



# **PSHE Plan 2024-25**

**Dear All,**

I hope I find you well. As some of you may know, I have taken on the role of **Head of PSHE for Senior School**, with the vision of providing our pupils with the tools to become independent, self-aware and resilient young people, who are able to positively contribute to society, not just now, but in the future. To achieve this, I will be working with the **PSHE Association** under the statutory guidance of the **Relationships, Sex and Health Education Policy, September 2023**, to deliver an engaging part of the national curriculum. To achieve this, I have devised a program that will centre around three aspects, relationships, sex and health, living in the wider world and health and well-being. All of which will be delivered to your child within their lessons on a weekly basis.

The purpose of this curriculum is to provide learners with a total learning experience, which includes not only taught lessons but also the routines, behaviours, events and activities that will ensure they can experience their education and so attain the best possible progress at the highest standards. The curriculum will also run alongside both **Character Days with Enrichment** and the **Careers Development and IGNITE** programs, so learners have multiple platforms to craft and develop themselves into the best version of whom they wish to be, both within their lives at school and as they take the next steps into the wider world.

In order to further demonstrate my vision for the subject, over the next few pages you will find both the short and long term plan for the subject across each of the year groups, and will be able to identify how and where the three core themes of the programme are and how these are spread out across the six half terms. In seeing the breakdown you will notice how I have tried to align each year group, so everyone is studying the same theme at the same time in an attempt to aid communication across year group and allow teachers to enrich the lessons more as they may cross reference the material and insights they use throughout their teaching. In each case however, the content has been selected to ensure opportunities to develop a student's knowledge, skills and attributes, through a programme that is relevant and appropriate to the ethos of our school and the needs of our learners.

If you have any questions or queries about any of the content covered in this curriculum, then please do not hesitate to contact me through email at [lfitzpatrick@huddersfield-grammar.co.uk](mailto:lfitzpatrick@huddersfield-grammar.co.uk).

**Kindest regards**

**Liam Fitzpatrick**

## SECONDARY PSHE EDUCATION: LONG-TERM OVERVIEW

	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 personal safety in and outside school, including first aid	<b>Developing skills and aspirations</b> Careers, teamwork and enterprise skills, and raising aspirations	<b>Diversity</b> Diversity, prejudice, and bullying	<b>Health and puberty</b> Healthy routines, influences on health, puberty, unwanted contact, and FGM	<b>Building relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries	<b>Financial decision making</b> Saving, borrowing, budgeting and making financial choices
Year 8	<b>Drugs and alcohol</b> Alcohol and drug misuse and pressures relating to drug use	<b>Community and careers</b> Equality of opportunity in careers and life choices, and different types and patterns of work	<b>Discrimination</b> Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	<b>Emotional wellbeing</b> Mental health and emotional wellbeing, including body image and coping strategies	<b>Identity and relationships</b> Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	<b>Digital literacy</b> Online safety, digital literacy, media reliability, and gambling hooks
Year 9	<b>Peer influence, substance use and gangs</b> Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	<b>Setting goals</b> Learning strengths, career options and goal setting as part of the GCSE options process	<b>Respectful relationships</b> Families and parenting, healthy relationships, conflict resolution, and relationship changes	<b>Healthy lifestyle</b> Diet, exercise, lifestyle balance and healthy choices, and first aid	<b>Intimate relationships</b> Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	<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, 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...	Quality Assured resources to support
<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>	<a href="#">Every Mind Matters – Dealing with change</a>  <a href="#">St John Ambulance: 'First Aid Training in School' lesson plans, KS3</a>  <a href="#">PSHE Association - Firework safety</a>  <a href="#">NSPCC – Talk Relationships</a>  <a href="#">British Heart Foundation – Classroom RevivR</a>  <a href="#">Motor Insurers' Bureau – Staying safe on the roads</a>  <a href="#">PSHE Association – Developing learning skills</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>	<a href="#">Bank of England - EconoME</a>  <a href="#">Changing Faces - A World of Difference</a>  <a href="#">Environment Agency - Careers for change</a>  <a href="#">PSHE Association – Developing learning skills</a>  <a href="#">Sure – Breaking Limits</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>	<a href="#">Every Mind Matters – Bullying and cyberbullying</a>  <a href="#">Home Office - Something's Not Right (abuse disclosure)</a>  <a href="#">Changing Faces - A World of Difference</a>  <a href="#">NSPCC Talk Relationships</a>  <a href="#">PSHE Association – Friendship and bullying</a>  <a href="#">PSHE Association – Belonging and community: addressing discrimination and extremism</a>  <a href="#">NCA-CEOP Education – Connect</a>

<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</li> <li>• about FGM and how to access help and support</li> </ul>	<p><a href="#">PSHE Association - The Sleep Factor</a></p> <p><a href="#">PSHE Association - Health Education: food choices, physical activity &amp; balanced lifestyles</a></p> <p><a href="#">AYPH - A fair and equal opportunity to be healthy</a></p> <p><a href="#">Every Mind Matters - Puberty; Sleep</a></p> <p><a href="#">PSHE Association - Dental Health</a></p> <p><a href="#">PSHE Association - Drug and Alcohol Education</a></p> <p><a href="#">Medway Public Health Directorate - Relationships and Sex Education</a></p> <p><a href="#">PSHE Association - 'Keeping safe' FGM guidance &amp; lesson plan (Year 7-8)</a></p> <p><a href="#">Freedom Chairty - Forced marriage and FGM</a></p> <p><a href="#">Canesten - The Truth, Undressed</a></p> <p><a href="#">University of Bristol - EDUCATE (the HPV vaccine)</a></p> <p><a href="#">Highgate School &amp; NHS Barts - Testicular Health</a></p>
<p><b>Summer 1</b> Relationships</p>	<p><b>Building relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries</p> <p>PoS refs: H1, R2, R9, R11, R13, R14, R16, R24</p>	<ul style="list-style-type: none"> <li>• how to develop self-worth and self-efficacy</li> <li>• about qualities and behaviours relating to different types of positive relationships</li> <li>• how to recognise unhealthy relationships</li> <li>• how to recognise and challenge media stereotypes</li> <li>• how to evaluate expectations for romantic relationships</li> <li>• about consent, and how to seek and assertively communicate consent</li> </ul>	<p><a href="#">PSHE Association - Consent lesson packs</a></p> <p><a href="#">Medway Public Health Directorate - Relationships and Sex Education</a></p> <p><a href="#">Every Mind Matters - Forming positive relationships: Positive friendships</a></p> <p><a href="#">BBFC- Making choices: sex, relationships and age ratings</a></p> <p><a href="#">Home Office - Something's Not Right (abuse disclosure)</a></p> <p><a href="#">Home Office - Preventing Involvement in Serious and Organised Crime</a></p> <p><a href="#">NCA-CEOP - Respecting me, you, us</a></p> <p><a href="#">NSPCC Talk Relationships</a></p> <p><a href="#">NCA-CEOP Education - Connect</a></p>
<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><a href="#">Bank of England - EconoME</a></p> <p><a href="#">Media Smart - Piracy: what's the big deal?</a></p> <p><a href="#">Financial Literacy and Inclusion Campaign (FLIC)</a></p>

## YEAR 8 – MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Quality Assured resources to support
<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>	<a href="#">PSHE Association – Drug and Alcohol Education</a>  <a href="#">Every Mind Matters - Smoking; Alcohol</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>	<a href="#">Environment Agency - Careers for change</a>
<b>Spring 1</b> Relationships	<b>Discrimination</b> 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	<ul style="list-style-type: none"> <li>• how to manage influences on beliefs and decisions</li> <li>• about group-think and persuasion</li> <li>• how to develop self-worth and confidence</li> <li>• about gender identity, transphobia and gender-based discrimination</li> <li>• how to recognise and challenge homophobia and biphobia</li> <li>• how to recognise and challenge racism and religious discrimination</li> </ul>	<a href="#">Changing Faces - A World of Difference</a>  <a href="#">NCA-CEOP – Respecting me, you, us</a>  <a href="#">PSHE Association – Belonging and community: addressing discrimination and extremism</a>

<p><b>Spring 2</b> Health &amp; wellbeing</p>	<p><b>Emotional wellbeing</b> 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 misconceptions 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><a href="#">PSHE Association - Mental Health and Emotional Wellbeing</a></p> <p><a href="#">Every Mind Matters – Dealing with change; Online stress and FOMO</a></p>
<p><b>Summer 1</b> Relationships</p>	<p><b>Identity and relationships</b> 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><a href="#">PSHE Association - Consent lesson packs</a></p> <p><a href="#">Medway Public Health Directorate – Relationships and Sex Education</a></p> <p><a href="#">BBFC- Making choices: sex, relationships and age ratings</a></p> <p><a href="#">Home Office - Something’s Not Right (abuse disclosure)</a></p> <p><a href="#">NSPCC Talk Relationships</a></p> <p><a href="#">Every Mind Matters - One-to-one relationships</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><a href="#">Cifas - Anti-Fraud Education</a></p> <p><a href="#">Every Mind Matters – Online stress and FOMO; Body image in a digital world</a></p> <p><a href="#">National Crime Agency - Exploring Cybercrime</a></p> <p><a href="#">BBFC - Making choices: sex, relationships and age ratings</a></p> <p><a href="#">Media Smart - Piracy: what’s the big deal?</a></p> <p><a href="#">NSPCC Talk Relationships</a></p>

## YEAR 9 – MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Quality Assured resources to support
<b>Autumn 1</b> Health & wellbeing	<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>	<a href="#">Medway Public Health – Gangs: Managing risks and staying safe</a> <a href="#">Every Mind Matters – Alcohol; One-to-one relationships</a> <a href="#">PSHE Association – Drug and Alcohol Education</a> <a href="#">Home Office - Preventing Involvement in Serious and Organised Crime</a> <a href="#">Medway Public Health Directorate – Relationships and sex education</a> <a href="#">PSHE Association - Vaping lesson pack</a> <a href="#">Act for Youth: RUN HIDE TELL</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, L13, L14	<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> <li>• skills for decision making</li> </ul>	<a href="#">Environment Agency - Careers for change</a> <a href="#">PSHE Association – Developing learning skills</a> <a href="#">PSHE Association – Navigating work, study and careers</a>
<b>Spring 1</b> Relationships	<b>Respectful relationships</b> Families and parenting, healthy relationships, conflict resolution, and relationship changes  PoS refs: H2, , R6, R19, R21, R22, R23, R35, R36	<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>	<a href="#">Coram Life Education – Adoptables Schools Toolkit</a> <a href="#">Home Office - Something's Not Right (abuse disclosure)</a> <a href="#">CRESST: Curious about conflict</a> <a href="#">University of Exeter – The Rights Idea?</a> <a href="#">Medway Public Health Directorate – Relationships and sex education</a> <a href="#">PSHE Association – Mental health and emotional wellbeing</a> <a href="#">PSHE Association – Committed relationships and family life</a> <a href="#">University of Essex – Communication matters</a>



<p><b>Spring 2</b> Health &amp; wellbeing</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><a href="#">PSHE Association - Health Education: food choices, physical activity &amp; balanced lifestyles</a></p> <p><a href="#">PSHE Association - The Sleep Factor</a></p> <p><a href="#">Every Mind Matters- Sleep</a></p> <p><a href="#">Every Mind Matters – Exam stress</a></p> <p><a href="#">Coppafeel! – Breast cancer awareness</a></p> <p><a href="#">AYPH - A fair and equal opportunity to be healthy</a></p> <p><a href="#">Canesten – The Truth, Undressed</a></p> <p><a href="#">Highgate School &amp; NHS Barts – Testicular Health</a></p> <p><a href="#">PSHE Association – Body modifications</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</p> <p>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 facts 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><a href="#">PSHE Association - Consent lesson packs</a></p> <p><a href="#">Medway Public Health Directorate – Relationships and Sex Education</a></p> <p><a href="#">BBFC- Making choices: sex, relationships and age ratings</a></p> <p><a href="#">Home Office - Something's Not Right (abuse disclosure)</a></p> <p><a href="#">You Before Two - The Fundamentals (£)</a></p> <p><a href="#">NCA-CEOP – Respecting me, you, us</a></p> <p><a href="#">NSPCC Talk Relationships</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><a href="#">Cifas -Anti-Fraud Education</a></p> <p><a href="#">Bank of England - EconoME</a></p> <p><a href="#">PSHE Association - Careers Education lesson plans</a></p> <p><a href="#">Financial Literacy and Inclusion Campaign (FLIC)</a></p>

## YEAR 10 – MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Quality Assured resources to support
<b>Autumn 1</b> Health & wellbeing	<b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change  PoS refs: H2, H5, H6, H7, H8, H9, H10	<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>	<a href="#">PSHE Association - Mental Health and Emotional Wellbeing</a>  <a href="#">BBFC - Emotional Wellbeing and the Media</a>  <a href="#">PSHE Association – Developing learning skills</a>
<b>Autumn 2</b> Living in the wider world	<b>Financial decision making</b> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices  PoS refs: H25, R38, L16, L17, L18, L19, L20, L25	<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> <li>• how to manage risk in relation to financial activities</li> </ul>	<a href="#">Cifas – Anti Fraud Education</a>  <a href="#">Demos &amp; GambleAware - Resilience to gambling</a>  <a href="#">National Crime Agency - Exploring Cybercrime</a>
<b>Spring 1</b> Relationships	<b>Healthy relationships</b> Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography	<ul style="list-style-type: none"> <li>• about relationship values and the role of pleasure in relationships</li> <li>• about assumptions, misconceptions and social norms about sex, gender and relationships</li> <li>• about the opportunities and risks of forming and conducting relationships online</li> <li>• how to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours</li> </ul>	<a href="#">PSHE Association - Consent lesson packs</a>  <a href="#">University of Exeter – Working out relationships?</a>  <a href="#">Medway Public Health Directorate – Relationships and Sex Education</a>

	<p>PoS refs: R1, R2, R3, R6, R7, R8, R14, R15, R18, R19, R22, R28, R29, R30, R31</p>	<ul style="list-style-type: none"> <li>• about the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent</li> <li>• how to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support</li> <li>• how to recognise and challenge victim blaming</li> <li>• about asexuality, abstinence and celibacy</li> </ul>	<p><a href="#">Home Office - Something's Not Right (abuse disclosure)</a></p> <p><a href="#">NSPCC Talk Relationships</a></p> <p><a href="#">Every Mind Matters - One-to-one relationships; Positive friendships</a></p> <p><a href="#">University of Exeter - Modern Families</a></p> <p><a href="#">PSHE Association – Friendship and bullying</a></p>
<p><b>Spring 2</b></p> <p>Health &amp; wellbeing</p>	<p><b>Exploring influence</b></p> <p>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><a href="#">Medway Public Health - Gangs: Managing risks and staying safe</a></p> <p><a href="#">PSHE Association – Drug and Alcohol Education</a></p> <p><a href="#">Act for Youth: RUN HIDE TELL</a></p> <p><a href="#">Thames Valley Police – Tackling Violence Against Women and Girls</a></p>
<p><b>Summer 1</b></p> <p>Relationships</p>	<p><b>Addressing extremism and radicalisation</b></p> <p>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><a href="#">PSHE Association – Belonging and community: addressing discrimination and extremism</a></p> <p><a href="#">Google and ISD: Be Internet Citizens</a></p>
<p><b>Summer 2</b></p> <p>Living in the wider world</p>	<p><b>Work experience</b></p> <p>Preparation for and evaluation of work experience and readiness for work</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><a href="#">Environment Agency – Growing careers for positive change</a></p> <p><a href="#">PSHE Association - Careers Education lesson plans</a></p> <p><a href="#">PSHE Association – Navigating work, study and careers</a></p> <p><a href="#">Financial Literacy and Inclusion Campaign (FLIC)</a></p>

## YEAR 11 – MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Quality Assured resources to support
<b>Autumn 1</b> Health & wellbeing	<b>Building for the future</b> Self-efficacy, stress management, and future opportunities  PoS refs: H2, H3, H4, H8, H12, L22	<ul style="list-style-type: none"> <li>• how to manage the judgement of others and challenge stereotyping</li> <li>• how to balance ambition and unrealistic expectations</li> <li>• how to develop self-efficacy, including motivation, perseverance and resilience</li> <li>• how to maintain a healthy self-concept</li> <li>• about the nature, causes and effects of stress</li> <li>• stress management strategies, including maintaining healthy sleep habits</li> <li>• about positive and safe ways to create content online and the opportunities this offers</li> <li>• how to balance time online</li> </ul>	<a href="#">PSHE Association - Mental Health and Emotional Wellbeing</a>  <a href="#">PSHE Association - The Sleep Factor</a>  <a href="#">PSHE Association - Health Education: food choices, physical activity &amp; balanced lifestyles</a>  <a href="#">Every Mind Matters - Dealing with change: Exam stress</a>  <a href="#">Google and ISD: Be Internet Citizens</a>  <a href="#">AYPH - A fair and equal opportunity to be healthy</a>
<b>Autumn 2</b> Living in the wider world	<b>Next steps</b> Application processes, and skills for further education, employment and career progression  PoS refs: L1, L2, L3, L4, L6, L7, L8, L11, L12, L21	<ul style="list-style-type: none"> <li>• how to use feedback constructively when planning for the future</li> <li>• how to set and achieve SMART targets</li> <li>• effective revision techniques and strategies</li> <li>• about options post-16 and career pathways</li> <li>• about application processes, including writing CVs, personal statements and interview technique</li> <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>	<a href="#">PSHE Association - Careers Education lesson plans</a>  <a href="#">Environment Agency – Growing careers for positive change</a>  <a href="#">PSHE Association – Navigating work, study and careers</a>  <a href="#">Financial Literacy and Inclusion Campaign (FLIC)</a>
<b>Spring 1</b> Relationships	<b>Communication in relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	<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> </ul>	<a href="#">Medway Public Health Directorate – Relationships and Sex Education</a>  <a href="#">NCA-CEOP: Online blackmail</a>  <a href="#">University of Exeter – Working out relationships?</a>  <a href="#">University of Essex – Communication matters</a>

	<p>PoS refs: H26, H27, H28, H29, R16, R17, R21, R23, R32</p>	<ul style="list-style-type: none"> <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><a href="#">Home Office - Something's Not Right (abuse disclosure)</a></p> <p><a href="#">Medway Public Health Directorate – Managing healthy and unhealthy relationship behaviours</a></p> <p><a href="#">NSPCC Talk Relationships</a></p> <p><a href="#">PSHE Association – Friendship and bullying</a></p> <p><a href="#">Thames Valley Police – Tackling Violence Against Women and Girls</a></p> <p><a href="#">PSHE Association – Body modifications</a></p>
<p><b>Spring 2</b></p> <p>Health &amp; wellbeing</p>	<p><b>Independence</b></p> <p>Responsible health choices, and safety in independent contexts</p> <p>PoS refs: H3, H4, H11, H13, H14, H15, H16, H17, H18, H22, H23, H24</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 aesthetic body alterations</li> <li>• about blood, organ and stem cell donation</li> </ul>	<p><a href="#">St John Ambulance: 'First Aid Training in School' lesson plans, KS4</a></p> <p><a href="#">Coppafeel! – Breat cancer awareness</a></p> <p><a href="#">Orchid - What is testicular cancer?</a></p> <p><a href="#">NHS Blood and Transplant - Exploring blood, organ and stem cell donation</a></p> <p><a href="#">You Before Two - The Fundamentals (£)</a></p> <p><a href="#">AYPH - A fair and equal opportunity to be healthy</a></p> <p><a href="#">Canesten – The Truth, Undressed</a></p> <p><a href="#">Highgate School &amp; NHS Barts – Testicular Health</a></p> <p><a href="#">Act for Youth: RUN HIDE TELL</a></p> <p><a href="#">Motor Insurers' Bureau – Staying safe on the roads</a></p> <p><a href="#">You Before Two – Contraception Choices (£)</a></p> <p><a href="#">Thames Valley Police – Tackling Violence Against Women and Girls</a></p>
<p><b>Summer 1</b></p> <p>Relationships</p>	<p><b>Families</b></p> <p>Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</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><a href="#">PSHE Association – Fertility and pregnancy choices</a></p> <p><a href="#">University of Exeter – Working out relationships?</a></p> <p><a href="#">University of Exeter – The Rights Idea?</a></p> <p><a href="#">University of Exeter - Modern Families</a></p> <p><a href="#">Freedom Charity - Forced marriage and FGM</a></p> <p><a href="#">PSHE Association – Committed relationships and family life</a></p> <p><a href="#">University of Essex – Communication matters</a></p>

