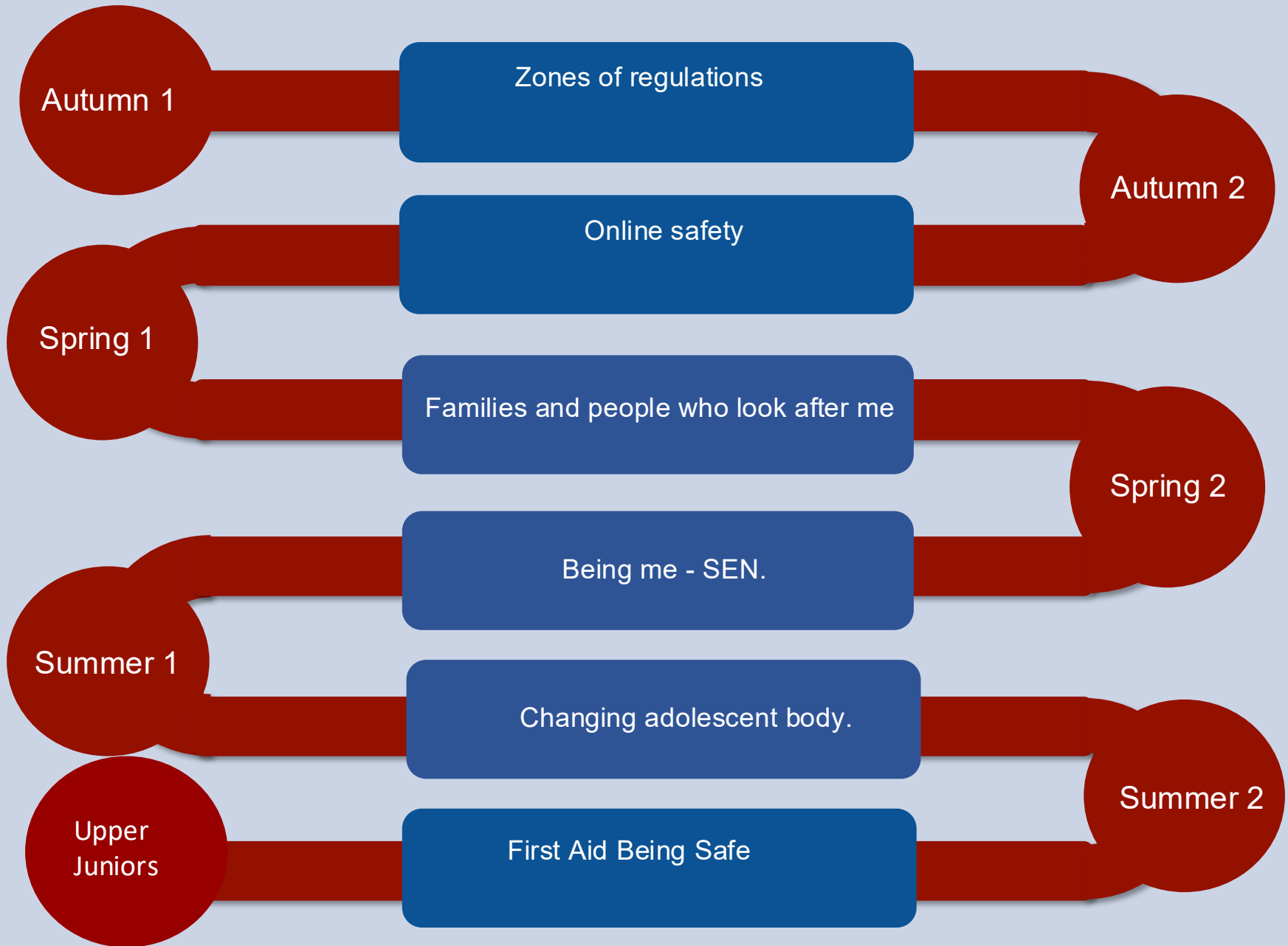


Lower Juniors PSHE including RSE



Upper Juniors PSHE including RSE

Autumn 1

Healthy Lifestyles/Physical Wellbeing
Mental Health
Drugs, Alcohol and Tobacco

Autumn 2

Spring 1

Respecting Yourself
Managing Hurtful behaviour and Bullying

Spring 2

Summer 1

Families and Close Personal Relationships
Friendships
Safe Relationships

Shared Responsibility
Community

Keeping Safe
Ourselves - Growing & Changing (SRE)(CSE resources)

Summer 2

Year
7

Media Literacy and Digital Resilience
Economic Wellbeing - Money
Economic Wellbeing - Aspirations, Work and Career

Year 7 PSHE including RSE

Autumn 1

Self Concept
Mental health and Well Being
Healthy Lifestyles

Autumn 2

Spring 1

Drugs, Alcohol and tobacco
Managing Risk and personal safety

Positive Relationships / Relationship
values / forming and maintaining
respectful relationships

Spring 2

Summer 1

Learning Skills
Choices and Pathways

Consent / Contraception and Parenthood
/ Bullying / Abuse / social influence

Year 8

Financial choices
Media and Digital safety

Summer 2

Year 8 PSHE including RSE

Autumn 1

Self Concept
Mental health and Well Being
Healthy Lifestyles

Autumn 2

Spring 1

Drugs, Alcohol and tobacco
Managing Risk and Personal Safety

Spring 2

Summer 1

Learning Skills
Choices and Pathways
Work and Career
Employment

Consent/Contraception and Parenthood
Bullying /Abuse/Social Influences
Puberty and sexual Health

Summer 2

Year 9

Financial choices
Media and Digital safety

Year 9 PSHE including RSE

Autumn 1

Self Concept
Mental health and Well Being
Healthy Lifestyles

Autumn 2

Spring 1

Drugs, Alcohol and tobacco
Managing Risk and personal safety

Positive Relationships

Spring 2

Summer 1

Learning Skills
Choices and Pathways
Work and Career
Employment

Consent/Contraception and Parenthood
Bullying /Abuse
Puberty and sexual Health

Summer 2

GCSE PE
Core PE

Financial choices
Media and Digital safety

Year 10 PSHE including

RSE

Autumn 1

Emotional Wellbeing - common mental health conditions, connecting with others

Autumn 2

Spring 1

Emotional Wellbeing - Maintaining positive mental wellbeing, strategies to cope e.g CBT or mindfulness

Respectful relationships in school, at home and in the workplace

Spring 2

Summer 1

Managing emotions in a relationship, healthy and unhealthy relationships

Dangers of drug & alcohol misuse, potential peer influence

Summer 2

Year 11 PSHE including RSE

