoS refs: H26, H27, H28, H29, R16, R17, R21, R23, R32
Week 1	To learn about substance use and misuse	To learn about relationship norms and expectations	To learn about different families including single parent families	To define relationship values and the role of pleasure in them	To discuss core emotions and values in a relationship
Week 2	To discuss the effects of alcohol, tobacco, nicotine and e-cigarettes	To know how to form new relationships and expectations	To learn about positive relationships at home and reduce homelessness amongst young people	To discuss myths and misconceptions around sex, gender and relationships	To recognise what is gender identity, gender expression and sexual orientation
Week 3	To describe attitudes and social norms regarding substances	To discuss the impact of stereotypes surrounding gender identity	To learn about conflict and its causes in different contexts	To explain the opportunities and risks around conducting and forming relationships online	To discover strategies to communicate assertively
Week 4	To learn about dependence including caffeine-	To learn about gender identity	To devise conflict resolution strategies	To be able to manage the impact of the	To be able to confidently

	based energy drinks	and sexual orientation		media on relationships eg. pornography	express your wants and needs
Week 5	To learn how to safely use over the counter and prescription medication	To recognise levels of intimacy and readiness for sex	To be able to manage relationships issues including marriage breakdown	To identify the ethical and legal responsibilities in relation to consent	To develop strategies to deal with unwanted attention
Week 6	To be able to manage peer influence in relation to substance use	To explain why people delay sex and know you can have intimacy without sex	To know how to access support services	To recognise and respond to coercive and pressurised behaviour	To be able to challenge harassment and stalking – including online
Week 7	To discuss the role advertising plays in substance misuse	To know effective communication strategies and consent in relation to intimacy	To look at the influence of celebrity relationships	To recognise and challenge victim blaming	To identify various forms of relationship abuse and how to deal with them and access support
Spring 2	Careers: Developing enterprise skills; The world of work and young people's employment rights; Enterprise project	First aid and keeping safe: First aid including CPR and defibrillator use; Personal safety including travel safety PoS refs: H30, H31, H33	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid PoS refs: H3, H14, H15,	Exploring influence The influence and impact of drugs, gangs, role models and the media PoS refs: H19, H20,	Independence Responsible health choices, and safety in independent contexts PoS refs: H3, H4, H11, H13, H14, H15, H16,

	PoS Refs: R15, R16, L1, L4, L5, L11, L13		H16, H17, H18, H19, H21	H21, R20, R35, R36, R37	H17, H18, H22, H23, H24
Week 1	To learn how to be enterprise	To be able to manage personal safety online and when out	To know about the relationship between physical and mental health	To discuss what makes a positive and negative role model	To identify strategies to be able to manage risk within new independent situations
Week 2	To recognise different types of career and work patterns	To know how to respond in an emergency situation	To learn how to balance work, leisure and exercise	To be able to evaluate the influence of role models and how to be a role model to peers	To be able to present a range of first aid techniques
Week 3	To identify abilities and qualities required for different careers	To know basic first aid techniques	To know how to make informed healthy eating choices	To discuss the media's impact on perceptions of gang culture	To identify the difference between an emergency or not and who to contact
Week 4	To learn about young people's employment rights	To treat a variety of injuries the correct way eg. Burns, bites	To be able to manage influences on body image	To consider the impact of substance use on both individuals and their families	To discuss the links between lifestyle choices and illnesses such as cancer

Week 5	To learn about ethical and unethical business practises and consumerism	To learn basic CPR	To make independent healthy choices	To identify ways to keep yourself and others safe with regards to substance misuse	To explain the importance of immunisations and vaccinations challenging stigmas and conspiracies surrounding them
Summer 1	Relationships: Healthy and positive relationships, including intimate relationships; Expectations and stereotypes in relationships; Managing strong feelings; The concept of consent PoS refs: R1, R2, R5, R9, R10, R11, R14, R16, R18, R27, R37, R39, L21, L25	Mental health and wellbeing: Attitudes to mental health and emotional wellbeing; Digital resilience; Body image; Healthy and unhealthy coping strategies; Seeking support for themselves and others PoS refs: H1, H2, H3, H4, H5, H6, H7, H8, H9, H10, H11, H12, H21, H31, R43, L21, L22, L24, L27	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography PoS refs: R7, R8, R11, R12, R18, R24, R26, R27, R28, R29, R30, R31, R32, R33, R34, L21	Addressing extremism and radicalisation Community cohesion and challenging extremism PoS refs: R5, R6, R9, R10, R14, R28, R29, R30, R31, R34, L24, L26, L27, L28, L29	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships PoS refs: H30, H31, H32, H33, R4, R11, R12, R13, R24, R25, R26, R27, R33
Week 1	To learn about different types of relationships and the qualities and behaviours associated with	To learn about attitudes to mental health	To learn about readiness for sexual activity and being able to say no	To learn about communities, inclusion, belonging and respect	To discuss families and the various different family structures

	positive relationships				
Week 2	To recognise media stereotypes and their effect on relationship expectations	To select ways to promote mental wellbeing	To learn about myths and misconceptions around consent	To discuss the Equality act, diversity and rules	To be able to evaluate readiness for parenthood and positive parenting techniques
Week 3	To be able to manage expectations for romantic relationships	To find ways to increase resilience	To recognise the capacity and continued right to withdraw consent	To explore how social media can distort information in order to change peoples' views	To recognise the highs and lows around pregnancy, birth and miscarriages
Week 4	To identify how to manage strong feelings in relationships	To learn about the impact of social media on mental health	To identify STI's and the importance of condom negotiation	To discover ways to manage conflicting views and misleading information	To discuss the ups and downs of fertility including IVF, fostering or adoption
Week 5	To be able to identify unhealthy relationships and seek support when needed	To gain strategies to develop digital resilience	To learn about the issues around unprotected sex and its consequences	To discover ways to challenge discrimination	To identify strategies to deal with change and grief

Week 6	To discover consent and how to give/not give it	To manage influences around body image	To assess and manage the risks surrounding sending sexualised images	To recognise and respond to extremism and radicalisation	To discuss honour-based violence and forced marriages in other cultures
Summer 2	Friendships and diversity: Respectful relationships and conflict resolution, including online; Equality, diversity and tackling prejudice-based bullying and discrimination, including online PoS refs: R1, R3, R4, R5, R9, R13, R14, R16, R17, R19, R37, R38, R39, R40, R41, R42, L20, L22, L23, L26, L27	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks PoS refs: H3, H30, H32, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27	Employability skills Employability and online presence PoS refs: R13, R14, L2, L4, L5, L8, L9, L14, L21, L24, L27	Work experience Preparation for and evaluation of work experience and readiness for work PoS refs: H1, L1, L2, L3, L5, L7, L8, L9 L10, L11, L12, L13, L14, L15, L23	N/A
Week 1	To be able to develop self-worth and confidence to support decision making	To learn about online communication	To explain why young people have employment rights and what they are	To be able to evaluate strengths and interests in relation to career development	

Week 2	To learn how to manage influences on beliefs and decisions	To be able to use social media safely	To learn skills for employability and enterprise	To discover opportunities in learning and work	
Week 3	To discover strategies for managing group-thinking and persuasion	To identify what grooming is in a variety of situations	To devise strategies to both give and receive constructive feedback	To devise strategies for overcoming challenge and diversity	
Week 4	To learn about gender and identity and why it is so important	To recognise biased or misleading information online	To be able to manage your own your own brand online	To be able to explain different responsibilities in the workplace	
Week 5	To gain strategies to challenge prejudice-based bullying and discrimination	To think about age ratings for online content and how to be responsible	To explore habits and strategies to support progress	To be able to manage problems including health and safety	
Week 6	To know how to access support services in relation to discrimination	To protect financial security online	To identify and access support for 'personal identity' online	To know how to maintain a positive presence online	

Week 7	To be able to manage peer pressure to avoid dangerous summer activities eg. water	To assess and manage risks associated to gambling	To create an imaginary online profile	To evaluate and build on the learning from work experience	
--------	---	---	---------------------------------------	--	--