

Personal Development: PSHE - Long Term Plan

puberty	Topic	Overview	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
HT 1.1 <i>Health & Wellbeing</i>	Year 12 Online Safety & mental health	<ul style="list-style-type: none"> Online safety Mental health and emotional wellbeing <ul style="list-style-type: none"> Managing stress Healthy coping strategies PoS refs: H1, H2, H3, H4, H5, H6, H7, H13	Digital footprints Create a digital footprint and understand the marks your online behaviour leaves. Challenge online behaviour which can affect your reputation.	Social Media & how we use it Identify the ways we use social media. Discuss the issues and dangers we might come across when using social media.	Tiktok & its dangers Identify the ways we use social media. Discuss the issues and dangers we might come across when using social media.	Emotional Wellbeing Demonstrate an understanding of strategies for maintaining positive mental health.	Stress and Wellbeing Demonstrate an understanding of strategies for maintaining positive mental health. Understand the importance of a healthy lifestyle on stress and wellbeing.	Sleep and Wellbeing Understand the importance of a work-life balance, including sleep.	REACTIVE LESSON	Flashback Lesson
	Year 13 Online Safety & mental health	Online safety Managing change Health and wellbeing inc. Anxiety and depression	<ul style="list-style-type: none"> skills to improve adaptability and resilience during periods of change and strategies to manage change 	Managing your online presence Build and maintain a positive professional online presence.	Social media and the Law Be a critical consumer of online information . Effectively challenge online content.	Common Types of Mental Ill Health Recognise common mental health issues such as anxiety, depression, eating disorders and self-harm.	Supporting Anxiety Recognise common mental health issues such as anxiety. Demonstrate a range of strategies for building an maintaining positive mental health.	Supporting Depression Recognise common mental health issues such as depression. Demonstrate a range of strategies for building an maintaining positive mental health.	REACTIVE LESSON	Flashback Lesson

	Topic	Overview	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
HT 1.2 <i>Living in the wider world</i>	Year 12 Communities and care	Challenging stereotypes, rights and responsibilities in post 16 and workplace. PoS refs: L8,L9,L10, L11, L12,L20,L21,L22, L23,L24,L25 Readiness for work • Career opportunities • Preparing for the world of work PoS refs: L1, L5, L6, L7, L8, L9, L10, L11, L1	<ul style="list-style-type: none"> Preparing for responsibility-groupthink and modes of behaviour 	<ul style="list-style-type: none"> Evaluating strengths, skills and interests in relation to future roles and opportunities. Transferrable skills 	<ul style="list-style-type: none"> Career opportunities in a global economy. Rights and responsibilities in different types of employment, including full-time, part-time, 	<ul style="list-style-type: none"> Professional conduct, including following health and safety protocols. Workplace confidentiality and security, including cyber-security and data protection. 	Flashback Lesson	12 Days of Christmas	12 Days of Christmas	

Personal Development: PSHE - Long Term Plan

					and jobs in the 'gig economy'	When, why and how to seek or provide support in response to bullying and harassment in the workplace Strategies for overcoming challenges or adversity in the workplace. About the role of trade unions and professional organisations				
	Year 13 Identity and values	Aligning ambition with personal values. Developing a career identity and values in relation to work, whilst pursuing next steps PoS refs: L1, L2, L3,L4, L5,L6,L20,L21,L22,L23,L24,L25	<ul style="list-style-type: none"> Developing self-efficacy and self concept in line with future aspirations Identifying appropriate 'next steps' post-18, such as higher education, further training or apprenticeships, and gap year opportunities 	<ul style="list-style-type: none"> Evaluating strengths, skills and interests in relation to future opportunities and career development The implications of the global market for future choices in education and employment. 	<ul style="list-style-type: none"> Building and maintaining a positive professional identity and online presence 	<ul style="list-style-type: none"> How social media can expand, limit or distort perspectives Setting and maintaining boundaries around personal privacy Managing online safety in all its forms, including seeking help when appropriate 	Flashback Lesson Year 13 mock exams will mean that HT1:2 will be completed after Christmas Break – knock on impact into other topics	12 Days of Christmas	12 Days of Christmas	

	Topic	Overview	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
HT 2.1 Relationships	Year 12 Diversity and inclusion	<ul style="list-style-type: none"> Living in a diverse society Challenging prejudice and discrimination PoS refs: R1, R2, R3, R24, R25, L25	<ul style="list-style-type: none"> how to communicate personal values in different types of relationships strategies to challenge prejudice and discrimination in relation to inclusion and any of the protected characteristics of the Equality Act (2010) 	<ul style="list-style-type: none"> rights, roles and responsibilities in a diverse society and how to respect and advocate for them 	<ul style="list-style-type: none"> to celebrate cultural diversity and promote inclusion the ways different faith or cultural views can influence relationships, and how to challenge these if appropriate 	<ul style="list-style-type: none"> how to safely challenge prejudice and discrimination, including online extremism and radicalisation, how to reduce the risks and when, where and how to seek help 	Reactive slot	Flashback lesson		

Personal Development: PSHE - Long Term Plan

			safety, using licensed taxis and getting home safely							
	Year 13 Financial Choices	Financial choices •Managing money •Financial contracts •Budgeting •Saving •Debt •Influences on financial choices PoS refs: L13, L14, L15, L16, L17, L18, L19, L24, H1	•how to effectively plan expenditure and budget for changes in circumstances (e.g. when moving out or going to university) •how to evaluate savings options •salary deductions, including taxation, national insurance, student loan repayments and pensions, and how to manage these	•how to evaluate the potential gains and risks of different debt arrangements and repayment implications •the risks involved in different financial ventures, including illegal schemes (e.g. illegal money transfers)	• consumer rights, how to resolve disputes and access support •how to manage financial contracts, including mobile phone services and renting items and accommodation, and identify appropriate advice •how to critically evaluate different media sources, online content and recognise propaganda, manipulation, biased or misleading information	• Pay day loans, Klarna and other forms of credit agreements • The implications of these on financial decision making	• Influence on financial choices • Understanding of credit cards and debt management.	Flashback Lesson		

	Topic	Overview	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
HT 3.1 Relationships	Year 12 Respectful relationships	Respectful relationships •Consent •Assertive communication •Positive relationships and recognising abuse •Strategies for managing dangerous situations or relationships PoS refs: R11, R12, R13, R19, R20, R21, R22, R23, R24	•how to seek and assertively give, not give or withdraw consent, in all contexts • legal and moral responsibilities in relation to seeking consent and how to	•to evaluate attitudes towards sexual assault and their impact; how to challenge victim-blaming, including when abuse occurs online	•how to recognise manipulation and coercion and manage negative influence and persuasion •exit strategies for unhealthy relationships	•how to identify the signs of abuse, exploitation and assault or rape •where and how to access support and report concerns, including online	•unacceptability and illegality of forced marriage and 'honour'-based violence and how to safely seek help	• rights in relation to harassment, including online, stalking and violence, how to respond and where to seek help	Flashback Lesson	

Personal Development: PSHE - Long Term Plan

			<p>recognise factors that might affect capacity to consent</p> <ul style="list-style-type: none"> • emotional, physical, social, and legal consequences of failing to respect others' right not to give or to withdraw consent 					<ul style="list-style-type: none"> •exit strategies for pressurised or dangerous situations 		
	<p>Year 13</p> <p>Building and maintaining relationships</p>	<p>Building and maintaining relationships</p> <ul style="list-style-type: none"> •New friendships and relationships, including in the workplace •Personal safety •Intimacy •Conflict resolution •Relationship changes <p>PoS refs: H1, R4, R5, R6, R7, R8, R9, R10, R23</p>	<ul style="list-style-type: none"> •how to manage mature friendships, including making friends in new places 	<ul style="list-style-type: none"> •strategies to confidently manage transitional life phases, such as leaving school, or leaving home for the first time •about personal safety in new relationships, including online 	<ul style="list-style-type: none"> •how to maintain healthy, pleasurable relationships and about different levels of emotional intimacy, the role of pleasure, and the difference between 'love' and 'lust' •relationship challenges and how to manage the ending of relationships safely and respectfully, including online 	<ul style="list-style-type: none"> •how to assertively communicate and negotiate boundaries in relationships •professional relationships; how to build meaningful relationships in the workplace and establish and respect boundaries 	<ul style="list-style-type: none"> •how to manage strong emotions, communicate constructively and negotiate difficulties 	<ul style="list-style-type: none"> •strategies to recognise, de-escalate and exit aggressive social situations •how to evaluate the dangers and consequences of involvement in gangs, serious organised crime or carrying a weapon 	<p>Flashback Lesson</p>	

Personal Development: PSHE - Long Term Plan

	Topic	Overview	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
HT 3.2 <i>Living in the wider world</i>	Year 12 Planning for the future	Planning for the future •Exploring future opportunities •Post-18 options •The impact of financial decisions PoS refs: L2, L3, L4, L5, L7, L13, L18, L25, H1	•how to assess strengths, interests, values, and skills to set realistic, aspirational goals •how to evaluate the options available in education, training and employment post-18, including higher education, further training or apprenticeships, and gap year opportunities	•how to evidence strengths and skills and use this when applying and interviewing for future roles and opportunities •how to evaluate the changing patterns and trends in the labour market, locally, nationally and internationally, and benefit from potential opportunities	Unifrog Session	•how to evaluate the financial advantages, disadvantages and risks relating to post-18 options •how to evaluate the potential gains and risks of different credit/debt arrangements and repayment implications, including student loan	Work experience	Flashback lesson		