

# SECONDARY PSHE EDUCATION: LONG-TERM OVERVIEW

Health & wellbeing Living in the wider world Relationships

	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
Year 7	<b>Transition, safety and healthy choices.</b> Transition to secondary school and personal safety in and outside school, including first aid. Healthy routines, influences on health.	<b>Developing skills and aspirations</b> Careers, teamwork and enterprise skills, and raising aspirations	<b>Diversity</b> Diversity, prejudice, and bullying	<b>Health and puberty</b> Puberty and the changes the body goes through (physically and mentally) unwanted contact, and FGM	<b>Building relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries	<b>Financial decision making</b> Saving, borrowing, budgeting and making financial choices
Year 8	<b>Community and careers</b> Equality of opportunity in careers and life choices, and different types and patterns of work	<b>Drugs and Alcohol</b> Alcohol and drug misuse and pressures relating to drug use	<b>Discrimination</b> Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	<b>Emotional wellbeing</b> Mental health and emotional wellbeing, including body image and coping strategies	<b>Identity and relationships</b> Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	<b>Digital literacy</b> Online safety, digital literacy, media reliability, and gambling hooks
Year 9	<b>British Values, Bullying and Discrimination</b> Comparing school values with national values, how to handle bullying and other types of discriminatory language or behaviour.	<b>Setting goals</b> Learning strengths, career options and goal setting as part of the GCSE options process	<b>Respectful relationships</b> Families and parenting, healthy relationships, conflict resolution, and relationship changes	<b>Healthy lifestyle</b> Diet, exercise, lifestyle balance and healthy choices, and first aid  <b>Peer influence, substance use and gangs</b> Friendships, assertiveness, substance misuse, and gang exploitation	<b>Intimate relationships</b> Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	<b>Employability skills</b> Employability and online presence

Year 10	<p><b>Drugs and alcohol</b> Alcohol and drug misuse and pressures relating to drug use</p> <p><b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media</p>	<p><b>Work experience</b> Preparation for and evaluation of work experience and readiness for work</p>	<p><b>Healthy relationships</b> Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography</p>	<p><b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p>	<p><b>Religious Studies: Addressing extremism and radicalisation</b> Communities, belonging and challenging extremism</p>	<p><b>Financial decision making</b> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p>
Year 11	<p><b>Media and Prevent</b> The role of media in influencing thought processes, including social media. How to protect yourself online from extreme views.</p>	<p><b>Next steps</b> Application processes, and skills for further education, employment and career progression</p>	<p><b>Communication in relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p>	<p><b>Independence</b> Responsible health choices, and safety in independent contexts</p>	<p><b>Families</b> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p>	