

**Curriculum Area: PSHE**

**Long-Term Plan**

Academic Year 2022 - 2023

	<b>Autumn Term</b>	<b>Spring Term</b>	<b>Summer Term</b>
	<u>Autumn 1</u>	<u>Spring 1</u>	<u>Summer 1</u>
<b>Years 7/8</b>	<p><b><u>Being me in my world</u></b>            Self-identity            Families and friendships            Making positive relationships            Online communities and do's and don't's            Puberty/adolescence            Assertiveness            Roles and responsibilities            Personal strengths/comfort zones            Challenging our fears            Locus of control            Independence            Influences (peer pressure)            Understanding myself and others            Growth mind-set and outlook mind-set            Resilience</p>	<p><b><u>Dreams and goals</u></b>            Identifying dreams and goals            Celebrating failure            Being wrong            Steps to achievement            Managing set-backs            Motivation and rewards            Self-monitoring/self-evaluation            Short-, medium- and long-term goals            Planning and reviewing goals and priorities            Different types of business and Organisation            Jobs of the future            Budgeting            Positive/negative role of money in society            The downside of glamorous jobs            Wants and needs</p>	<p><b><u>Relationships</u></b>            Assertiveness, authenticity and realistic expectations and media images            Components of positive Relationships – respect yourself            Healthy relationships            Values and qualities in relationships            Media portrayal of relationships            Family changes (includes separation, divorce, bereavement)            Social media            Personal space            Media influences</p>

	<u>Autumn 2</u>	<u>Spring 2</u>	<u>Summer 2</u>
	<p><b><u>Celebrating difference</u></b>            Bullying and excluding others            Civil liberties            Protected characteristics: marriage, pregnancy, sexual orientation, gender, disability, ethnicity and religion            Challenging prejudice and discrimination            Stereotypes            Assertiveness            Social injustice and inequality            Making a positive contribution to community            Social mobility            Making a difference</p>	<p><b><u>Healthy me</u></b>            Physical and emotional health            You are not your emotions            Stress            Taking responsibility for health            Substances and their effects and why substances are used            Nutrition            Vaccinations            Sleep hygiene            7 healthy habits            First aid and CPR            Mental health: anxiety and depression            Helping ourselves and 5 ways to wellbeing</p>	<p><b><u>Changing me</u></b>            Puberty and body development            Self-image            Changing circumstances and changing families            Rights and responsibilities            Brain development            Mood changes – outlook and positivity            Transition (to next year group)            Managing change            Coping with challenge            Taking responsibility for change            Taking responsibility for emotions ABC</p>

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	<u>Autumn 1</u>	<u>Spring 1</u>	<u>Summer 1</u>
	<b>Year 9</b>	<p><b><u>Being me in my world</u></b>            Family and friends – values and influences            Young people around the world – differing values            Social media – would you do that online?            Peer approval/external validation            Community identity            Adolescent brain and behaviour            Thoughts, feelings and behaviour – making judgements before we act            Teenagers making a difference            Perceptions/misperceptions            Assertiveness            Making the most of opportunities            Resilience            Growth mind-set and outlook mind-set</p>	<p><b><u>Dreams and goals</u></b>            Identifying strengths            SMART planning            Managing criticism and feedback            Legislation and young people at work            Better communities and societies            Tools for developing new skills            Career research and options</p>

	<u>Autumn 2</u>	<u>Spring 2</u>	<u>Summer 2</u>
	<p><b><u>Celebrating difference</u></b>            Education for girls around the world            Social judgements            Bullying and banter            Using positive language            Discrimination and equality            Protected characteristics:            marriage, pregnancy, disability, sexual orientation, gender, age, ethnicity and religion            Positive and negative language            Recognising prejudice            Assertiveness</p>	<p><b><u>Healthy me</u></b>            Body image and unrealistic expectations            Positive psychology – what we know about happiness and achieving goals            What to say when things go wrong            Health, teens and the media            Substances – myths            Emotions and strategies            CPR            Positive lifestyle choices            Sleep hygiene (role in health and learning)            Effects of alcohol use            Brain development            Effects of substance use            Emergency services and safety            Mental health</p>	<p><b><u>Changing me</u></b>            Fear, change and the future            Mental health and the brain            Skills for change            Adapting to change and coping with stress            Self-reflection and evaluation            Transition (to next year group)</p>

	Autumn Term	Spring Term	Summer Term
	<u>Autumn 1</u>	<u>Spring 1</u>	<u>Summer 1</u>
	<b>Year 10</b>	<p><b><u>Heath and well being</u></b></p> <p><b>Emotional wellbeing</b>  Areas of strength and development  Characteristics of mental and emotional health  Causes/effects of stress  Resilience, self-confidence and self esteem  How we are affected positively and negatively by internal and external influences and ways to manage this  Body image and the media  Strategies to deal with peer pressure and how to be assertive  Identify how to access sources of information, advice and support for all aspects of physical and mental health  Barriers to seeking help</p>	<p><b><u>The wider world</u></b></p> <p><b>Ethical issues</b>  Crime and punishment  Joint enterprise  factors which contribute to young people becoming involved in serious organised crime, including cybercrime  to recognise situations where they are being adversely influenced, or are at risk, due to being part of a particular group or gang;  strategies to access appropriate help  Evaluate ways in which their behaviours may influence their peers positively and negatively, including online, and in situations involving weapons or  Gangs</p>

	<u>Autumn 2</u>	<u>Spring 2</u>	<u>Summer 2</u>
	<p>Screen time Strategies — cognitive and practical — for promoting their own emotional wellbeing, for avoiding negative thinking and for ways of managing mental health concerns How to recognise warning signs of common mental and emotional health concerns (including stress, anxiety and depression), what might trigger them and what help</p> <p>How to make informed lifestyle choices regarding sleep, diet and exercise The ways in which industries and advertising can influence health and harmful behaviours How to assess and manage risks associated with cosmetic and aesthetic procedures, including tattooing, piercings and the use of sunbeds</p>	<p><b><u>The wider world</u></b></p> <p><b>Personal safety</b> Media literacy and personal responsibility Positive and safe ways to create and share content online and the opportunities this offers Strategies for protecting and enhancing their personal and professional reputation online Media bias and fake news how personal data is generated, collected and shared, including by individuals, and the consequences of this ways to identify risk and manage personal safety in new social settings, workplaces, and environments, including online to increase confidence in performing emergency first aid and life-saving skills, including cardio-pulmonary resuscitation (CPR) and the use of defibrillators</p>	<p><b><u>Relationships</u></b></p> <p>Diversity in romantic and sexual attraction and developing sexuality, including sources of support and reassurance and how to access them</p> <p>The potential impact of the portrayal of sex in pornography and other media, including on sexual attitudes, expectations and behaviours Strategies to access reliable, accurate and appropriate advice and support with relationships, and to assist others to access it when needed Contraception and STI's</p>

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<b>Year 11</b>	<p><b>Health and wellbeing</b></p> <p>How to deal with pressure Risk taking behaviours Gambling understand and build resilience to thinking errors associated with gambling (e.g. ‘gambler’s fallacy’) the range of gambling-related harms, and how to access support for themselves or others Drug use</p> <p>The consequences of substance use and misuse for the mental and physical health and wellbeing of individuals and their families, and the wider consequences for communities identify, manage and seek help for unhealthy behaviours, habits and addictions including smoking cessation, vaping and alcohol abuse</p> <p>The importance of and ways to pre-empt common triggers and respond to warning signs of unhealthy coping strategies, such as self-harm and eating disorders in themselves and others How to recognise when they or others need help with their mental health and wellbeing; to explore and analyse ethical issues when peers need help; strategies and skills to provide basic support and identify and access the most appropriate sources of help</p> <p>Purpose of blood, organ and stem donation Responsibility for maintaining health including cancer prevention, screening and self-examination</p>	<p><b>The wider world</b></p> <p><b>You as a citizen</b> Human rights Forced marriage, honour based violence and FGM You and the law Pressure groups World issues Medical ethics Quality of life</p>	

	<u>Autumn 2</u>	<u>Spring 2</u>	<u>Summer 2</u>
	<p><b><u>Relationships</u></b></p> <p>Different types of intimacy — including online — and their potential emotional and physical consequences</p> <p>Choices and support available in the event of an unplanned pregnancy, and how to access appropriate help and advice</p> <p>The current legal position on abortion and the range of beliefs and opinions about it</p> <p>The importance of parenting skills and qualities for family life, the implications of young parenthood and services that offer support for new parents and families</p> <p>Ways to manage grief about changing relationships including the impact of separation, divorce and bereavement; sources of support and how to access them</p>	<p>Strategies to critically assess bias, reliability and accuracy in digital content</p> <p>Assess the causes and personal consequences of extremism and intolerance in all their forms</p> <p>Recognise the shared responsibility to challenge extreme viewpoints that incite violence or hate and ways to respond to anything that causes anxiety or concern</p> <p>Hate crime</p>	