



**THE  
HASTINGS  
ACADEMY**

# **PSHE, Citizenship and SRE Curriculum**

# SECONDARY PSHE EDUCATION: LONG-TERM OVERVIEW — THEMATIC MODEL

## PSHE Curriculum Safeguarding Links

Harmful Sexual Behaviours

Bullying and discrimination

Alcohol / drugs

Other safeguarding links

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	<b>Transition and safety</b> Transition to secondary school and <b>personal safety in and outside school</b> , <sup>[HM1]</sup> including first aid	<b>Developing skills and aspirations</b> Careers, teamwork and enterprise skills, and raising aspirations	<b>Diversity</b> <b>Diversity, prejudice, and bullying</b>	<b>Health and puberty</b> Healthy routines, influences on health, puberty, <b>unwanted contact</b> , <sup>[HM2]</sup> and <b>FGM</b>	<b>Building relationships</b> <b>Self-worth, romance and friendships (including online) and relationship boundaries</b>	<b>Financial decision making</b> Saving, borrowing, budgeting and making financial choices
Year 8	<b>Drugs and alcohol</b> <b>Alcohol and drug misuse and pressures relating to drug use</b>	<b>Community and careers</b> Equality of opportunity in careers and life choices, and different types and patterns of work	<b>Discrimination</b> <b>Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</b>	<b>Emotional wellbeing</b> Mental health and emotional wellbeing, including body image and coping strategies	<b>Identity and relationships</b> <b>Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</b>	<b>Digital literacy</b> <b>Online safety, digital literacy</b> , media reliability, and <b>gambling hooks</b>
Year 9	<b>Peer influence, substance use and gangs</b> <b>Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation</b>	<b>Setting goals</b> Learning strengths, career options and goal setting as part of the GCSE options process	<b>Respectful relationships</b> <b>Families and parenting, healthy relationships, conflict resolution, and relationship changes</b>	<b>Healthy lifestyle</b> Diet, exercise, lifestyle balance and healthy choices, and first aid	<b>Intimate relationships</b> <b>Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</b>	<b>Employability skills</b> Employability and online presence

Year 10	<b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	<b>Financial decision making</b> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	<b>Healthy relationships</b> Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	<b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media	<b>Addressing extremism and radicalisation</b> Communities, belonging and challenging extremism	<b>Work experience</b> Preparation for and evaluation of work experience and readiness for work
Year 11	<b>Building for the future</b> Self-efficacy, stress management, and future opportunities	<b>Next steps</b> Application processes, and skills for further education, employment and career progression	<b>Communication in relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	<b>Independence</b> Responsible health choices, and safety in independent contexts	<b>Families</b> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	

# YEAR 7 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson overviews/Teacher notes / resources  (See <a href="#">regularly-updated pdf. version</a> for latest Quality Assured resources)
<b>Autumn 1</b> Health & wellbeing	<b>Transition and safety</b> Transition to secondary school and personal safety in and outside school, including first aid  PoS refs: H1, H2, H30, H33, R13, L1, L2	<ul style="list-style-type: none"> <li>• how to identify, express and manage their emotions in a constructive way</li> <li>• how to manage the challenges of moving to a new school</li> <li>• how to establish and manage friendships</li> <li>• how to improve study skills</li> <li>• how to identify personal strengths and areas for development</li> <li>• personal safety strategies and travel safety, e.g. road, rail and water</li> <li>• how to respond in an emergency situation</li> <li>• basic first aid</li> </ul>	EMM <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources">https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources</a>  British Red Cross – First Aid <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/first-aid-learning-young-people-british-red-cross">https://www.pshe-association.org.uk/curriculum-and-resources/resources/first-aid-learning-young-people-british-red-cross</a>  British Heart Foundation <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/british-heart-foundation-%E2%80%98call-push-rescue%E2%80%99">https://www.pshe-association.org.uk/curriculum-and-resources/resources/british-heart-foundation-%E2%80%98call-push-rescue%E2%80%99</a>
<b>Autumn 2</b> Living in the wider world	<b>Developing skills and aspirations</b> Careers, teamwork and enterprise skills, and raising aspirations  PoS refs: R15, R39, L1, L4, L5, L9, L10, L12	<ul style="list-style-type: none"> <li>• how to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity</li> <li>• about a broad range of careers and the abilities and qualities required for different careers</li> <li>• about equality of opportunity</li> <li>• how to challenge stereotypes, broaden their horizons and how to identify future career aspirations</li> <li>• about the link between values and career choices</li> </ul>	Bank of Engand <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/econome-bank-england">https://www.pshe-association.org.uk/curriculum-and-resources/resources/econome-bank-england</a>  Barclays <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/lifskills-created-barclays">https://www.pshe-association.org.uk/curriculum-and-resources/resources/lifskills-created-barclays</a>
<b>Spring 1</b> Relationships	<b>Diversity</b> Diversity, prejudice, and bullying  PoS refs: R3, R38, R39, R40, R41	<ul style="list-style-type: none"> <li>• about identity, rights and responsibilities</li> <li>• about living in a diverse society</li> <li>• how to challenge prejudice, stereotypes and discrimination</li> <li>• the signs and effects of all types of bullying, including online</li> <li>• how to respond to bullying of any kind, including online</li> <li>• how to support others</li> </ul>	EMM – Bullying <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources">https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources</a>  Childnet – Crossing the Line <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources">https://www.pshe-association.org.uk/curriculum-and-resources/every-mind-matters-teaching-resources</a>

			<p><a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/childnet-crossing-line-online-safety-pshe-toolkit">resources/resources/childnet-crossing-line-online-safety-pshe-toolkit</a></p> <p>Home Office – Abuse <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-somethings-not-right-abuse-disclosure">https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-somethings-not-right-abuse-disclosure</a></p>
<p><b>Spring 2</b> Health &amp; wellbeing</p>	<p><b>Health and puberty</b> Healthy routines, influences on health, puberty, unwanted contact, and FGM</p> <p>PoS refs: H5, H13, H14, H15, H16, H17, H18, H20, H22, H34</p>	<ul style="list-style-type: none"> <li>• how to make healthy lifestyle choices including diet, dental health, physical activity and sleep</li> <li>• how to manage influences relating to caffeine, smoking and alcohol</li> <li>• how to manage physical and emotional changes during puberty</li> <li>• about personal hygiene</li> <li>• how to recognise and respond to inappropriate and unwanted contact about FGM and how to access help and support</li> </ul>	<p>PSHE Assoc – Sleep <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints">https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints</a></p> <p>MPHD – Relationships and Sex Ed <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and">https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and</a></p> <p>Freedom Charity – FGM and Forcd Marraige <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/fgm-and-forced-marriage-lesson-plans-freedom">https://www.pshe-association.org.uk/curriculum-and-resources/resources/fgm-and-forced-marriage-lesson-plans-freedom</a></p> <p>FORWARD – FGM <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/fgm-schools-resource-pack-forward">https://www.pshe-association.org.uk/curriculum-and-resources/resources/fgm-schools-resource-pack-forward</a></p> <p>EMM - Puberty <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources">https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources</a></p> <p>EMM – Sleep <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources">https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources</a></p> <p>Betty – Perfectly natural <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/betty-its-perfectly-natural-0">https://www.pshe-association.org.uk/curriculum-and-resources/resources/betty-its-perfectly-natural-0</a></p> <p>PSHE assoc – Dental Health <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/dental-health-%E2%80%94-teacher-guidance-lesson-plans-and">https://www.pshe-association.org.uk/curriculum-and-resources/resources/dental-health-%E2%80%94-teacher-guidance-lesson-plans-and</a></p> <p>PSHE – Drugs <a href="https://www.pshe-association.org.uk/content/drug-and-alcohol-education">https://www.pshe-association.org.uk/content/drug-and-alcohol-education</a></p> <p>City to Sea – Periods <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/city-sea">https://www.pshe-association.org.uk/curriculum-and-resources/resources/city-sea</a></p>

			<a href="#">rethink-periods-ks2-3-lesson-plans</a>
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## Summer 1 Relationships

### Building relationships

Self-worth, romance and friendships (including online) and relationship boundaries

PoS refs: H1, R2, R9, R11, R13, R14, R16, R24

- how to develop self-worth and self-efficacy
- about qualities and behaviours relating to different types of positive relationships
- how to recognise unhealthy relationships
- how to recognise and challenge media stereotypes
- how to evaluate expectations for romantic relationships
- about consent, and how to seek and assertively communicate consent

PSHE Assoc – Consent <https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-consent-pshe-education-key>

MPHD – Relations and Sex Ed <https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and>

NSPCC – Relationships <https://www.pshe-association.org.uk/curriculum-and-resources/resources/nspcc-%E2%80%98making-sense-relationships%E2%80%99-lesson-plans>

EMM – Positive Relationships <https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources>

BBFC – Choices <https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks3-lessons-%E2%80%98making-choices-sex-relationships>

Diana Awards – Making Sense of Self <https://www.pshe-association.org.uk/curriculum-and-resources/resources/mysenseofself-%E2%80%93-body-image-and-self-esteem-lesson>

NCA-CEOP <https://www.pshe-association.org.uk/curriculum-and-resources/resources/%E2%80%98send-me-pic%E2%80%99-rse-resource-nca-ceop-ks3>

FASTN – Relationships <https://www.pshe-association.org.uk/curriculum-and-resources/resources/fastn-ks3-relationships-resource-commitment-what>

Home Office – Abuse disclosure <https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-somethings-not-right-abuse-disclosure>

Home Office – Preventing involvement in serious/organised crime <https://www.pshe-association.org.uk/curriculum-and-resources/resources/preventing-involvement-serious-and-organised-crime>

<p><b>Summer 2</b> Living in the wider world</p>	<p><b>Financial decision makinG</b> Saving, borrowing, budgeting and making financial choices</p> <p>PoS refs: H32, L15, L16, L17, L18</p>	<ul style="list-style-type: none"> <li>• how to make safe financial choices</li> <li>• about ethical and unethical business practices and consumerism</li> <li>• about saving, spending and budgeting</li> <li>• how to manage risk-taking behaviour</li> </ul>	<p>Barclays - Life Skills <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/lifeskills-created-barclays">https://www.pshe-association.org.uk/curriculum-and-resources/resources/lifeskills-created-barclays</a></p> <p>Bank Of England – EconoME <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/econome-bank-england">https://www.pshe-association.org.uk/curriculum-and-resources/resources/econome-bank-england</a></p> <p>Media Smart – Piracy <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/media-smart-piracy-what%E2%80%99s-big-deal-ks3-lesson">https://www.pshe-association.org.uk/curriculum-and-resources/resources/media-smart-piracy-what%E2%80%99s-big-deal-ks3-lesson</a></p>



## YEAR 8 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson overviews / Teacher notes / resources  (See <a href="#">regularly-updated pdf. version</a> for latest Quality Assured resources)
<b>Autumn 1</b> Health & wellbeing	<b>Drugs and alcohol</b> Alcohol and drug misuse and pressures relating to drug use  PoS refs: H23, H24, H25, H26, H27, H29, H31, H5, R42, R44	<ul style="list-style-type: none"> <li>• about medicinal and recreational drugs</li> <li>• about the over-consumption of energy drinks</li> <li>• about the relationship between habit and dependence</li> <li>• how to use over the counter and prescription medications safely</li> <li>• how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes</li> <li>• how to manage influences in relation to substance use</li> <li>• how to recognise and promote positive social norms and attitudes</li> </ul>	EMM-Smoking <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources">https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources</a> EMM-Alcohol <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources">https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources</a> PSHE assoc – Drugs and Alcohol Ed <a href="https://www.pshe-association.org.uk/content/drug-and-alcohol-education">https://www.pshe-association.org.uk/content/drug-and-alcohol-education</a>
<b>Autumn 2</b>  Living in the wider world	<b>Community and careers</b>  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	<ul style="list-style-type: none"> <li>• about equality of opportunity in life and work</li> <li>• how to challenge stereotypes and discrimination in relation to work and pay</li> <li>• about employment, self-employment and voluntary work</li> <li>• how to set aspirational goals for future careers and challenge expectations that limit choices</li> </ul>	Barclays – Life Skills <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/lifeskills-created-barclays">https://www.pshe-association.org.uk/curriculum-and-resources/resources/lifeskills-created-barclays</a>
<b>Spring 1</b>	<b>Discrimination</b>	<ul style="list-style-type: none"> <li>• how to manage influences on beliefs and decisions</li> <li>• about group-think and persuasion</li> </ul>	GEO – Anti phobic project <a href="https://www.pshe-association.org.uk/content/government-equalities-office-anti-homophobic">https://www.pshe-association.org.uk/content/government-equalities-office-anti-homophobic</a>

Relationships

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

- how to develop self-worth and confidence
- about gender identity, transphobia and gender-based discrimination
- how to recognise and challenge homophobia and biphobia
- how to recognise and challenge racism and religious discrimination

<p><b>Spring 2</b></p> <p>Health &amp; wellbeing</p>	<p><b>Emotional wellbeing</b></p> <p>Mental health and emotional wellbeing, including body image and coping strategies</p> <p>PoS refs: H3, H4, H6, H7, H8, H9, H10, H11, H12, L24</p>	<ul style="list-style-type: none"> <li>• about attitudes towards mental health</li> <li>• how to challenge myths and stigma</li> <li>• about daily wellbeing</li> <li>• how to manage emotions</li> <li>• how to develop digital resilience</li> <li>• about unhealthy coping strategies (e.g. self-harm and eating disorders)</li> <li>• about healthy coping strategies</li> </ul>	<p>PSHE Assoc – Mental Health <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans">https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans</a></p> <p>Movember <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/movember-happier-healthier-longer-lesson-pack">https://www.pshe-association.org.uk/curriculum-and-resources/resources/movember-happier-healthier-longer-lesson-pack</a></p> <p>EMM – Dealing with Change <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources">https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources</a></p> <p>Rise Above – Online Stress and FOMO <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/rise-above-schools-teaching-resources">https://www.pshe-association.org.uk/curriculum-and-resources/resources/rise-above-schools-teaching-resources</a></p> <p>Media Smart – Body image <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/media-smart-ks3-body-image-and-advertising">https://www.pshe-association.org.uk/curriculum-and-resources/resources/media-smart-ks3-body-image-and-advertising</a></p> <p>Diana Awards – Sense of Self <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/mysenseofself-%E2%80%93-body-image-and-self-esteem-lesson">https://www.pshe-association.org.uk/curriculum-and-resources/resources/mysenseofself-%E2%80%93-body-image-and-self-esteem-lesson</a></p>
<p><b>Summer 1</b></p> <p>Relationships</p>	<p><b>Identity and relationships</b></p> <p>Gender identity, sexual orientation, consent, 'sexting', and an introduction to Contraception</p> <p>PoS refs: H35, H36, R4, R5, R10, R16, R18, R24, R25, R26, R27, R29, R30, R32</p>	<ul style="list-style-type: none"> <li>• the qualities of positive, healthy relationships</li> <li>• how to demonstrate positive behaviours in healthy relationships</li> <li>• about gender identity and sexual orientation</li> <li>• about forming new partnerships and developing relationships</li> <li>• about the law in relation to consent</li> <li>• that the legal and moral duty is with the seeker of consent</li> <li>• how to effectively communicate about consent in relationships</li> <li>• about the risks of 'sexting' and how to manage requests or pressure to send an image</li> <li>• about basic forms of contraception, e.g. condom and pill</li> </ul>	<p>PSHE Assoc <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-consent-pshe-education-key">https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-consent-pshe-education-key</a></p> <p>MPHD Relationships and Sex Ed <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and">https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and</a></p> <p>NSPCC Relationships <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/nsppc-%E2%80%98making-sense-relationships%E2%80%99-lesson-plans">https://www.pshe-association.org.uk/curriculum-and-resources/resources/nsppc-%E2%80%98making-sense-relationships%E2%80%99-lesson-plans</a></p> <p>BBFC – Choices <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks3-lessons-%E2%80%98making-choices-sex-relationships">https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks3-lessons-%E2%80%98making-choices-sex-relationships</a></p> <p>GEO Anti Phobic <a href="https://www.pshe-association.org.uk/content/government-equalities-office-anti-homophobic">https://www.pshe-association.org.uk/content/government-equalities-office-anti-homophobic</a></p> <p>NCA – CEOP Send me a pic <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/%E2%80%98send-me-pic%E2%80%99-rse-resource-nca-ceop-ks3">https://www.pshe-association.org.uk/curriculum-and-resources/resources/%E2%80%98send-me-pic%E2%80%99-rse-resource-nca-ceop-ks3</a></p> <p>FASTN KS3 Relationships <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/fastn-">https://www.pshe-association.org.uk/curriculum-and-resources/resources/fastn-</a></p>

			<p><a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-somethings-not-right-abuse-disclosure">ks3-relationships-resource-commitment-what</a></p> <p>Home Office Abuse Disclosure <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-somethings-not-right-abuse-disclosure">https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-somethings-not-right-abuse-disclosure</a>.</p>
<p><b>Summer 2</b> Living in the wider world</p>	<p><b>Digital literacy</b> Online safety, digital literacy, media reliability, and gambling hooks</p> <p>PoS refs: H3, H30, H32, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27</p>	<ul style="list-style-type: none"> <li>• about online communication</li> <li>• how to use social networking sites safely</li> <li>• how to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation</li> <li>• how to respond and seek support in cases of online grooming</li> <li>• how to recognise biased or misleading information online</li> <li>• how to critically assess different media sources</li> <li>• how to distinguish between content which is publicly and privately shared</li> <li>• about age restrictions when accessing different forms of media and how to make responsible decisions</li> <li>• how to protect financial security online</li> <li>• how to assess and manage risks in relation to gambling and chance-based transactions</li> </ul>	<p>Cifas Anti Fraud <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/cifas-anti-fraud-education-lesson-plans-ks34">https://www.pshe-association.org.uk/curriculum-and-resources/resources/cifas-anti-fraud-education-lesson-plans-ks34</a></p> <p>Childnet – Crossing the Line <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/childnet-crossing-line-online-safety-pshe-toolkit">https://www.pshe-association.org.uk/curriculum-and-resources/resources/childnet-crossing-line-online-safety-pshe-toolkit</a></p> <p>Childnet – Trust Me <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/trust-me-childnet">https://www.pshe-association.org.uk/curriculum-and-resources/resources/trust-me-childnet</a></p> <p>EMM Online Stress and FOMO <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources">https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources</a></p> <p>EMM Body Image Digital World <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources">https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources</a></p> <p>NCA Cybercrime <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/exploring-cybercrime-ks3-lesson-plans-national">https://www.pshe-association.org.uk/curriculum-and-resources/resources/exploring-cybercrime-ks3-lesson-plans-national</a></p> <p>BBFC Choices <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks3-lessons-%E2%80%99making-choices-sex-relationships">https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks3-lessons-%E2%80%99making-choices-sex-relationships</a></p> <p>NCA-CEOP <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/%E2%80%99send-me-pic%E2%80%99-rse-resource-nca-ceop-ks3">https://www.pshe-association.org.uk/curriculum-and-resources/resources/%E2%80%99send-me-pic%E2%80%99-rse-resource-nca-ceop-ks3</a></p> <p>Media Smart – Piracy <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/media-smart-piracy-what%E2%80%99s-big-deal-ks3-lesson">https://www.pshe-association.org.uk/curriculum-and-resources/resources/media-smart-piracy-what%E2%80%99s-big-deal-ks3-lesson</a></p>

# YEAR 9 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson overviews / Teacher notes / resources  (See <a href="#">regularly-updated pdf. version</a> for latest Quality Assured resources)
<b>Autumn 1</b> <b>Health and Wellbeing</b>	<b>Peer influence, substance use and gangs</b> 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	<ul style="list-style-type: none"> <li>• how to distinguish between healthy and unhealthy friendships</li> <li>• how to assess risk and manage influences, including online</li> <li>• about 'group think' and how it affects behaviour</li> <li>• how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively</li> <li>• to manage risk in relation to gangs</li> <li>• about the legal and physical risks of carrying a knife</li> <li>• about positive social norms in relation to drug and alcohol use</li> <li>• about legal and health risks in relation to drug and alcohol use, including addiction and dependence</li> </ul>	MPH – Gangs <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/gangs-managing-risks-and-staying-safe-lesson-pack">https://www.pshe-association.org.uk/curriculum-and-resources/resources/gangs-managing-risks-and-staying-safe-lesson-pack</a> Home Office Knifefree <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-knifefree-lesson-plans-ks34-%E2%80%93updated">https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-knifefree-lesson-plans-ks34-%E2%80%93updated</a> EMM – Alcohol <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/rise-above-schools-teaching-resources">https://www.pshe-association.org.uk/curriculum-and-resources/resources/rise-above-schools-teaching-resources</a> NaCTSO Run, hide, tell <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/run-hide-tell-resource-packs-key-stages-3-4">https://www.pshe-association.org.uk/curriculum-and-resources/resources/run-hide-tell-resource-packs-key-stages-3-4</a> PSHE Assoc Drugs <a href="https://www.pshe-association.org.uk/content/drug-and-alcohol-education">https://www.pshe-association.org.uk/content/drug-and-alcohol-education</a> Home Office Preventing involvement in organised crime <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/preventing-involvement-serious-and-organised-crime">https://www.pshe-association.org.uk/curriculum-and-resources/preventing-involvement-serious-and-organised-crime</a>
<b>Autumn 2</b>  Living in the wider world	<b>Setting goals</b>  Learning strengths, career options and goal setting as part of the GCSE options process  PoS refs: L2, L3, L6, L7, L8, L9, L11, L12,	<ul style="list-style-type: none"> <li>• about transferable skills, abilities and interests</li> <li>• how to demonstrate strengths</li> <li>• about different types of employment and career pathways</li> <li>• how to manage feelings relating to future employment</li> <li>• how to work towards aspirations and set meaningful, realistic goals for the future</li> <li>• about GCSE and post-16 options</li> </ul>	Barclays Life Skill <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/lifeskills-created-barclays">https://www.pshe-association.org.uk/curriculum-and-resources/resources/lifeskills-created-barclays</a>

	L13, L14	<ul style="list-style-type: none"> <li>skills for decision making</li> </ul>	
<b>Spring 1 Relationships</b>	<p><b>Respectful relationships</b> Families and parenting, healthy relationships, conflict resolution, and relationship changes</p> <p>PoS refs: H2, R1, R6, R19, R21, R22, R23, R35, R36</p>	<ul style="list-style-type: none"> <li>about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering</li> <li>about positive relationships in the home and ways to reduce homelessness amongst young people</li> <li>about conflict and its causes in different contexts, e.g. with family and friends</li> <li>conflict resolution strategies</li> <li>how to manage relationship and family changes, including relationship breakdown, separation and divorce</li> <li>how to access support services</li> </ul>	<p>CC Tackling Homelessness <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/tackling-homelessness-lessons-key-stage-4-cumbria">https://www.pshe-association.org.uk/curriculum-and-resources/resources/tackling-homelessness-lessons-key-stage-4-cumbria</a></p> <p>CLE Adoptables Toolkit <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/adoptables-schools-toolkit-coram-life-education">https://www.pshe-association.org.uk/curriculum-and-resources/resources/adoptables-schools-toolkit-coram-life-education</a></p> <p>GEO Anti phobic <a href="https://www.pshe-association.org.uk/content/government-equalities-office-anti-homophobic">https://www.pshe-association.org.uk/content/government-equalities-office-anti-homophobic</a></p> <p>Home Office Abuse Disclosure <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-somethings-not-right-abuse-disclosure">https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-somethings-not-right-abuse-disclosure</a></p> <p>CRESST Curious about conflict <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/CRESST-curious-about-conflict-KS3-lesson-pack">https://www.pshe-association.org.uk/curriculum-and-resources/resources/CRESST-curious-about-conflict-KS3-lesson-pack</a></p>

<p><b>Spring 2</b> Healthy Lifestyles</p>	<p><b>Healthy lifestyle</b> Diet, exercise, lifestyle balance and healthy choices, and first aid</p> <p>PoS refs: H3, H14, H15, H16, H17, H18, H19, H21</p>	<ul style="list-style-type: none"> <li>• about the relationship between physical and mental health</li> <li>• about balancing work, leisure, exercise and sleep</li> <li>• how to make informed healthy eating choices</li> <li>• how to manage influences on body image</li> <li>• to make independent health choices</li> <li>• to take increased responsibility for physical health, including testicular self-examination</li> </ul>	<p>PSHE Assoc Sleep Matters <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints">https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor-lesson-plans-powerpoints</a></p> <p>EMM Sleep <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources">https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources</a></p> <p>EMM Exam Stress <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources">https://www.pshe-association.org.uk/curriculum-and-resources/resources/every-mind-matters-teaching-resources</a></p> <p>RSPH Health Foundation <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/health-here-where-resources">https://www.pshe-association.org.uk/curriculum-and-resources/resources/health-here-where-resources</a></p> <p>Samaritons DEAL <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/samaritans-deal-resources">https://www.pshe-association.org.uk/curriculum-and-resources/resources/samaritans-deal-resources</a></p> <p>Movember – happier, healthier, longer <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/movember-happier-healthier-longer-lesson-pack">https://www.pshe-association.org.uk/curriculum-and-resources/resources/movember-happier-healthier-longer-lesson-pack</a></p> <p>TCT Cancer <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/what-cancer-lesson-plans-teenage-cancer-trust">https://www.pshe-association.org.uk/curriculum-and-resources/resources/what-cancer-lesson-plans-teenage-cancer-trust</a></p> <p>CuppaFree Breast Cancer awareness <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/coppafeel-breast-cancer-awareness-lessons">https://www.pshe-association.org.uk/curriculum-and-resources/resources/coppafeel-breast-cancer-awareness-lessons</a></p>
<p><b>Summer 1</b> Relationships</p>	<p><b>Intimate relationships</b> Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography PoS refs: R7, R8, R11, R12, R18, R24, R26, R27, R28, R29, R30, R31, R32, R33, R34, L21</p>	<ul style="list-style-type: none"> <li>• about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex</li> <li>• about myths and misconceptions relating to consent</li> <li>• about the continuous right to withdraw consent and capacity to consent</li> <li>• about STIs, effective use of condoms and negotiating safer sex</li> <li>• about the consequences of unprotected sex, including pregnancy</li> <li>• how the portrayal of relationships in the media and pornography might affect expectations</li> <li>• how to assess and manage risks of sending, sharing or passing on sexual images</li> <li>• how to secure personal information online</li> </ul>	<p>PSHE Consent <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-consent-pshe-education-key">https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-consent-pshe-education-key</a></p> <p>MPHD Relationships and Sex <a href="https://www.pshe-association.org.uk/content/government-equalities-office-anti-homophobic">https://www.pshe-association.org.uk/content/government-equalities-office-anti-homophobic</a></p> <p>Home Office and GEO Disrespect Nobody <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/disrespect-nobody-teaching-resources-preventing">https://www.pshe-association.org.uk/curriculum-and-resources/resources/disrespect-nobody-teaching-resources-preventing</a></p> <p>NSPCC Relationships <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/nsppc-%E2%80%99making-sense-relationships%E2%80%99-lesson-plans">https://www.pshe-association.org.uk/curriculum-and-resources/resources/nsppc-%E2%80%99making-sense-relationships%E2%80%99-lesson-plans</a></p> <p>BBFC Choices <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks3-lessons-%E2%80%98making-choices-sex-relationships">https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks3-lessons-%E2%80%98making-choices-sex-relationships</a></p> <p>NCA-CEOP Send me a pic? <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/%E2%80%98send-me-pic%E2%80%99-rse-resource-nca-ceop-ks3">https://www.pshe-association.org.uk/curriculum-and-resources/resources/%E2%80%98send-me-pic%E2%80%99-rse-resource-nca-ceop-ks3</a></p> <p>Home Office Disclosure <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-somethings-not-right-abuse-disclosure">https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-somethings-not-right-abuse-disclosure</a></p>

<p><b>Summer 2</b> Living in the wider world</p>	<p><b>Employability skills</b> Employability and online presence</p> <p>PoS refs: R13, R14, L2, L4, L5, L8, L9, L14, L21, L24, L27</p>	<ul style="list-style-type: none"> <li>• about young people's employment rights and responsibilities</li> <li>• skills for enterprise and employability</li> <li>• how to give and act upon constructive feedback</li> <li>• how to manage their 'personal brand' online</li> <li>• habits and strategies to support progress</li> <li>• how to identify and access support for concerns relating to life online</li> </ul>	<p>CiFAS Anti Fraud <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/cifas-anti-fraud-education-lesson-plans-ks34">https://www.pshe-association.org.uk/curriculum-and-resources/resources/cifas-anti-fraud-education-lesson-plans-ks34</a></p> <p>Bank of England EconoME <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/econome-bank-england">https://www.pshe-association.org.uk/curriculum-and-resources/resources/econome-bank-england</a></p> <p>Barclays Life Skills <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/lifeskills-created-barclays">https://www.pshe-association.org.uk/curriculum-and-resources/resources/lifeskills-created-barclays</a></p>
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# YEAR 10 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson overviews / Teacher notes / resources  (See <a href="#">regularly-updated pdf. version</a> for latest Quality Assured resources)
Autumn 1 Health & wellbeing	<p><b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p> <p>PoS refs: H2, H5, H6, H7, H8, H9, H10</p>	<ul style="list-style-type: none"> <li>• how to manage challenges during adolescence</li> <li>• how to reframe negative thinking</li> <li>• strategies to promote mental health and emotional wellbeing</li> <li>• about the signs of emotional or mental ill-health</li> <li>• how to access support and treatment</li> <li>• about the portrayal of mental health in the media</li> <li>• how to challenge stigma, stereotypes and misinformation</li> </ul>	<p>PSHE Assoc Mental Health Well Being <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans">https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans</a></p> <p>Movember – Happier, healthier, longer <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/movember-happier-healthier-longer-lesson-pack">https://www.pshe-association.org.uk/curriculum-and-resources/resources/movember-happier-healthier-longer-lesson-pack</a></p> <p>Alzhiemhers Society <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/creating-dementia-friendly-generation-alzheimer%E2%80%99s">https://www.pshe-association.org.uk/curriculum-and-resources/resources/creating-dementia-friendly-generation-alzheimer%E2%80%99s</a></p> <p>Samaritons DEAL <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/samaritans-deal-resources">https://www.pshe-association.org.uk/curriculum-and-resources/resources/samaritans-deal-resources</a></p>
Autumn 2 Living in the wider world	<p><b>Financial decision making</b> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p> <p>PoS refs: H25, R38, L16, L17, L18, L19,</p>	<ul style="list-style-type: none"> <li>• how to effectively budget and evaluate savings options</li> <li>• how to prevent and manage debt, including understanding credit rating and pay day lending</li> <li>• how data is generated, collected and shared, and the influence of targeted advertising</li> <li>• how thinking errors, e.g. gambler's fallacy, can increase susceptibility to gambling</li> <li>• strategies for managing influences related to gambling, including online</li> <li>• about the relationship between gambling and debt</li> <li>• about the law and illegal financial activities, including fraud and cybercrime</li> </ul>	<p>Cifas Anti fraud Squad <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/cifas-anti-fraud-education-lesson-plans-ks34">https://www.pshe-association.org.uk/curriculum-and-resources/resources/cifas-anti-fraud-education-lesson-plans-ks34</a></p> <p>Demos and Gambling Aware <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/resources-promoting-resilience-gambling">https://www.pshe-association.org.uk/curriculum-and-resources/resources/resources-promoting-resilience-gambling</a></p> <p>NCA Cybercrime <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/exploring-cybercrime-ks3-lesson-plans-national">https://www.pshe-association.org.uk/curriculum-and-resources/resources/exploring-cybercrime-ks3-lesson-plans-national</a></p>

L20, L25

- how to manage risk in relation to financial activities

**Spring 1 Relationships**

**Healthy relationships**  
Relationships and sex expectations, myths, 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

- about relationship values and the role of pleasure in relationships
- about myths, assumptions, misconceptions and social norms about sex, gender and relationships
- about 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
- about the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent
- how to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support
- how to recognise and challenge victim blaming
- about asexuality, abstinence and celibacy

PSHE Assoc Consent <https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-consent-pshe-education-key>

NSPCC Relationships <https://www.pshe-association.org.uk/curriculum-and-resources/resources/nspcc-%E2%80%98making-sense-relationships%E2%80%99-lesson-plans>

Home Office and GEO Disrespect Nobody <https://www.pshe-association.org.uk/curriculum-and-resources/resources/disrespect-nobody-teaching-resources-preventing>

Alice Ruggles Trust Relationships <https://www.pshe-association.org.uk/curriculum-and-resources/resources/alice-ruggles-trust-relationship-safety-resource>

Uni Exeter Working out Relationships <https://www.pshe-association.org.uk/curriculum-and-resources/resources/working-out-relationships-ks4-lesson-plans>

Home Office Abuse Disclosure <https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-somethings-not-right-abuse-disclosure>

<p><b>Spring 2</b> <b>Health &amp; wellbeing</b></p>	<p><b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media</p> <p>PoS refs: H19, H20, H21, R20, R35, R36, R37</p>	<ul style="list-style-type: none"> <li>• about positive and negative role models</li> <li>• how to evaluate the influence of role models and become a positive role model for peers</li> <li>• about the media's impact on perceptions of gang culture</li> <li>• about the impact of drugs and alcohol on individuals, personal safety, families and wider communities</li> <li>• how drugs and alcohol affect decision making</li> <li>• how to keep self and others safe in situations that involve substance use</li> <li>• how to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime</li> <li>• exit strategies for pressurised or dangerous situations</li> <li>• how to seek help for substance use and addiction</li> </ul>	<p>Home Office KnifeFree <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-knifefree-lesson-plans-ks34-%E2%80%93updated">https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-knifefree-lesson-plans-ks34-%E2%80%93updated</a></p> <p>MPH Gangs and staying safe <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/gangs-managing-risks-and-staying-safe-lesson-pack">https://www.pshe-association.org.uk/curriculum-and-resources/resources/gangs-managing-risks-and-staying-safe-lesson-pack</a></p> <p>PSHE Assoc Drugs and Alcohol Ed <a href="https://www.pshe-association.org.uk/content/drug-and-alcohol-education">https://www.pshe-association.org.uk/content/drug-and-alcohol-education</a></p>
<p><b>Summer 1</b> <b>Relationships</b></p>	<p><b>Addressing extremism and radicalisation</b> Community cohesion and challenging extremism</p> <p>PoS refs: R5, R6, R9, R10, R14, R28, R29, R30, R31, R34, L24, L26, L27, L28, L29</p>	<ul style="list-style-type: none"> <li>• about communities, inclusion, respect and belonging</li> <li>• about the Equality Act, diversity and values</li> <li>• about how social media may distort, mis-represent or target information in order to influence beliefs and opinions</li> <li>• how to manage conflicting views and misleading information</li> <li>• how to safely challenge discrimination, including online</li> <li>• how to recognise and respond to extremism and radicalisation</li> </ul>	<p>PSHE Assoc Inclusion, Bwelonging – Extremism <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks4">https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks4</a></p> <p>Google and ISD – Be internet citizens <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/be-internet-citizens-lessons-ks3-4">https://www.pshe-association.org.uk/curriculum-and-resources/resources/be-internet-citizens-lessons-ks3-4</a></p>
<p><b>Summer 2</b> <b>Living in the wider world</b></p>	<p><b>Work experience</b> <b>Preparation for and evaluation of work experience and readiness for work</b></p> <p>PoS refs: H1, L1, L2, L3, L5, L7, L8, L9 L10, L11, L12, L13, L14, L15, L23</p>	<ul style="list-style-type: none"> <li>• how to evaluate strengths and interests in relation to career development</li> <li>• about opportunities in learning and work</li> <li>• strategies for overcoming challenges or adversity</li> <li>• about responsibilities in the workplace</li> <li>• how to manage practical problems and health and safety</li> <li>• how to maintain a positive personal presence online</li> <li>• how to evaluate and build on the learning from work experience</li> </ul>	<p>Environment Agency – Growing Careers for Positive Change <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-careers-positive-change">https://www.pshe-association.org.uk/curriculum-and-resources/resources/growing-careers-positive-change</a></p> <p>Barclays Life Skills <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/lifeskills-created-barclays">https://www.pshe-association.org.uk/curriculum-and-resources/resources/lifeskills-created-barclays</a></p>



	<p>PoS refs: L1, L2, L3, L4, L6, L7, L8, L11, L12, L21</p>	<p>statements and interview technique</p> <ul style="list-style-type: none"> <li>• how to maximise employability, including managing online presence and taking opportunities to broaden experience</li> <li>• about rights, responsibilities and challenges in relation to working part time whilst studying</li> <li>• how to manage work/life balance</li> </ul>	
<p><b>Spring 1 Relationships</b></p>	<p><b>Communication in relationships</b>  Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p> <p>PoS refs: H26, H27, H28, H29, R16, R17, R21, R23, R32</p>	<ul style="list-style-type: none"> <li>• about core values and emotions</li> <li>• about gender identity, gender expression and sexual orientation</li> <li>• how to communicate assertively</li> <li>• how to communicate wants and needs</li> <li>• how to handle unwanted attention, including online</li> <li>• how to challenge harassment and stalking, including online</li> <li>• about various forms of relationship abuse</li> <li>• about unhealthy, exploitative and abusive relationships</li> <li>• how to access support in abusive relationships and how to overcome challenges in seeking support</li> </ul>	<p>PSHE Assoc Teaching about consent <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-consent-pshe-education-key">https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-consent-pshe-education-key</a></p> <p>NSPCC Making sense of relationships <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/nspcc-%E2%80%98making-sense-relationships%E2%80%99-lesson-plans">https://www.pshe-association.org.uk/curriculum-and-resources/resources/nspcc-%E2%80%98making-sense-relationships%E2%80%99-lesson-plans</a></p> <p>Alice Ruggles Trust Relationships Safety <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/alice-ruggles-trust-relationship-safety-resource">https://www.pshe-association.org.uk/curriculum-and-resources/resources/alice-ruggles-trust-relationship-safety-resource</a></p> <p>NCA CEOP Online Blackmail <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/nca-ceop-online-blackmail-ks4-lessons">https://www.pshe-association.org.uk/curriculum-and-resources/resources/nca-ceop-online-blackmail-ks4-lessons</a></p> <p>Uni of Exeter Working out Relationships <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/working-out-relationships-ks4-lesson-plans">https://www.pshe-association.org.uk/curriculum-and-resources/resources/working-out-relationships-ks4-lesson-plans</a></p> <p>Home Office Abuse Disclosure <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-somethings-not-right-abuse-disclosure">https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-somethings-not-right-abuse-disclosure</a></p>

<p><b>Spring 2 Health &amp; Well Being</b></p>	<p><b>Independence</b>  Responsible health choices, and safety in independent contexts</p>	<ul style="list-style-type: none"> <li>• how to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads)</li> <li>• emergency first aid skills</li> <li>• how to assess emergency and non-emergency situations and contact appropriate services</li> <li>• about the links between lifestyle and some cancers</li> <li>• about the importance of screening and how to perform self examination</li> <li>• about vaccinations and immunisations</li> <li>• about registering with and accessing doctors, sexual health clinics, opticians and other health services</li> <li>• how to manage influences and risks relating to cosmetic and</li> </ul>	<p>Movember – Happier, healthier, longer <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/movember-happier-healthier-longer-lesson-pack">https://www.pshe-association.org.uk/curriculum-and-resources/resources/movember-happier-healthier-longer-lesson-pack</a></p> <p>British Red Cross – First Aid <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/first-aid-learning-young-people-british-red-cross">https://www.pshe-association.org.uk/curriculum-and-resources/resources/first-aid-learning-young-people-british-red-cross</a></p> <p>BHF Call Push Rescue <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/british-heart-foundation-%E2%80%98call-push-rescue%E2%80%99">https://www.pshe-association.org.uk/curriculum-and-resources/resources/british-heart-foundation-%E2%80%98call-push-rescue%E2%80%99</a></p> <p>NaCTSO-run, hide, tell <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/run-hide-tell-resource-packs-key-stages-3-4">https://www.pshe-association.org.uk/curriculum-and-resources/resources/run-hide-tell-resource-packs-key-stages-3-4</a></p> <p>TCT What is Cancer? <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/what-cancer-lesson-plans-teenage-cancer-trust">https://www.pshe-association.org.uk/curriculum-and-resources/resources/what-cancer-lesson-plans-teenage-cancer-trust</a></p> <p>Cuppafeel – Breast Cancer awareness <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/coppafeel-breast-cancer-awareness-lessons">https://www.pshe-association.org.uk/curriculum-and-resources/resources/coppafeel-breast-cancer-awareness-lessons</a></p> <p>Orchid-whats testicular cancer? <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/orchid-whats-testicular-cancer">https://www.pshe-association.org.uk/curriculum-and-resources/resources/orchid-whats-testicular-cancer</a></p>
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<p><b>Summer 1 Relationships</b></p>	<p><b>Families</b>  <b>Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</b></p> <p>PoS refs: H30, H31, H32, H33, R4, R11, R12, R13, R24, R25, R26, R27, R33</p>	<ul style="list-style-type: none"> <li>about different types of families and changing family structures</li> <li>how to evaluate readiness for parenthood and positive parenting qualities</li> <li>about fertility, including how it varies and changes</li> <li>about pregnancy, birth and miscarriage</li> <li>about unplanned pregnancy options, including abortion</li> <li>about adoption and fostering</li> <li>how to manage change, loss, grief and bereavement</li> <li>about ‘honour based’ violence and forced marriage and how to safely access support</li> </ul>	<p>PSHE Assoc – Family life: Exploring Relationships, marriage and parenting <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/family-life-lesson-plans">https://www.pshe-association.org.uk/curriculum-and-resources/resources/family-life-lesson-plans</a>  Freedom Charity-FGM and forced marriage <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/fgm-and-forced-marriage-lesson-plans-freedom">https://www.pshe-association.org.uk/curriculum-and-resources/resources/fgm-and-forced-marriage-lesson-plans-freedom</a>  Uni of Exeter – working out relationships <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/working-out-relationships-ks4-lesson-plans">https://www.pshe-association.org.uk/curriculum-and-resources/resources/working-out-relationships-ks4-lesson-plans</a></p>

