

Year Group	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
Year 7	<p>Introduction to PSHE - Importance of skill development in all areas of PSHE, SMSC British Values and Citizenship.</p> <p>Session 1: Transition into secondary school and personal safety. In and around school, including first aid.</p> <p>Session 2: Internet safety - Keeping safe online, possible dangers and social relevance of social media.</p>	<p>Lesson 1: Reflection from Autumn 1. Developing skills and aspiration - incorporating careers, teamwork and enterprise skills as well as raising aspirations.</p> <p>Lesson 2: Into practice - pupils given the opportunity to show and develop their LORIC skills as well as oracy skills.</p>	<p>Lesson 1: Reflection from A2. Diversity within our community. Prejudice and discrimination. Gender identity and challenging gender discrimination.</p> <p>Lesson 2: bullying including cyber bullying - effects and management strategies.</p>	<p>Lesson: 1 Reflection from S1. Healthy routines and influences relating to puberty. Safe spaces in school and organisations to know about.</p> <p>Lesson 2: Puberty, unwanted contact and FGM - safeguarding links.</p>	<p>Lesson 1: Reflection from S1. Mental health - being peer support for our friends and 'what to say' when friends are struggling.</p> <p>Lesson 2: Online friendships and risk management strategies</p>	<p>Lesson 1: Reflection from S2. Budgeting and bank accounts. Ethical and unethical business practices and consumerism i.e. fast fashion.</p> <p>Lesson 2: Making good financial decisions and gambling.</p>
Year 8	<p>Re-introduction to PSHE.</p> <p>Session 1: Alcohol and drug addiction/misuse. Medicinal and recreational drugs - including risks of energy drinks</p> <p>Session 2: Pressures relating to drug/smoking usage. How to recognise positive social norms.</p>	<p>Lesson 1: Reflection from A1. Equal opportunities in life and work - how to challenge stereotypes and discrimination in relation to work and pay.</p> <p>Lesson 2: Employment - including self-employment,</p>	<p>Lesson 1: Reflection from A2. Discrimination - including racism, religious discrimination, disability discrimination,</p> <p>Lesson 2: Sexism, homophobia and gender discrimination.</p>	<p>Lesson 1: Reflection from S1. Mental health and emotional well being - challenging misconceptions and stigmas.</p> <p>Lesson 2: Body image - promoting body positivity and self love. Digital resilience and healthy influences.</p>	<p>Lesson 1: Reflection from S2. Gender identity, sexual orientation. Promoting positive relationships, exploring the law of equality within our society</p> <p>Lesson 2: Gender equality in sport = case study.</p>	<p>Lesson 1: Reflection from S1. Digital safety and digital literacy and media reliability - including how to recognise online grooming and how to seek support and help.</p> <p>Lesson 2: Gambling hooks and how to assess and manage risks in relation to gambling.</p>

		volunteer work and setting aspirational goals.				
Year 9	<p>Re-introduction to PSHE.</p> <p>Session 1: Peer influence - healthy and unhealthy relationships/friendships including assertiveness and personal safety</p> <p>Session 2: Substance abuse and gang exploitation - including carrying weapons and substances for 'friends'</p>	<p>Lesson 1: Reflection from A1.</p> <p>Decision making - risk management in relation to career options with a specific options choice focus. Develop decision making skills</p> <p>Lesson 2: Options focus - what is available and the importance of informed decision making</p>	<p>Lesson 1: Reflection from A2.</p> <p>Friendship issues - dealing with online pressures after a friendship breakdown</p> <p>Lesson 2: Risk management of relationship young adult homelessness focus.</p>	<p>Lesson 1: Reflection from S1.</p> <p>Healthy lifestyles - relationship between mental and physical health. Balancing all aspects of health/work/diet.</p> <p>Lesson 2: Informed diet choices for a healthy lifestyle, discussions on body image and increased responsibility for our own bodies.</p>	<p>Lesson 1: Reflection from S2.</p> <p>Healthy relationships with our environment - food/phones/apps</p> <p>Lesson 2: Mental health and career readiness - 4 day working week debate</p>	<p>Lesson 1: Reflection from S1.</p> <p>Employability - employment rights - jobs, pay and working conditions.</p> <p>Skills for enterprise and how to respond to constructive feedback.</p> <p>Lesson 2: online presence and employability. Your 'personal brand' habits and strategies to support a positive online presence relating to employability.</p>
Year 10	<p>Re-introduction to PSHE.</p> <p>Session 1: Mental health and ill health stigma - adolescence challenges, keeping a healthy mind.</p> <p>Session 2: Mental health portrayal in the media - how to access support and challenge stereotypes.</p>	<p>Lesson 1: Reflection from A1.</p> <p>Financial decision making - the impact of financial decisions and debt</p> <p>Lesson 2: Gambling addiction and access to gambling, including the law and impact of gambling.</p>	<p>Lesson 1: Reflection from A2.</p> <p>Self care - our relationships with ourselves. How to promote self care - routines - including risks of sunbed abuse/skin lightener</p> <p>Lesson 2: Risks of Aesthetic procedures - tattoos, piercings, fillers and long term impacts</p>	<p>Lesson 1: Reflection from S1.</p> <p>The influence and impact of drugs on aspects of life including work and family. - case studies - links to the law and rehabilitation.</p> <p>Lesson 2: Gang culture and knife crime - gang crime and offences. Positive role models and the media - how to manage peer influence. Substance abuse helpline links given.</p>	<p>Lesson 1: Reflection from S2.</p> <p>Community cohesion and our values on respect, inclusion and identity - including the Equality act.</p> <p>Lesson 2: Challenging extremism - social media risks/miss-representation, conflict management including online (radicalisation/extremism)</p>	<p>Lesson 1: Reflection from S1.</p> <p>Workplace responsibility, contracts, warnings - lateness, absence procedures - the Law regarding workplace errors/misdemeanours.</p> <p>Lesson 2: What to expect from work. Health and safety. Legal responsibilities. Dress codes</p>

<p>Year 11</p>	<p>Re-introduction to PSHE. Session 1: Building for the future - self-efficacy and future opportunities. How to manage judgement from others/stereotypes. Session 2: Stress management - nature, causes and effects of management including strategies such as sleep.</p>	<p>Lesson 1: Reflection from A1. Next Steps - careers Application processes, skills for future education - effective revision techniques. Lesson 2: Employment and career progression - rights and challenges of working part-time whilst studying.</p>	<p>Lesson 1: Reflection from A2. The reality of modern technology and relationships: case study Lesson 2: Risk management strategies in response to case study - safely negotiating online relationships.</p>	<p>Lesson 1: Reflection from S1. Independence - responsible health choices. Personal safety in social situations, including emergency and non-emergent help. Lesson 2: Screening and self-examination - vaccinations and accessing health services. Cosmetic and aesthetic treatment dangers - social media, influencers and body image.</p>		
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