

LONG TERM PLANNING 2018/2019 PSHE & RSE

	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	<p>Transition to secondary school</p> <p>Diet, exercise and how to make healthy choices</p>	<p>Enterprise skills and introduction to careers</p> <p>Challenging career stereotypes and raising aspirations</p>	<p>Diversity, prejudice and bullying including cyber bullying</p> <p>Managing on- and off-line friendships</p>	<p>The risks of alcohol, tobacco and other substances</p> <p>Managing puberty and the issues of unwanted contact and FGM</p>	<p>Self-esteem, romance and friendships</p> <p>Exploring family life</p>	<p>Making ethical financial decisions</p> <p>Saving, spending and budgeting our money</p>
Year 8	<p>First aid and personal safety, focusing on road safety</p> <p>Alcohol and drug misuse and managing peer influence</p>	<p>Rights and responsibilities in the community</p> <p>Tackling age and disability discrimination</p>	<p>Tackling racism and religious discrimination, promoting human rights</p> <p>Online safety and digital literacy</p>	<p>Mental health and emotional wellbeing, including body image</p> <p>Managing change and loss</p>	<p>Introduction to sexuality and consent</p> <p>Introduction to contraception including condom and the pill</p>	<p>Evaluating value for money in services</p> <p>Risks and consequences making financial decisions</p>
Year 9	<p>Peer pressure, assertiveness and risk, gang crime</p> <p>Dieting, lifestyle balance and unhealthy coping strategies</p>	<p>Understanding careers and future aspirations</p> <p>Identifying learning strengths and setting goals as part of the GCSE options process</p>	<p>Managing conflict at home and the dangers of running away from home</p> <p>Tackling homophobia, transphobia and sexism</p>	<p>Managing peer pressure in relation to illicit substances</p> <p>Assessing the risks of drug and alcohol abuse and addiction</p>	<p>Relationships and sex education including healthy relationships and consent</p> <p>The risks of STIs, sexting and pornography</p>	<p>Planning and carrying out an enterprise project</p> <p>Reflecting on learning skills development in key stage 3</p>
Year 10	<p>Transition to key stage 4 and developing study habits</p> <p>Mental health and ill health, tackling stigma</p>	<p>Understanding the causes and effects of debt</p> <p>Understanding the risks associated with gambling</p>	<p>Tackling relationship myths and expectations</p> <p>Managing romantic relationship challenges including break ups</p>	<p>Exploring the influence of role models</p> <p>Evaluating the social and emotional risks of drug use</p>	<p>Understanding different families and learning parenting skills</p> <p>Managing change, grief and bereavement</p>	<p>Preparation for work experience</p> <p>Evaluation of work experience and readiness for work</p>
Year 11	<p>Promoting self-esteem and coping with stress</p> <p>Learning and revision skills to maximise potential</p>	<p>Understanding the college application process and plans beyond school</p> <p>Skills for employment and career progression</p>	<p>Personal values and assertive communication in relationships</p> <p>Tackling domestic abuse and forced marriage</p>	<p>Health and safety in independent contexts</p> <p>Taking responsibility for health choices</p>	<p>British values, human rights and community cohesion</p> <p>Challenging extremism and radicalisation</p>	