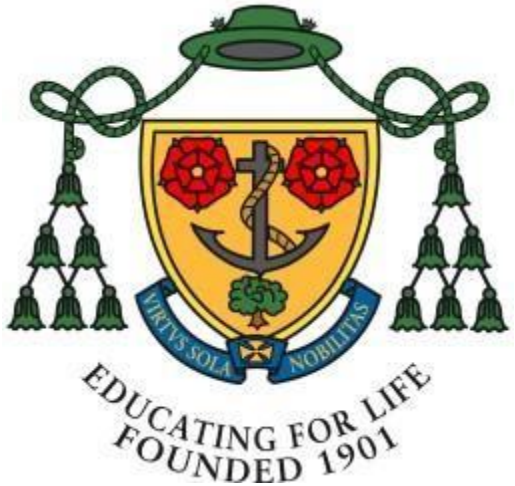


PSHE at Salesian College is an important aspect of our Pastoral Care System. Every pupil is encouraged to develop an awareness of their role in society, now and in the future. These topics reflect the ethos of the College and the values we hope to develop in our Christian community. The pupils need to understand and respect each other's strengths and weaknesses and at the same time develop their own potential – intellectually, physically, socially, emotionally, creatively and spiritually.

All topics delivered at this time have a clear Catholic Social Teaching foundation, as identified in the curriculum plan. The nature of the topics ensures the dignity of the human person is being nurtured and affords all students the opportunity to reflect on their role in the world as children of God.

PSHE at Salesian College is separated into 6 overarching categories:

1) **Mental Health and Wellbeing**
2) **Healthy and Unhealthy Relationships**
3) **Citizenship (including aspirations, careers and finance)**
4) **Personal Safety and Risk Management**
5) **Physical and Sexual Health**
6) **Diversity and Prejudice**

SECONDARY PSHE EDUCATION: LONG-TERM OVERVIEW

	Autumn 1 Focus & Themes	Autumn 2 Focus & Themes	Spring 1 Focus & Themes	Spring 2 Focus & Themes	Summer 1 Focus & Themes	Summer 2 Focus & Themes
Year7	**Transition & Religious Understanding - (Who am I?)** Transition to secondary school and religious understanding.	**My Body – (Changing bodies)** Puberty involves physical, emotional and sexual development. **Emotional Well-being – (Healthy inside and out)** **Thinking** about self-esteem helps us to consider its impact and how to nurture it.	**Keeping Well - (Part 1)** Hygiene, sleep, food and coping with illness **Life Cycles – (Where we come from)** Sexual intercourse is revealed as more than just a physical act, but a gift from God for married couples, an expression of love and His plan for how babies are made. **Personal Relationships** – (Family & Friends) Features of positive and stable relationships between family and friends.	**Keeping safe – (My Life on Screen)** **Digital lives and the effect our use of technology can have on ourselves and others.** **Wider World– (Living responsibly)** Social responsibility and respect for self and others. **Basic First Aid - (Part 1)** Staying safe, getting help and using simple first aid steps calmly and appropriately.	**Financial decisions** Students develop their financial literacy and rehearse decision-making and risk assessment skills in relation to money and spending.	**Peer Education Project** Mental health and emotional wellbeing, including 5 ways to well-being and coping strategies
CST	**Human Dignity**	**Human Dignity**	**Human Dignity / Solidarity / The Common Good**	**Human Dignity / Solidarity**	**The Common Good / Solidarity**	**The Common Good / Stewardship**

Year8	**Religious Understanding - (Created and Chosen)** We are not accidents or afterthoughts but created intentionally and loved by God. Our dignity is rooted in this truth and cannot be earned or taken away. **Citizenship** The development of a democratic Government and the right and responsibilities of citizens.	**Me, My Body, My Dignity (Appreciating Differences)** Understanding our identity includes recognising male and female differences and learning to root our sense of self in being created in God's image. **Wellbeing and Health -(Feelings)** Managing sexual feelings and attraction requires self-control, patience and respect for ourselves and others.	**Wellbeing and Health - (Keeping Well - Part 2)** Understanding our mental health and emotional wellbeing helps us respond wisely to everyday challenges and build resilience. **Life Cycles – (Before I Was Born)** Reflecting on life in the womb reveals both its beauty and fragility, deepening our respect for human life from its earliest beginnings.	**Personal Relationships - (Tough Relationships)** In real-life relationships, learning to practise tolerance, kindness and forgiveness helps us grow in maturity and respect. **Online Awareness - (Think Before You Share)** Sharing images and information carries responsibility. Treating ourselves and others with dignity online means thinking before we post, comment or forward content.	**Living in the Wider World -(Wider World)** Recognising unjust discrimination in our world challenges us to examine our own attitudes and behaviour, and to choose fairness and respect. **Safe and Well -(Basic First Aid - Part 2)** Being prepared to respond when someone feels unwell helps us act with confidence and compassion in everyday situations.	Managing Money This unit builds on previous learning about financial decision making to explore aspects of daily economic wellbeing, such as managing bank accounts and different ways of saving and borrowing.
CST	**Human Dignity / Solidarity / Peace**	**Human Dignity / Solidarity**	**Human Dignity / Solidarity / The Common Good**	**Human Dignity / Solidarity / Rights and Responsibilities**	**Human Dignity / Solidarity / The Common Good**	**The Common Good / Stewardship**
Year9	**Religious Understanding - (The Search for Love)** Beyond romance and desire, authentic love involves choosing the other's good. This deeper view shapes how we see relationships and sex. **Me, My Body, My Dignity - (Love people, Use Things)** People are to be loved, not used. Recognising this protects our dignity and that of others in relationships and everyday choices.	**Wellbeing and Health - (In Control of My Choices)** True freedom involves responsibility. Learning to reflect before acting helps us stay in control of our choices and their consequences. **Wellbeing and Health - (Drugs & Smoking Awareness)** Substances can affect health, judgement and freedom. Understanding the risks helps us make informed and responsible decisions.	**Life Cycles - (Fertility and Contraception)** Fertility is a gift and a responsibility. Understanding reproduction and conception helps us consider how our sexual choices fit God's plan for sex. **Personal Relationships - (Commitment and Marriage)** Marriage represents a lifelong bond of love and faithfulness. Exploring its meaning helps us reflect on the purpose of commitment in relationships.	**Personal Relationships - (Understanding Consent)** **Consent** is essential in any healthy relationship. Respecting boundaries safeguards dignity, safety and freedom. **Online Awareness - (Safe and Smart Online)** Online spaces require discernment and responsibility. Thinking critically about what we share and consume helps protect ourselves and others.	**Living in the Wider - (World Human Rights – And Wrongs)** Human rights flow from human dignity. Exploring issues such as sexual exploitation, harassment and assault helps us understand how rights can be upheld or violated. **Safe and Well - (Out and About) Making** wise decisions in public spaces requires awareness, prudence and respect for others. Calm risk assessment helps protect life and dignity.	**Safe and Well - (Lifesaving Skills)** Knowing how to respond in an emergency builds confidence and courage. Early action can save lives. **Careers and future choices** This unit supports students to prepare for making GCSE option choices by thinking about their career goals and future.

CST	**Human Dignity**	**Human Dignity / Rights and Responsibilities**	**Human Dignity / Stewardship / Rights and Responsibilities**	**Human Dignity / Rights and Responsibilities**	**Human Dignity / Rights and Responsibilities / Community and Participation**	**Human Dignity / Solidarity / The Common Good / Dignity at Work and the Rights of Workers**

Year10	**Religious Understanding - (Authentic Freedom)** Authentic freedom is found in making a loving gift of self according to God's plan for sex. Responsible choices shape the person we become, leading to deeper freedom. **Me, My Body, My Dignity - (Self – Image)** Our self-image is influenced by culture, media and comparison. Grounding our identity in dignity helps us resist pressure and grow in confidence.	**Wellbeing and Health Belief, Values, Attitudes** Our beliefs shape our attitudes and behaviour. Reflecting critically on our values helps us act with integrity and develop character. **Life Cycles - (Parenthood)** Parenthood carries emotional, physical and lifelong responsibilities. Considering its demands helps us understand the importance of commitment and preparation.	**Personal Relationships -(Pregnancy and Abortion)** Pregnancy can raise complex emotional and ethical questions. Exploring support, responsibility and the value of life helps us respond with compassion and care. **Personal Relationships -(Abuse)** Abuse in relationships violates dignity and trust. It can take many forms, including emotional, physical and sexual harm; recognising warning signs helps keep us safe.	**Online Awareness - (Online Influences)** Online content shapes attitudes, relationships and behaviour. Learning to think critically helps us respond wisely to digital influence. **Living in the Wider World - (Solidarity)** Love calls us to build peace and live in solidarity with all of God's creation, especially the poor, marginalised and oppressed.	**Safe and Well - (Out in Public)** Making wise decisions about how we act and treat others in public spaces is part of becoming a responsible young adult. Prudence helps protect dignity and safety. **Addressing extremism and radicalisation** Communities, belonging and challenging extremism	**Stewardship and Global Solidarity** How our actions are affecting the earth and the poorest people **Study, work and careers** This unit explores career choices and pathways, work experience, and applications for study or work.
CST	**Human Dignity**	**Human Dignity / Solidarity**	**Human Dignity / Solidarity**	**Human Dignity / The Common Good / Rights and Responsibilities / Solidarity / Integral Ecology**	**Human Dignity / The Common Good / Rights and Responsibilities / Solidarity**	**Human Dignity / Solidarity / Options for the Poor / The Common Good**

Year11	**Religious Understanding** **- (Self – Worth)** Dignity is not based on success, popularity or appearance. Our worth comes from being created and loved by God, shaping how we treat ourselves and others. **Me, My Body, My Dignity – (Alcohol, Drugs & Dependency)** Substances promise short-term highs but carry real risks. Exploring addiction, freedom and responsibility helps us make choices that protect health and dignity. **Wellbeing and Health** **- (Mental Wellbeing)** Mental wellbeing fluctuates throughout life. Understanding stress, challenges and support pathways helps us care for ourselves and respond compassionately to others.	**Wellbeing and Health** **-(Eating Disorders)** Exploring attitudes to food, control and body image helps us understand how eating disorders can develop and how support and recovery are possible. **Wellbeing and Health** **- (Health & Fitness)** Good health is a gift that requires stewardship. Developing healthy habits supports long-term physical wellbeing and strengthens our ability to serve others. **Life Cycles** **- (Family Planning and Fertility)** Fertility is a precious gift linked to love and responsibility. Exploring Natural Family Planning helps us reflect on how sexual choices relate to dignity and commitment.	**Personal Relationships** **- (Sexual Health)** Sexual choices carry physical and emotional consequences. Understanding sexually transmitted infections and risk helps us reflect on responsibility, respect and wellbeing. **Personal Relationships** **- (Pornography)** Pornography distorts the meaning of sexuality and harms dignity. Examining its negative impact helps us consider how it affects behaviour and authentic intimacy. **Personal Relationships** **(Coercive Control)** Healthy relationships are rooted in respect and freedom. - Exploring coercive control helps us recognise how abuse develops, how to protect dignity and stay safe.	**Citizenship** Government roles, electoral systems, expenditure of public money, local regional and international Government		
CST	**Human Dignity**	**Human Dignity**	**Human Dignity**	**The Common Good**		
SixthForm	**Year 12: Induction to Sixth Form & GCSE Results Review**	**Careers, Aspirations, Money & Academic Review in preparation for the January Examinations**	**Politics, diversity and prejudice**	**Healthy and Unhealthy Relationships** **Physical & Sexual Health**	**UCAS Applications and EPQ**	
CST	**Human Dignity**	**Dignity of Work and Participation / The Common Good**	**Human Dignity / Solidarity / Option for the Poor / Peace**	**Human Dignity / The Common Good**	**Human Dignity / Dignity of Work and Participation**	

	Year 13: AS Review & UCAS	Physical & Sexual Health	Politics, diversity and prejudice	Healthy and Unhealthy Relationships	Medial Influence, Personal Safety and Risk Management	
CST	Human Dignity	Human Dignity / The Common Good	Human Dignity / Solidarity Option for the Poor / Peace	Human Dignity / The Common Good	Human Dignity / The Common Good	