

PSHE Long Term Plan

	Autumn 1 Health and Wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health and Wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
KS3	<p>Drugs and Alcohol</p> <p>Alcohol and drug misuse and pressures relating to drug use</p>	<p>Developing skills and aspirations</p> <p>Careers, teamwork and enterprise skills, and raising aspirations</p>	<p>Diversity</p> <p>Diversity, Prejudice and bullying</p>	<p>Health and Puberty</p> <p>Healthy routines, influences on health, puberty, unwanted contact, and FGM</p>	<p>Building relationships</p> <p>Self worth, romance and friendships (including online) and relationship boundaries.</p>	<p>Digital Literacy</p> <p>Online safety, digital literacy, media reliability, and gambling hooks</p>
Yr 10	<p>Peer influence, substance use and gangs</p> <p>Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation.</p>	<p>Financial decision making</p> <p>The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p>	<p>Healthy Relationships</p> <p>Relationships and sex expectations, pleasure and challenges, including the media and pornography</p>	<p>Healthy Lifestyle</p> <p>Diet, exercise, lifestyle balance and healthy choices, and first aid</p>	<p>Intimate relationships</p> <p>Relationships and sex education including consent, contraception, the risk of STI's, and attitudes to pornography</p>	<p>Employability skills</p> <p>Employability and online presence</p>
Yr 11	<p>Mental Health</p> <p>Mental health and ill health, stigma, safeguarding health, including during periods of transition or change.</p>	<p>Next steps</p> <p>Application processes, and the skills for further education, employment and career progression</p>	<p>Communication in relationships</p> <p>Personal values, assertive communication (including in relation to contraception and sexual health) relationship challenges and abuse</p>	<p>Exploring influence</p> <p>The influence and impact of drugs, gangs, role models and the media</p>	<p>Addressing extremism and radicalisation</p> <p>Community cohesion and challenging extremism</p>	N/A