

Curriculum Area: PSHE

Long-Term Plan

Academic Year 2023 - 2024

Years 7/8	Autumn Term	Spring Term	Summer Term
	<u>Autumn 1</u>	<u>Spring 1</u>	<u>Summer 1</u>
	<p><u>Health & wellbeing</u> (<u>healthy me and being me in my world</u>)</p> <p>Transition and safety Self-identity (what makes a person) Understanding myself and others Personal safety in and outside school, including first aid and CPR Personal safety strategies and travel safety, e.g., road, rail and water Attitudes to mental health Promoting emotional wellbeing and reframing negative thinking Helping ourselves and 5 ways to wellbeing Sleep hygiene Physical and emotional health You are not your emotions Stress</p>	<p><u>Relationships</u></p> <p>British Values Belonging How to challenge prejudice, discrimination and stereotypes Friendship and empathy Issues around bullying Online safety and how to deal with trolls</p>	<p><u>Relationships</u></p> <p>Puberty and body development Healthy routines Consent and FGM Building relationships Self-worth, romance and friendships (including online) and relationship boundaries Healthy relationships Media portrayal of relationships Family changes (separation, divorce, bereavement)</p>
	<u>Autumn 2</u>	<u>Spring 2</u>	<u>Summer 2</u>
<p><u>Living in the wider world</u> (<u>Dreams and goals</u>)</p> <p>How we can build resilience How happiness and positivity is important to our health The importance of teamwork Skills and qualities</p>	<p><u>Living in the wider world</u> Financial literacy</p> <p>Financial wants, needs and ethical consumerism The importance of budgeting Ways of making money What is inflation and how does it affect people's cost of living</p>	<p><u>Living in the wider world</u></p> <p>Online safety, digital literacy, media reliability, and gambling hooks Online communication, how to recognise misleading information and how to use social networking sites safely</p>	

	<p>How to develop skills, aspirations for future careers</p> <p>How to identify dreams and goals</p> <p>The importance of a growth mindset</p> <p>How to recognise passive, aggressive and assertive behaviour, and how to communicate assertively</p> <p>How to manage conflict</p> <p>How to budget our money</p> <p>Financial needs, wants and priorities</p>	<p>What influences spending and ways to make informed spending decisions</p>	<p>Recognise online grooming in different forms, e.g., in relation to sexual or financial exploitation, extremism and radicalisation and how to seek support</p> <p>Managing risk in relation to gangs</p> <p>Substances and their effects</p>
	Autumn Term	Spring Term	Summer Term
	<u>Autumn 1</u>	<u>Spring 1</u>	<u>Summer 1</u>
Year 9	<p><u>Being me in my world and living in the wider world</u></p> <p>Exploring identity</p> <p>How to manage conflict</p> <p>Friendship</p> <p>Peer pressure</p> <p>Neurodiversity</p> <p>Online identity</p> <p>Social media stress</p> <p>Safer internet</p> <p>Group think</p> <p>Joint enterprise</p>	<p><u>Relationships and living in the wider world</u></p> <p>Social media and validation</p> <p>Conflict and its causes in different contexts, e.g. with family and friends</p> <p>What is mental health?</p> <p>Importance of family and stable relationships</p> <p>Healthy relationships</p> <p>Importance of trust</p> <p>Why people become homeless, the effects of homelessness and where to get help</p> <p>How to access support services (the work of Shelter and Crisis)</p>	<p><u>Relationships</u></p> <p>Intimate relationships</p> <p>Power and relationships/healthy relationships</p> <p>Criticism, contempt, defensiveness and stonewalling- different ways we escalate conflict</p> <p>Assertiveness, rights and relationships</p> <p>Myths and truths about love</p> <p>What are teenagers doing?</p> <p>Sexting</p> <p>Online and offline relationships</p> <p>Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</p> <p>FGM (Female Genital Mutilation) and how to access support</p> <p>The readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex</p> <p>Myths and misconceptions relating to consent</p> <p>How the portrayal of relationships in the media and pornography might affect expectations</p> <p>How to assess and manage risks of sending, sharing or passing on sexual images</p> <p>How to secure personal information online</p>

	<u>Autumn 2</u>	<u>Spring 2</u>	<u>Summer 2</u>
	<p><u>Living in the wider world</u> Self esteem What normal means and improving confidence? Personal development Behaviour and respect What is racism and how to challenge prejudice, discrimination and stereotypes? Wants needs and priorities Gender equality Skills, and future careers qualities</p>	<p><u>Financial literacy</u> Advantages and disadvantages of different accounts Saving Debit and credit cards How does borrowing work? How to make informed spending choices Money and risks Online scams and how to avoid them</p>	<p><u>Being me in my world</u> Digital literacy Online safety, digital literacy, media reliability, and gambling hooks Online communication and how to use social networking sites safely Recognise online grooming in different forms, e.g., in relation to sexual or financial exploitation, extremism and radicalisation How to respond and seek support in cases of online grooming Recognise biased or misleading information online Distinguish between content which is publicly and privately shared Age restrictions when accessing different forms of media and how to make responsible decisions Protect financial security online How to assess and manage risks in relation to gambling and chance-based transactions</p>

	Autumn Term	Spring Term	Summer Term
	<u>Autumn 1</u>	<u>Spring 1</u>	<u>Summer 1</u>
Year 10	<p><u>Health and wellbeing</u> Mental health and emotional wellbeing Values auction-quality of life Characteristics of mental and emotional health</p>	<p><u>Living in the wider world</u> Research skills, qualities and suitable career paths Employability skills The importance of teamwork</p>	<p><u>Relationships</u> Healthy relationships Harmful sexual behaviour/sexual harassment FGM</p>

	<p>Causes/effects of stress How we are affected positively and negatively by external and internal influences and ways to manage this Mental health and ill health, stigma, safeguarding health, including during periods of transition or change Screen time The sleep factor (2) Recognising mental health and when to get help. Identify how to access support, information and advice for all aspects of physical and mental health Barriers to seeking support How to reframe negative thinking Strategies to promote mental health and emotional wellbeing The portrayal of mental health in the media How to challenge stigma, stereotypes and misinformation? The work of the charity 'Mind'</p>	<p>How to research jobs and progression routes CV, application letters and online forms Understand the importance of presentation skills and how to prepare for an interview Work experience</p>	<p>Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography Contraception STI' Gender stereotypes and prejudice LGBQT+ rights and relationships Relationship values and the role of pleasure in relationships Myths, assumptions, misconceptions and social norms about sex, gender and relationships opportunities and risks of forming and conducting relationships online How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours</p>
	<u>Autumn 2</u>	<u>Spring 2</u>	<u>Summer 2</u>
	<p style="text-align: center;"><u>Health and wellbeing</u></p> <p>Exploring influence and herd mentality Group chats and messaging Classification of drugs and why people take them Effects of caffeine The arguments around cannabis Legalisation of dugs New Psychoactive drugs Nitrous Oxide and the law The issue of vaping Effects of alcohol First Aid County lines</p>	<p style="text-align: center;"><u>Living in the wider world</u></p> <p>Financial literacy Income expenditure and how to budget in the future How to get the best deals Cryptocurrency and comparisons with other types of money Identity theft and how to keep secure Responsible vs irresponsible gambling and how to access support Issues around ethical consumerism</p>	<p style="text-align: center;"><u>Being me in my world</u></p> <p>Crime, law and punishment Legal ages Young offenders Types of punishment Knife crime Joint enterprise Anti-social behaviour Identity fraud Digital footprint Dark web Fake news Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p>

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Year 11	Autumn Term	Spring Term	Summer Term
	<u>Autumn 1</u>	<u>Spring 1</u>	<u>Summer 1</u>
		<p><u>Health and wellbeing-being me</u></p> <p>The adolescent brain Fake vs real news Risk management and the media Social media and resilience Social media and loneliness Body image and the media Dangers of online dating How to assess and manage risk and safety in new independent situations (e.g., personal safety in social situations and on the roads) Festivals and drugs Emergency first aid skills How to assess emergency and non-emergency situations and contact appropriate services How to manage influences and risks relating to cosmetic and aesthetic body alterations</p>	<p><u>Living in the wider world</u></p> <p>How to prepare for job/college interview process Employment rights and responsibilities in the workplace Rights and responsibilities The issues surrounding prejudice, discrimination and institutional racism (case study-Stephen Lawrence) The law and the powers of the police The social and historical context of 'The hate u give' Extremism and ideology</p>
	<u>Autumn 2</u>	<u>Spring 2</u>	<u>Summer 2</u>

	<p style="text-align: center;"><u>Being me in my world</u></p> <p>Human Rights British Values Protective Characteristics Sexual harassment in the workplace Tolerance and respect Hate Crime Employability skills CV/Covering letter Personal presentation and interviews Future jobs and the role of AI (Artificial Intelligence) Revision techniques How to cope with exam stress</p>	<p style="text-align: center;"><u>Relationships</u></p> <p>Recognising healthy and unhealthy relationships What is meant by emotional abuse and 'gas lighting' Marriage and commitment Forced marriage and arranged marriage FGM and how to access support Fertility and reproductive health Abortion and religious responses</p>	
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