

PSHE YEAR PLANNER 2023- 2024

<b>Autumn A</b>	<b>Friendships and Anti- Bullying</b> <b>Mental Health and Emotional Wellbeing</b>
<b>Autumn B</b>	<b>Careers and Aspirations</b> <b>Money</b>
<b>Spring A</b>	<b>Sexual Health</b> <b>Healthy and Unhealthy relationships</b>
<b>Spring B</b>	<b>Physical Health</b> <b>Personal Safety and Risk Management</b>
<b>Summer A</b>	<b>Diversity and Prejudice</b> <b>Media Influence</b>
<b>Summer B</b>	<b>Community</b> <b>Social, Moral, Spiritual, Cultural Development</b>

## Autumn A – Friendship, Anti-bullying, Mental Health & Emotional Wellbeing

<b>Year</b>	<b>Assemblies/ intro talks</b>	<b>Lesson One</b>	<b>Lesson Two</b>	<b>Lesson Three</b>
<b>Year 7</b>	<b><i>Managing transition and change</i></b>	<b>Making and Maintaining genuine friendships</b>	<b>Bullying or Banter? Online Bulling</b>	<b>Promoting good mental health and resilience</b>
<b>Year 8</b>	<b>Managing behaviours to achieve/ growth mindset</b>	<b>Self- awareness and influence- emotional literacy (anti bullying tone)</b>	<b>Managing tough times- change, grief and bereavement</b>	<b>What is mental health and anxiety and coping with it.</b>
<b>Year 9</b>	<b>Managing behaviours to achieve/ growth mindset</b>	<b>Behaving to achieve</b>	<b>Emotional wellbeing and Coping with Stress</b>	<b>Recognising unhealthy coping behaviours – self harm and eating disorders</b>
<b>Year 10</b>		<b>The real me- emotional well being</b>	<b>Stress and Anger</b>	<b>Mental health the importance of sleep and healthy eating</b>
<b>Year 11</b>		<b>Happiness, positivity, mindfulness and wellbeing</b>	<b>Social media and Self esteem</b>	<b>Conflict and resolution</b>

## Autumn B – Careers, Aspirations & Money

<b>Year</b>	<b>Assemblies/ intro talks</b>	<b>Lesson One</b>	<b>Lesson Two</b>	<b>Lesson Three</b>
<b>Year 7</b>		<b>Aspirations and me</b>	<b>The importance of Self esteem (Talk)</b>	<b>Unifrog</b>
<b>Year 8</b>		<b>How can we budget our money- budgeting plans</b>	<b>Unifrog</b>	<b>Dragons den challenge</b>
<b>Year 9</b>	<b>Post 16 options</b>	<b>Unifrog</b>	<b>Aspiring to be...</b>	<b>Applications and CV's</b>
<b>Year 10</b>		<b>Why do we work?</b>	<b>National insurance and income tax. <i>Possibly pensions?</i></b>	<b>Communication and teamwork skills (talk)</b>
<b>Year 11</b>		<b>Employability skills</b>	<b>Consumer rights</b>	<b>Navigating finances and debt (Talk)</b>

## Spring A – Sexual Health, Healthy & Unhealthy Relationships

<b>Year</b>	<b>Assemblies/ intro talks</b>	<b>Lesson One</b>	<b>Lesson Two</b>	<b>Lesson Three</b>
<b>Year 7</b>		<b>Different Families and Family relationships</b>	<b>Friendship or relationship? Love and relationships</b>	<b>How to we keep safe and positive relationships</b>
<b>Year 8</b>		<b>Relationship values, respect for myself and others</b>	<b>I don't want to (peer pressure) Making the right choice for me</b>	<b>Knowing about choice and consent</b>
<b>Year 9</b>		<b>Starting out in a sexual relationship</b>	<b>Contraception and protection</b>	<b>Condom negotiation and Teenage pregnancy</b>
<b>Year 10</b>		<b>Inappropriate sexualised behaviours</b>	<b>Unhealthy relationships</b>	<b>Safer online relationships</b>
<b>Year 11</b>		<b>Fertility and reproductive health</b>	<b>Surrogacy, fostering, same sex parenting and adoption- routes to parenthood</b>	<b>Coercion, gaslighting and domestic abuse. (laws etc)</b>

## Spring B – Physical Health, Personal Safety & Risk Management

<b>Year</b>	<b>Assemblies/ intro talks</b>	<b>Lesson One</b>	<b>Lesson Two</b>	<b>Lesson Three</b>
<b>Year 7</b>	<b>Separate sessions?  Dental Health</b>	<b>Puberty what can I expect?  - Menstrual cycles &amp; PMS</b>	<b>What do we mean by healthy lifestyles? Exercise and balanced diet</b>	<b>An introduction to online safety-positive use</b>
<b>Year 8</b>	<b>Dental Health</b>	<b>Vaping, nicotine addiction – cancer awareness</b>	<b>Personal safety and first aid- followed up in year 9 first aid course</b>	<b>Online stress, gaming and FOMO</b>
<b>Year 9</b>		<b>Physical health- covering previous content.</b>	<b>County lines</b>	<b>Risks: Alcohol and Drug awareness</b>
<b>Year 10</b>	<b>Risks and exploitation</b>	<b>Risk Binge drinking</b>	<b>Risks Tattoos and Piercing</b>	<b>Exploited : power games- making choices and getting help</b>
<b>Year 11</b>		<b>Travelling safely with mates</b>	<b>Drugs festivals and parties</b>	<b>Avoiding unhealthy coping strategies, drug and drink use etc encouraging better physical health along side revision/ exam prep</b>

## Summer A – Diversity, Prejudice & Media Influence

<b>Year</b>	<b>Assemblies/ intro talks</b>	<b>Lesson One</b>	<b>Lesson Two</b>	<b>Lesson Three</b>
<b>Year 7</b>	<b>Is disney racist/ sexist?</b>	<b>What does it mean to be a British Citizen?</b>	<b>An introduction to prejudice and discrimination</b>	<b>Racism and gender stereotypes</b>
<b>Year 8</b>		<b>Diversity &amp; multiculturalism in the UK</b>	<b>An introduction to human rights</b>	<b>Introduction to fake news</b>
<b>Year 9</b>	<b>Introduction to HBT (Homophobia, biphobia and transphobia)</b>	<b>Prejudice and discrimination</b>	<b>LGBTQ+ discrimination of Human Rights</b>	<b>Exploitation of Human Rights: Trafficking</b>
<b>Year 10</b>		<b>Media- construction and reality</b>	<b>Media Influence and fake news</b>	<b>Media Body image and mental health</b>
<b>Year 11</b>		<b>Revision Skills</b>	<b>Revision Skills</b>	<b>Revision skills</b>

## Summer B – Community, Social, Moral, Spiritual, Cultural Development

<b>Year</b>	<b>Assemblies/ intro talks</b>	<b>Lesson One</b>	<b>Lesson Two</b>	<b>Lesson Three</b>
<b>Year 7</b>		<b>What is community and why is it important?</b>	<b>Teamwork: why is this an essential life skill and what are the benefits?</b>	<b>How can we volunteer and make positive changes in our community?</b>
<b>Year 8</b>		<b>What does it mean to be a British Citizen- project</b>	<b>What does it mean to be a British Citizen?</b>	<b>What does it mean to be a British Citizen?</b>
<b>Year 9</b>		<b>What is 'privilege' and how does it affect our lives?</b>	<b>British Values: Tolerance</b>	<b>Can you have British Values and be a non-Christian?</b>
<b>Year 10</b>		<b>community participation and voluntary and service-based activities on community and development of personal skills</b>	<b>Community project</b>	<b>Community project</b>
<b>Year 11</b>		-	-	-