

Long Term Plan – PSHE (2025-26)

Vision: To enable students to become culturally, socially and politically engaged in their communities (Locally, Nationally and Globally)							Year End Points
	HT1 (3 lessons)	HT2 (4 lessons)	HT3 (3 lessons)	HT4 (2 lessons)	HT5 (3 lessons)	HT6 (4 lessons)	
Year 7	<u>Celebrating differences</u> - Diversity - What is your identify? - Making new friends - Challenging hurtful behaviour	<u>Financial planning</u> - Budgeting - Savings - Borrowings - Keeping money safe - Ambitions and goals - How can we improve communities	<u>Body development</u> - Changes through puberty - Personal hygiene - Introduction to periods	<u>Staying safe</u> - Making choices with friends and online - Alcohol and risk	<u>Respect and relationships</u> - Knowing your body and reproductive systems - Body image and self-care - Privacy and consent	<u>Celebrating differences</u> - Exploring identities and differences - How to challenge discrimination and bullying - The bystander effect	Students will understand what to do if a person is unresponsive and how to perform CPR. They will have a deeper understanding of what is meant by racism, sexism, homophobia. They will gain more insight into how it affects people and how to challenge the above and be an active bystander. Students will understand the changes that happen in the body during puberty. They will understand what changes are normal and when to seek help from a health professional. Students will learn more about what makes a community. Students will gain a deeper understanding of how our economy functions and what roles of financial institutions.
Year 8	<u>Physical health and mental wellbeing</u> - What is mental health? - Unhealthy/healthy coping strategies - Positive body image - Stress management - Digital resilience/cyberbullying - Diet culture and media pressure	<u>Dangerous society online and offline</u> - Online safety - Drug misuse - Alcohol and risk - Fake news and echo chambers	<u>Identity, relationships and sex education</u> - Healthy romantic relationships - Unhealthy relationships, boundaries and consent - Period positivity	<u>Law crime and society</u> - Building community spirit - Decision making and constitution - Criminal law and society - Prisons, reforms and punishment	<u>Identity, relationships and sex education</u> - Introduction to contraception - Emotional and physical attraction to others - Managing pressure - Intimacy online	<u>Equality and diversity</u> - Human rights across the world - Ableism and disability, racism and discrimination - Allyship	Students will understand how to support their mental and emotional wellbeing and will know where to go for support if they are concerned about their own or someone else's unhealthy coping strategies. Students will know what human rights are and why it is important they are protected. They will know how to be an ally to those experiencing discrimination. Students will understand what a healthy romantic relationship should look and feel like. They will develop their understanding of emotional and physical attraction and learn how to manage pressure from others. Students will develop a deeper understanding of how people become involved in gangs and why. They will know where to get support for themselves or a friend Students will better understand the effects of different drugs and alcohol within the body (short and long term). They will develop strategies to avoid peer pressure in relation to drugs and alcohol.
Year 9	<u>Essential life skills</u> - Study skills, resilience and managing stress - Saving and managing money - Finance budgeting and employment - Online safety, scams and gambling	<u>Personal safety</u> - Drugs and drug related emergencies - Alcohol and alcohol related emergencies - Managing peer pressure	<u>Body awareness</u> - Making healthy choices, preventing cancer and heart disease - Unrealistic images in the media	<u>Body awareness</u> Sexual violence and harassment Consent	<u>Body awareness</u> - What is sexuality and sexual desire - Contraceptive methods - Sexual health and STIs	<u>Extremism and terrorism</u> - Peer pressure, exploitation and knife crime - Discrimination and prejudice - Understanding racism	Students will know how to manage their time effectively in order to manage stress. They will know how to manage their money effectively to achieve their monetary goals. They will understand why people discriminate against others, the harm it causes and how to be an active bystander. They will develop their understanding of changes during puberty and how the media can promote unrealistic body images which can affect our mental wellbeing. They will learn more about contraceptive methods as well as understanding how to protect their sexual health. They will understand the importance of consent in relationships and how consent is given or removed. Students will understand how they can support themselves and others if there is an alcohol or drug related emergency.

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			Body changes through puberty				
Year 10	<u>Mental health and wellbeing</u> - Promoting emotional wellbeing - Support organisations - Supportive family relationships - Understanding grief	<u>Independence</u> - First aid - Making healthy choices- cosmetic and plastic surgery - Organ donation, vaccines and health clinics	<u>Exploring relationship and sex education</u> - Communication and vulnerability in relationships - Signs of abusive relationships - Sexual violence	<u>Rights and responsibilities</u> - Consumer rights - Employment rights - Exploring a pay check	<u>Exploring relationship and sex education</u> - How to assess readiness for sexual intimacy - Foetal development, pregnancy and abortion - Gender stereotype	<u>Exploring British values</u> - Know your rights - Human rights in the online world, staying safe online - Media influence and radicalisation	Students will understand how to support their emotional and mental wellbeing as well as the importance of fostering supportive family relationships. They will understand what grief looks like and how they can support someone who has been bereaved. They will know what their rights are and will understand the challenges of making sure human rights are protected online. Students will know the importance of vulnerability in relationships and what the signs are of an abusive relationship. They will know how to assess when they are ready for sexual intimacy and the options in the event of an unplanned pregnancy. Students will know basic first aid, including CPR and use of AEDs.
Year 11	<u>Resilience</u> - Connecting with yourself mindfully – coping with stress - Self-concept and motivation - Adulting, self-worth and celebrating successes	<u>Adulthood and looking after yourself</u> - Body image dangers - Marriage and civil partnerships - Parenthood and fertility - Infertility and miscarriages	<u>Exploring relationships and sex education</u> - Gender norms - Gender stereotypes and relationships - Body image in the media and pornography	<u>Exploring relationships and sex education</u> - Developing sexuality and readiness for sex - Consent, pressure and dealing with rejection	N/A - examination period Study skills lessons	N/A – examination period Study skills lessons	Students will explore and evaluate strategies to support their mental health and manage stress. They will also understand more about the risks involved in cosmetic procedures. Students will understand the responsibilities of parents and how different families work. They will know where to seek support for an unplanned pregnancy as well as fertility and different routes to becoming a parent. They will understand how gender stereotypes can impact relationships, as well as how the media can affect our body image (including pornography) They will understand their developing sexuality in more depth as well as how they can assess their readiness for sex. They will know ways to deal with pressure and rejection as well as having a deeper understanding of how to protect their sexual health. They will know more about substance addiction and what the risks are of new psychoactive substances.
Year 11 General Studies	<u>Aspiration and Money (4 lessons)</u> - How can my strengths, interests and education help me decide where to go? - Making decisions about the future - Finding work locally and internationally - Saving money and budgeting wisely	<u>Aspiration and Money (3 lessons)</u> - Applying for colleges session - What are my rights and responsibilities at work - How the internet can help me achieve my goals - How we tackle challenges to our goals and dreams	<u>Wellbeing (3 lessons)</u> - Balancing pressures of modern life - Alcohol and drug misuse – addiction and responsibility for others - How to stop smoking and vaping - Addiction and gambling	<u>Study Skills (3 lessons)</u> - What is revision? - Why is revision important? - Methods of revision - Pomodoro revision sessions	<u>Study Skills (3 lessons)</u> Independent Pomodoro revision sessions	N/A – examination period	