



PSHE – 5-year plan #World Ready

	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	Transition and Safety <ul style="list-style-type: none"> Transition to secondary school personal safety in and outside school, including first aid. 	Developing Skills and Aspirations <ul style="list-style-type: none"> Careers Teamwork Enterprise skills Raising aspirations 	Diversity <ul style="list-style-type: none"> Diversity Prejudice Bullying 	Health and Puberty <ul style="list-style-type: none"> Healthy routines Influences on personal health Puberty Unwanted contact FGM 	Building Relationships <ul style="list-style-type: none"> Self-worth Romance Friendships (including online) Relationship boundaries 	Financial decision making <ul style="list-style-type: none"> Saving Borrowing Budgeting Making financial choices
Year 8	Drugs and Alcohol <ul style="list-style-type: none"> Alcohol and drug misuse pressures relating to drug use. 	Community and Careers <ul style="list-style-type: none"> Equality of opportunity in careers and life choices Different types and patterns of work 	Discrimination Discrimination in all its forms, including: <ul style="list-style-type: none"> racism religious discrimination disability discrimination sexism homophobia biphobia and transphobia 	Emotional Wellbeing <ul style="list-style-type: none"> Mental health and emotional wellbeing Body image Coping strategies 	Identity and relationships <ul style="list-style-type: none"> Sexual orientation Consent 'sexting' introduction to contraception 	Digital Literacy <ul style="list-style-type: none"> Online safety Digital literacy Media reliability Gambling hooks
Year 9	Peer influence, substance use and gangs <ul style="list-style-type: none"> Healthy and unhealthy friendships Assertiveness Substance misuse Gang exploitation. 	Setting Goals <ul style="list-style-type: none"> Learning strengths Career options Goal setting as part of the GCSE options process 	Respectful Relationships <ul style="list-style-type: none"> Families and parenting Healthy relationships Conflict resolution Relationship changes 	Healthy Lifestyle <ul style="list-style-type: none"> Diet Exercise Lifestyle balance and healthy choices First aid 	Intimate relationships <ul style="list-style-type: none"> Sex education Consent Contraception Risks of STIs 	Employability Skills <ul style="list-style-type: none"> Employability Online presence
Year 10	Mental Health <ul style="list-style-type: none"> Mental health and ill health, Safeguarding health including during periods of transition or change. 	Financial Decision Making <ul style="list-style-type: none"> The impact of financial decisions Debt Gambling The impact of advertising on financial choices 	Healthy Relationships <ul style="list-style-type: none"> Relationships and sex expectations Pleasure and challenges, including the impact of the media and pornography 	Exploring influence <ul style="list-style-type: none"> Influence and impact of drugs Gangs Role models and the media 	Addressing radicalisation and extremism <ul style="list-style-type: none"> Community cohesion Challenging extremism 	Work Experience <ul style="list-style-type: none"> Preparation for and evaluation of work Experience Readiness for work
Year 11	Building for the future <ul style="list-style-type: none"> Self-efficacy Stress management Future opportunities. 	Next Steps <ul style="list-style-type: none"> Application processes Skills for further education, employment and career progression 	Communication in relationships <ul style="list-style-type: none"> Personal values Assertive communication (including in relation to contraception and sexual health) Relationship challenges and abuse 	Independence <ul style="list-style-type: none"> Responsible health choice Maintaining sexual health Sexual Health Services Safety in independent contexts 	Families <ul style="list-style-type: none"> Different families Parental responsibilities Pregnancy Marriage and forced marriage Changing relationships 	Relationship education Sex education - Parents have the right to withdraw their child from anything highlighted in green

