

Curriculum Area: PSHE

Long-Term Plan 2020/2021

KEY STAGE 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7 and 8	<p>Can I choose how I fit into the world? How have I changed? What does family mean to me? Does my family influence me? Stereotyping in families. What I choose to hear about myself. Passive Aggressive Assertive. Faith and belief and cultural diversity. Parliament and democracy.</p>	<p>Do we need to feel the same as to belong? Challenging prejudice and discrimination. Protected characteristics. Social injustice and inequality. Hate crime. Making positive contributions to community. Making a difference and wellbeing.</p>	<p>Can the choices I make now influence my future? Short, medium and long term goals. Resilience. Employability skills. Career choices. My on line footprint. Budgeting. Debt. Gambling inc. links to mental health. Positive/negative role of money in society.</p>	<p>Can I become more responsible for my health and happiness? Taking personal responsibility for stress. Managing stress. Substances and their effects. Drug supply and possession. County lines, exploitation and gang culture. Role of medicines and vaccines. Dental Health.</p>	<p>Because I'm worth it...or am I? Relationship with self. Negative self-thoughts. Body image, on line and media. Competing relationships and how to meet these demands. Personal space, inc on line. Media on relationships and on line. Media manipulation. Components of positive relationships. Social media and on line safety. Illegal aspects of social media. Recognising negative relationships and skills to manage them.</p>	<p>What factors can make an intimate relationship happy and healthy? Boyfriends and girlfriends. Different types of committed, table and loving relationships. Positive aspects of healthy, intimate relationships. Negative factors that can make an intimate relationship unhealthy. Choosing to come out. Pornography. Alcohol and relationships. Accessing support.</p>

<p>Year 9</p>	<p>To what extent does the world I live in effect my identity? Personal identity and values. Peer approval. Social media. Teenage brain: a time to learn. Passive Aggressive Assertive. Beliefs and religions. Parliament and democracy.</p>	<p>Is being different a good thing? Perceptions of others. Hate crime. Positive and negative language. Banter and verbal bullying. Types of bullying. Recognising prejudice. Stereotyping.</p>	<p>Who do I dream of becoming? Personal strengths and weaknesses. SMART planning. Mental health and body image. Self-esteem. Recognising mental ill-health: self-harm, suicide, eating disorders, depression, anxiety, pressure (peer, online and media) Maintaining mental health. Accessing support.</p>	<p>How can substances impact on wellbeing? What does the media say about teenagers? Dental health. Alcohol and decision making. Emergency first aid. Substances and mental health.</p>	<p>Is choice important within intimate relationships? Power and control in relationships. Consent and assertiveness. Contraception. Sexually transmitted infections. Am I normal? Common concerns in adolescence.</p>	<p>How can change effect mental health? Changing perceptions and opinions. Common mental health issues. Skills for change and pressure. Adapting to change. Self-reflection and evaluation. Transition to next year. Sleep.</p>
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