PSHE

	HT1	HT2	HT3	HT4	HT5	HT6
7	**Health & Wellbeing** **RSE: FAMILIES** Settling into a new school What is a healthy, stable, committed relationship? Sexual Harassment, Abuse & Violence – personal space It's good to talk - emotions & happiness. My dream job! Online health & Safety How am I changing: puberty & menstruation	**Relationships** **RSE: RESPECTFUL RELATIONSHIPS** Diversity in the community Positive and healthy friendships The benefits and positive use of social media What is a successful career? Sexuality and attraction Managing change, loss and separation Family Life: Marriage & Responsibility	**Living in the Wider World** **RSE: ONLINE & MEDIA** Positive study and learning skills Rights, responsibilities and opportunities online Sexual Harassment, Abuse & Violence Keeping Active What are employability skills? Engaging in enterprise & Being a Life-Long Learner	**Health & Wellbeing** **RSE BEING SAFE** Drug Abuse (inc legal highs) Recognising abuse (CCE/GROOMING) The dangers of alcohol What does an employer look for? The impact of smoking, unhealthy lifestyles & the media Challenging discrimination and faith-based prejudice	**Relationships** **RSE: INTIMATE & SEXUAL RELATIONSHIPS** What is a healthy intimate relationship? Personal hygiene, germs, bacteria & viruses The characteristics of bullying/abusive behaviours. Sexual Harassment, Abuse & Violence What are my options in the UK?	**Living in the Wider World** **RSE: DIVERSITY & INCLUSION** Information sharing Sexism Basic treatment for common injuries. What are my options around the world? Strategies to remain private The risks associated with social media Extremism Helping others to keep safe online
8	**Health & Wellbeing** **RSE: FAMILIES** Introduction to Emotion & Mental Health Relationships & children Sexual Harassment, Abuse & Violence It's good to talk, mental wellbeing & mindfulness Setting ambitious & positive goals for the future. Positivity, relationships & trust The changing body and emotional/physical health	**Relationships** **RSE: RESPECTFUL RELATIONSHIPS** Values: love, friendship and sexual relationships Stereotypes, prejudice & discrimination Creating and sharing content online Managing my own career path Relationship Expectations Myths about Gender Roles Identity and Sexual Orientation	**Living in the Wider World** **RSE: ONLINE & MEDIA** Gender myths & stereotypes Online risks including digital footprints Sexual Harassment, Abuse & Violence What are the links between physical & mental health? Leadership & management skills Setting ambitious goals & Looking Ahead (Academic Choices)	**Health & Wellbeing** **RSE BEING SAFE** Benefits of Keeping Active & Balanced Diets Consent and intimate relationships Drugs, alcohol & your mental health How do I manage my own business? Dental, sun and self-examination Consequences of gang behaviours & weapons	**Relationships** **RSE: INTIMATE & SEXUAL RELATIONSHIPS** Relationships & overall health Pregnancy including miscarriage. Recognising extreme views (inc. online/cyber) Sexual Harassment, Abuse & Violence The National Careers Service	**Living in the Wider World** **RSE: DIVERSITY & INCLUSION** What are finances? Homophobia Life-saving skills, including how to administer CPR. What is an apprenticeship? Financial Choices: debt Keeping control of our finances Online financial safety & exploitation The impact of advertising
9	**Health & Wellbeing** **RSE: FAMILIES** Positive Wellbeing Marriage & the law Sexual Harassment, Abuse & Violence Common types of mental ill mental health. Positive Study Skills, my strengths & targets Body image Being assertive	**Relationships** **RSE: RESPECTFUL RELATIONSHIPS** Sexual attraction, romance and strong emotions Diversity, acceptance and tolerance (inc religion) Online extremism Successful academic career pathways Successful vocational career pathways Online relationships: opportunities & risks Separation, divorce and bereavement	**Living in the Wider World** **RSE: ONLINE & MEDIA** Developing positive study and learning skills (ks4) What is harmful online content? Sexual Harassment, Abuse & Violence Active & healthy lifestyles (inc cancer prevention) Employability skills: communication mental and emotional wellbeing The Benefit of hobbies and interests	**Health & Wellbeing** **RSE BEING SAFE** Peer Pressure Forced marriage, honour-based violence & FGM Addiction Rights and Responsibilities at work Challenging career stereotypes & Expectations The Law, gangs and county lines	**Relationships** **RSE: INTIMATE & SEXUAL RELATIONSHIPS** Bullying, abuse and discrimination Reproductive health/fertility Pregnancy choices: abortion, adoption Peer on peer abuse Sexual Harassment, Abuse & Violence "Further & Higher Education Choices"	**Living in the Wider World** **RSE: DIVERSITY & INCLUSION** Digital footprints Transphobia The purpose of defibrillators and when they're needed Armed Forces Uniformed services Online extremism – including social media (ks4) Bias, reliability and accuracy in digital content Protecting and enhancing online reputations
10	**Health & Wellbeing** **RSE: FAMILIES** Building Self-esteem	**Relationships** **RSE: RESPECTFUL RELATIONSHIPS**	**Living in the Wider World** **RSE: ONLINE & MEDIA** What is a profession?	**Health & Wellbeing** **RSE BEING SAFE** Getting Enough Sleep	**Relationships** **RSE: INTIMATE & SEXUAL RELATIONSHIPS**	**Living in the Wider World** **RSE: DIVERSITY & INCLUSION**

	The role(s) of a parent. Sexual Harassment, Abuse & Violence Maintaining positive mental health: key strategies Salaries & opportunities online Avoiding negativity & negative thoughts Managing a relationship breakdown	Managing attitudes: sex in the media and pornography Unhealthy relationships: bullying, violence, control Impact of gambling and financial exploitation online Developing a positive presence (inc. online) Developing a career identity The impact of alcohol and drugs on a relationship Forced marriage & honour-based violence	The Law: consequences of sharing indecent content (sexting) Sexual Harassment, Abuse & Violence Blood, organ and stem cell donation. Where to find a job & how to structure a CV? Working & studying at home or abroad	Harassment & coercion The law relating to possession and supply of illegal drugs Persuasive personal statements The benefits of extracurricular and volunteer work Domestic Abuse	Identifying sexual pressure Sexually transmitted infections & safe sex Being a role model Sexual Harassment, Abuse & Violence Alternative career routes & pathways, & work experience	Careers, salaries and payslips Strategies to avoid taking risks The benefit of immunization and vaccinations Who are the local apprenticeship providers? What kind of apprenticeship would suit me? Controlling our finances Financial risks and opportunities Consumer rights / Home ownership
11	**Health & Wellbeing** **RSE: FAMILIES** Positive behaviours including gangs Relationship safety & where to seek advice Sexual Harassment, Abuse & Violence Benefits of regular exercise Further Education options & Motivation Managing the differing stages of a relationship The characteristics of emotional health	**Relationships** **RSE: RESPECTFUL RELATIONSHIPS** Responding appropriately to unhealthy relationships Equality Harmful online behaviours The benefits of high aspirations Inspirational figures and being successful Pregnancy and family planning Prevalent STIs & benefits of testing	**Living in the Wider World** **RSE: ONLINE & MEDIA** Progression: education, training and employment How is data generated, used and shared online? Sexual Harassment, Abuse & Violence Risks of a poor diet (inc tooth decay & cancer) Successful interview techniques Tattoos & professional image	**Health & Wellbeing** **RSE BEING SAFE** Sleep, diet and exercise What is rape? Where and how to access support for addiction Tax & National Insurance brackets Planning: pensions Risks associated with sunbeds, piercings and surgeries	**Relationships** **RSE: INTIMATE & SEXUAL RELATIONSHIPS** Contraception (inc emergency) Drugs, alcohol and sexual behaviour & support Sexual Harassment, Abuse & Violence Strategies to challenge & report abuse Forced Slavery	