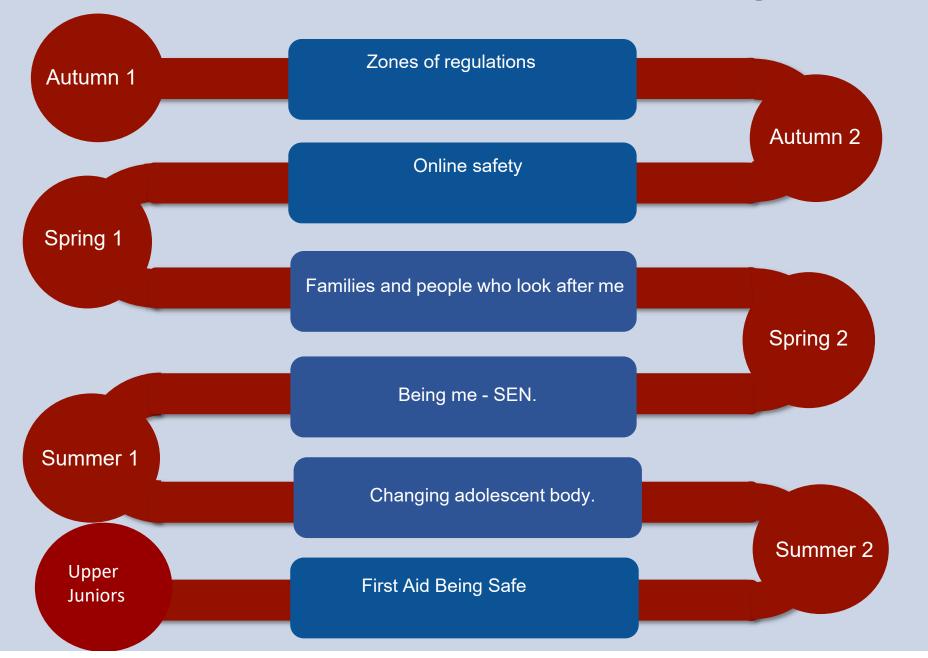
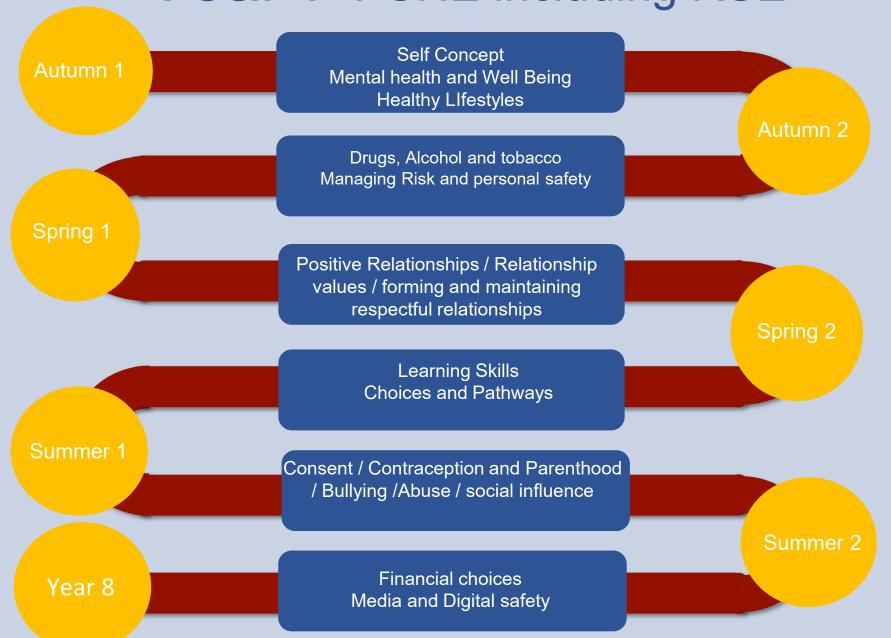
#### Lower Juniors PSHE including RSE



# Upper Juniors PSHE including RSE

Healthy Lifestyles/Physical Wellbeing Autumn 1 Mental Health Drugs, Alcohol and Tobacco Autumn 2 **Respecting Yourself** Managing Hurtful behaviour and Bullying Spring 1 Families and Close Personal Relationships **Friendships** Safe Relationships Spring 2 **Shared Responsibility** Community Summer 1 Keeping Safe Ourselves - Growing & Changing (SRE)(CSE resources) Summer 2 Media Literacy and Digital Resilience Economic Wellbeing - Money Year Economic Wellbeing - Aspirations, Work and Career

# Year 7 PSHE including RSE



### Year 8 PSHE including RSE



## Year 9 PSHE including RSE



#### Year 10 PSHE including

Emotional Wellbeing - common Autumn 1 mental health conditions, connecting with others Autumn 2 Respectful relationships in school, at home and in the workplace Spring 1 **Emotional Wellbeing - Maintaining** positive mental wellbeing, strategies to cope e.g CBT or mindfulness Spring 2 Managing emotions in a relationship, healthy and unhealthy relationships Summer 1 Consent and laws of sex and young people, role of parenting Summer 2 Year 11 STIs and Contraception

# Year 11 PSHE including RSE

