

Long Term Plan Secondary PSHCE 2022-2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 11	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Next steps Application processes, and skills for further education, employment and career progression	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	Building for the future Self-efficacy, stress management, and future opportunities	Independence Responsible health choices, and safety in independent contexts	Exams
Year 10	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Exploring influence The influence and impact of drugs, gangs, role models and the media	Work experience Preparation for and evaluation of work experience and readiness for work
Year 9	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	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	Employability skills Employability and online presence
Year 8	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	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	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	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	Financial decision making Saving, borrowing, budgeting and making financial choices

Relati onshi ps	Living in the wider world	Health & wellbeing
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