

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 Health & Wellbeing	Year 7: Transition and Safety	Transition to secondary school and personal safety in and outside school, including first aid. PoS refs: H1, H2, H30, H33, R13, L1, L2	Managing the challenges of moving to a new school.	How to identify, express and manage emotions in a constructive way.	How to establish and manage friendships	How to improve study skills	How to identify personal strengths and areas for development	Personal safety strategies and travel safety, e.g. road, rail and water	How to respond in an emergency situation Basic First Aid	Flashback Lesson
	Year 8: Drugs and Alcohol	Alcohol and drug misuse and pressures relating to drug use. PoS refs: H23, H24, H25, H26, H27, H29, H31, H5, R42, R44	Medicinal and reactional drugs	The over-consumption of energy drinks	Relationship between habit and dependence	How to use over the counter and prescription medications safely	How to assess the risks of alcohol, tobacco, nicotine and e-cigarettes	How to manage influences in relation to substance use	How to recognise and promote positive social norms and attitudes	Flashback Lesson
	Year 9: Peer influence, substance use and gangs	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation. PoS refs: H24, H25, H27, H28, H29, R1, R20, R37, R42, R44, R45, R46, R47	How to distinguish between healthy and unhealthy friendships	How to assess risk and manage influences, including online	'Group think' and how it affects behaviour	How to recognise passive, aggressive and assertive behaviour, and how to communicate assertively	Managing risk in relation to gangs about the legal and physical risks of carrying a knife	Positive social norms in relation to drug and alcohol use	Legal and health risks in relation to drug and alcohol use, including addiction and dependence	Flashback Lesson
	Year 10: Mental health	Mental health and ill health, stigma, safeguarding health, including during periods of transition or change. PoS refs: H2, H5, H6, H7, H8, H9, H10	How to manage challenges during adolescence	How to reframe negative thinking	Strategies to promote mental health and emotional wellbeing	Signs of emotional or mental ill-health	How to access support and treatment	The portrayal of mental health in the media	How do deal with stress and change	Flashback Lesson
	Year 11: Building for the future	Building for the future Self-efficacy, stress management, and future opportunities. PoS refs: H2, H3, H4, H8, H12, L22	How to manage the judgement of others and challenge stereotyping	How to balance ambition and unrealistic expectations	How to develop self-efficacy, including motivation, perseverance and resilience	How to maintain a healthy self-concept	About the nature, causes and effects of stress	Stress management strategies, including maintaining healthy sleep habits	Positive and safe ways to create content online Balancing time online	Flashback Lesson

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HT 1.2 <i>Living in the wider world</i>	Year 7: Developing Skills and Aspirations	Careers, teamwork and enterprise skills, and raising aspirations PoS refs: R15, R39, L1, L4, L5, L9, L10, L12	How to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity	Careers and the abilities and qualities required for different careers	Equality of opportunity	How to challenge stereotypes, broaden their horizons and how to identify future career aspirations	The link between values and career choices	Career/Option based activity	Flashback Lesson	
	Year 8: Community and Careers	Equality of opportunity in careers and life choices, and different types and patterns of work PoS refs: R39, R41, L3, L8, L9, L10, L11, L12	Equality of opportunity in life and work	How to challenge stereotypes and discrimination in relation to work and pay	Employment, self-employment and voluntary work	Setting aspirational goals for future careers and challenge expectations that limit choices	Career/Option based activity	Career/Option based activity	Flashback Lesson	
	Year 9: Setting Goals	Learning strengths, career options and goal setting as part of the GCSE options process PoS refs: L2, L3, L6, L7, L8, L9, L11, L12, L13, L14	About transferable skills, abilities and interests	How to demonstrate strengths	Different types of employment and career pathways	Managing feelings relating to future employment	Working towards aspirations and set meaningful, realistic goals for the future	GCSE and post-16 options Skills for decision making	Flashback Lesson	
	Year 10: Financial Decision Making	The impact of financial decisions, debt, gambling and the impact of advertising on financial choices PoS refs: H25, R38, L16, L17, L18, L19, L20, L25	Effectively budgeting and evaluating savings options	Preventing and managing debt, including understanding credit rating and pay day lending	How data is generated, collected and shared, and the influence of targeted advertising	How thinking errors (gambler's fallacy), can increase susceptibility to gambling Managing influences related to gambling, including online	The relationship between gambling and debt Managing risk in relation to financial activities	The law and illegal financial activities, including fraud and cybercrime	Flashback Lesson	
	Year 11: Next Steps	Application processes, and skills for further education, employment and career progression PoS refs: L1, L2, L3, L4, L6, L7, L8, L11, L12, L21	How to use feedback constructively when planning for the future How to set and achieve SMART targets	Effective revision techniques and strategies How to manage work/life balance	Options post-16 and career pathways	Application processes, including writing CVs, personal statements and interview technique	Rights, responsibilities and challenges in relation to working part time whilst studying	Catchup from missed sessions due to mock exams	Flashback Lesson	

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HT 2.1 Relationships	Year 7: Diversity	Diversity, prejudice, and bullying PoS refs: R3, R38, R39, R40, R41	Identity, rights and responsibilities	Living in a diverse society	Challenging prejudice, stereotypes and discrimination	Signs and effects of all types of bullying, including online	Responding to bullying of any kind, including online	How to support others	Flashback Lesson	
	Year 8: Discrimination	Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia PoS refs: R39, R40, R41, R3, R4, R42, R43	Managing influences on beliefs and decisions	Group-think and persuasion	Developing self-worth and confidence	Gender identity, transphobia and gender-based discrimination	Recognising and challenging homophobia and biphobia	Challenging racism and religious discrimination	Flashback Lesson	
	Year 9: Respectful relationships	Families and parenting, healthy relationships, conflict resolution, and relationship changes PoS refs: H2, R6, R19, R21, R22, R23, R35, R36	Different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering	Positive relationships in the home and ways to reduce homelessness amongst young people	Conflict and its causes in different contexts, e.g. with family and friends	Conflict resolution strategies	Managing relationships and family changes, including relationship breakdown, separation and divorce	How to access support services	Flashback Lesson	
	Year 10: Healthy relationships	Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography PoS refs: R1, R2, R3, R6, R7, R8, R14, R15, R18, R19, R22, R28, R29, R30, R31	Relationship values and the role of pleasure in relationships	Assumptions, misconceptions and social norms about sex, gender and relationships Asexuality, abstinence and celibacy	The opportunities and risks of forming and conducting relationships online	How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours	The ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent	Recognising and responding to pressure, coercion and exploitation, including reporting and accessing appropriate support Recognise and challenge victim blaming	Flashback Lesson	

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	Year 11: Communication in relationships	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse PoS refs: H26, H27, H28, H29, R16, R17, R21, R23, R32	Core values and emotions	Gender identity, gender expression and sexual orientation	How to communicate assertively How to communicate wants and needs	Handling unwanted attention, including online How to challenge harassment and stalking, including online	Various forms of relationship abuse about unhealthy, exploitative and abusive relationships	How to access support in abusive relationships and how to overcome challenges in seeking support	Flashback Lesson	
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HT 2.2 <i>Health & Wellbeing</i>	Year 7: Health and puberty	Healthy routines, influences on health, puberty, unwanted contact, and FGM PoS refs: H5, H13, H14, H15, H16, H17, H18, H20, H22, H34	Making healthy lifestyle choices including diet, dental health, physical activity and sleep Personal hygiene	Managing influences relating to caffeine, smoking and alcohol	Managing physical and emotional changes during puberty FGM and how to access help and support	Recognising and responding to inappropriate and unwanted contact (start of consent, focus on personal space/other types of contact)	Flashback Lesson			
	Year 8: Emotional wellbeing	Mental health and emotional wellbeing, including body image and coping strategies PoS refs: H3, H4, H6, H7, H8, H9, H10, H11, H12, L24	Attitudes towards mental health Daily wellbeing	Challenging misconceptions stigma	Managing emotions Developing digital resilience	Healthy coping strategies Unhealthy coping strategies (e.g. self harm and eating disorders)	Flashback Lesson			
	Year 9: Healthy lifestyle	Diet, exercise, lifestyle balance and healthy choices, and first aid PoS refs: H3, H14, H15, H16, H17, H18, H19, H21	The relationship between physical and mental health	Balancing work, leisure, exercise and sleep	Making informed healthy eating choices Managing influences on body image	Taking increased responsibility for physical health, including testicular self-examination	Flashback Lesson			
	Year 10: Exploring influence	The influence and impact of drugs, gangs, role models and the media PoS refs: H19, H20, H21, R20, R35, R36, R37	Positive and negative role models How to evaluate the influence of role models and become a positive role model for peers	The media's impact on perceptions of gang culture	The impact of drugs and alcohol on individuals, personal safety, families and wider communities and their affect on decision making how to seek help for substance use and addiction	How to keep self and others safe in situations that involve substance use How to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime Exit strategies for pressurised or dangerous situations	Flashback Lesson			

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	Year 11: Independence	Responsible health choices, and safety in independent contexts PoS refs: H3, H4, H11, H13, H14, H15, H16, H17, H18, H22, H23, H24	Emergency first aid skills How to assess emergency and non-emergency situations and contact appropriate services	The links between lifestyle and some cancers The importance of screening and how to perform self-examination	Registering with and accessing doctors, sexual health clinics, opticians and other health services Vaccinations and immunisations	Managing influences and risks relating to cosmetic and aesthetic body alterations Blood, organ and stem cell donation	Flashback Lesson			
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HT 3.1 <i>Relationships</i>	Year 7: Building relationships	Self-worth, romance and friendships (including online) and relationship boundaries PoS refs: H1, R2, R9, R11, R13, R14, R16, R24	Developing self-worth and self-efficacy	Qualities and behaviours relating to different types of positive relationships	Recognising unhealthy relationships	Recognising and challenging media stereotypes	Evaluating expectations for romantic relationships Consent, and how to seek and assertively communicate consent	Flashback Lesson		
	Year 8: Identity and relationships	Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception PoS refs: H35, H36, R4, R5, R10, R16, R18, R24, R25, R26, R27, R29, R30, R32	The qualities of positive, healthy relationships Demonstrating positive behaviours in healthy relationships	Gender identity and sexual orientation	Forming new partnerships and developing relationships The risks of 'sexting' and how to manage requests or pressure to send an image	Consent and the law Legal and moral duty is with the seeker of consent Effectively communicate about consent in relationships	Basic forms of contraception, e.g. condom and pill	Flashback Lesson		
	Year 9: Intimate relationships	Relationships and sex education including consent, contraception, the risks of STIs, PoS refs: R7, R8, R11, R12, R18, R24, R26, R27, R28, R29, R30, R31, R32, R33, R34, L21	Assessing readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex	The continuous right to withdraw consent and capacity to Consent	STIs, effective use of condoms and negotiating safer sex Consequences of unprotected sex, including pregnancy	Portrayal of relationships in the media and pornography might affect expectations and attitudes to pornography	Assess and manage risks of sending, sharing or passing on sexual images How to secure personal information online	Flashback Lesson		

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	Year 10: Addressing extremism and radicalisation	Community cohesion and challenging extremism PoS refs: R5, R6, R9, R10, R14, R28, R29, R30, R31, R34, L24, L26, L27, L28, L29	Communities, inclusion, respect and belonging	The Equality Act, diversity and values	How social media may distort, misrepresent or target information in order to influence beliefs and opinions	Managing conflicting views and misleading information	How to recognise and respond to extremism and radicalisation How to safely challenge discrimination, including online	Flashback Lesson		
	Year 11: Families	Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships PoS refs: H30, H31, H32, H33, R4, R11, R12, R13, R24, R25, R26, R27, R33	Different types of families and changing family structures Managing change, loss, grief and bereavement	Evaluating readiness for parenthood and positive parenting qualities About fertility, including how it varies and changes	Pregnancy, birth and miscarriage Adoption and fostering	Unplanned pregnancy options, including abortion	'Honour based' violence and forced marriage and how to safely access support	Flashback Lesson		

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HT 3.2 <i>Living in the wider world</i>	Year 7: Financial decision making	Saving, borrowing, budgeting and making financial choices PoS refs: H32, L15, L16, L17, L18	How to make safe financial choices	Ethical and unethical business practices and consumerism	Saving, spending and budgeting	Manage risk-taking behaviour	Budgeting activity	Budgeting activity	Flashback Lesson	
	Year 8: Digital Literacy	Online safety, digital literacy, media reliability, and gambling hooks PoS refs: H3, H30, H32, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27	Online communication How to use social networking sites safely	How to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation How to respond and seek support in cases of online grooming	How to recognise biased or misleading information online how to critically assess different media sources	How to distinguish between content which is publicly and privately shared	Age restrictions when accessing different forms of media and how to make responsible decisions	How to protect financial security online How to assess and manage risks in relation to gambling and chance-based transactions	Flashback Lesson	

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	Year 9: Employability skills	Employability and online presence PoS refs: R13, R14, L2, L4, L5, L8, L9, L14, L21, L24, L27	Young people's employment rights and responsibilities	Skills for enterprise and employability	How to give and act upon constructive feedback	How to manage your 'personal brand' online	Habits and strategies to support progress	How to identify and access support for concerns relating to life online	Flashback Lesson	
	Year 10: Work Experience	Preparation for and evaluation of work experience and readiness for work PoS refs: H1, L1, L2, L3, L5, L7, L8, L9 L10, L11, L12, L13, L14, L15, L23	Evaluate strengths and interests in relation to career development	Opportunities in learning and work strategies for overcoming challenges or adversity	Responsibilities in the workplace	Manage practical problems and health and safety	Maintain a positive personal presence online	Evaluate and build on the learning from work experience	Flashback Lesson	