

MIDDLE SCHOOL PSHE EDUCATION: LONG-TERM OVERVIEW

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Cycle 1	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Self-worth, romance and relationships (including online) and relationship boundaries	Financial decision making Saving, borrowing, budgeting and making financial choices
Cycle 2	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Cycle 3	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Employability skills Employability and online presence

UPPER SCHOOL PSHE EDUCATION: LONG-TERM OVERVIEW

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Cycle 1	Mental health and Wellbeing Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Living in the Wider World The criminal justice system, anti-social behaviour and the media	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Work experience Preparation for and evaluation of work experience and readiness for work
Cycle 2	Building for the future Self-efficacy, stress management, and future opportunities	Next steps Application processes, and skills for further education, employment and career progression	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Independence Responsible health choices, and safety in independent contexts	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	Our Changing World Animal rights, sustainability, looking after our environment, the effects of globalisation, multiculturalism and the dark web.

Post 16 PSHE EDUCATION: LONG-TERM OVERVIEW

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle 1	<p>Crime and the Law</p> <p>Anti-social behaviour, Age of criminal responsibility, Why do people commit crimes, Different types of crime and the criminal justice system, The role of the police, prisons, rehabilitation of offenders, victims, victim support and crime prevention, The role that laws play in our society and how laws are made to create a fair and safe environment for everyone, What circumstances may prompt some people to commit crimes</p>	<p>Emotional Wellbeing</p> <p>What is stress & anxiety? What is mental health? How can we keep good mental health? Why do we get stressed, upset or anxious? Causes of stress, Effects of stress, How stress can be managed, The consequences of prejudice, The meaning of equal opportunities, The nature of bullying and how it impacts on people, Understanding personal feelings and self.</p>	<p>Conflict and Relationships</p> <p>Conflict in everyday life and the wider world Consequences of conflict Can conflict be good? Conflict in school, Gang culture, Work conflict, Conflict with the boss, The cause of war, Religious conflict & religious barriers, Resolving conflict fairly</p>	<p>Social Media</p> <p>What is social media? Social media and youth culture, Media and advertising and decision making, Corruption, extremism and radicalisation, The power of the press Sexting, cyber bullying, trolling, The law and social media.</p>	<p>Drugs and the Law</p> <p>Recommended alcohol intake limits, Problems associated with alcohol abuse, Problems associated with tobacco use, Dangers of the misuse of legal drugs, Classification system for illegal drugs and how different drugs are classified, Health risks associated with the use of illegal drugs, The law that is applied in respect of the possession and supply of illegal drugs</p>	<p>The Rule of Law</p> <p>Why do we need laws, 5 is against the law, why do people commit crime? Understanding the legal rights & responsibilities of UK citizens, Understanding the consequences for specific criminal actions, defining crimes & moral wrongs, Understanding the differences between a perpetrator, victim & a witness, Investigating how a court of law operates</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle 2	<p>Managing Feelings and Emotions</p> <p>How feelings and emotions can cause people to overreact and how best to cope with such feelings, managing sexual feelings and urges, consequences of not managing sexual feelings effectively, Identifying the consequences of overreacting or acting in a physically aggressive manner, how to deal with peer pressure and how to be assertive when saying 'no', How to develop skills and attitudes that will help individuals to make responsible well informed decisions about their lives, How to stay positive and how to maintain good emotional wellbeing, 5 is against the law resources/guidance may well be used to support certain aspects of this course.</p>	<p>Sex and Relationships</p> <p>Diversity in sexual attraction and developing sexuality Terms associated with sex, gender identity and sexual orientation and accepted terminology,</p> <p>Where to seek health information, advice and support (including sexual health services) ,</p> <p>The risks related to unprotected sex, which could include exploring the consequences of unintended pregnancy and the options available in such circumstances,</p> <p>Public, private and masturbation.</p> <p>Healthy Relationships and consent,</p> <p>Safe Sex, Contraception and STIs.</p>	<p>Democracy, Power and Authority</p> <p>The Governments impact on society and UK citizens, Political differences and change,</p> <p>The voting process and democracy,</p> <p>Brexit and the economy, Politics and differing manifestos,</p> <p>Democracy and dictatorships</p>	<p>Multicultural Britain</p> <p>Awareness of issues linked to equality and diversity within society,</p> <p>What is religion?</p> <p>The aspects of cultural diversity,</p> <p>Strategies to challenge antisocial behaviour,</p> <p>The value of respect and understanding,</p> <p>The diversity of cultural groups</p>	<p>Self-Advocacy</p> <p>The concept of self-advocacy,</p> <p>How to self-advocate successfully,</p> <p>Issues that individuals may wish to speak up about,</p> <p>The ways that individuals can advocate for themselves</p>	<p>Exploring Sexuality</p> <p>Sexual diversity</p> <p>Exploring LGBTQ</p> <p>Sexual intimacy</p> <p>Social skills and sexuality</p> <p>Emotions and affective behaviour</p> <p>Masturbation and coping with urges</p> <p>Sexuality and ASC</p> <p>Sexual behaviour</p> <p>Sexual assault and criminal acts</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle 3	Antisocial Behaviour	Maintaining Personal Safety	Exploring Civil Liberties	Diversity, Prejudice and Discrimination	Extremism and Radicalisation	Physical and Mental Health
	What is anti-social behaviour?	Dangers inside and outside the home	Individual rights and responsibilities	The reasons behind for stereotyping and prejudicial views	Radicalisation and extremism	Developing strategies to cope with stress and anxiety
	Effects of anti-social behaviour	Responsibility for personal safety	Human rights	The impact of prejudicial views on minority groups and societal views	Power, persuasion - grooming towards radicalisation	Understanding autism and associated challenges
	Exploring your own social behaviour	UK law and health & safety law	Equality and diversity	Sexism, equality and gender	Social media and radicalisation	Coping with stress caused by a new transition
	Crimes and moral wrong doings	Dangers of social networking	Freedom of speech – what does this mean?	Religious and race prejudice	The diversity of radicalisation and extremism	Making sense of my autism
	When your actions become a crime		Immigration and societal views	Prejudice, youth culture and the media	Radicalisation beyond religion	Planning your next steps into adulthood
	Dealing assertively with anti-social behaviour					Maintaining good physical health & Hygiene
						Conducting a health check
					Maintaining a positive Mental outlook	