

PSHE topics covered in Years 7-11 from September 2020

Term 1 Health & Wellbeing				
Year 7	Year 8	Year 9	Year 10	Year 11
PSHE Introduction	Return to school lesson	Return after lockdown	Return to school after lockdown	Returning after lockdown
Healthy Lifestyles	Mental health -Stress	Why do people self-harm	Managing grief & bereavement	Careers (LO) – 6 th Form providers
Consequences of a unhealthy lifestyle	Mental health - Anxiety	Growth mind set	Managing anxiety	Careers (LO) Applications
Eating responsibly	Mindfulness	Peer pressure	The importance of sleep	The right career for me
Healthy living and exercise	Self-awareness	Drugs and the law	Why do we take risks	Self- discipline to achieve
Energy drinks	Self-confidence	Legal highs	Fertility & reproductive health	FPE (DC) Tolerance
Careers introduction	Self-development	Careers (LO)	Suicide awareness	FPE (DC)
Smoking dangers	Behaviour to achieve	Addiction -gambling		FPE (DC)
Social media safety	Careers (LO)	Responsible health		Perseverance
Managing anger	Personal Safety – First aid	Discrimination & Equality		Body positivity - obesity
Self esteem	First responder visit – Heart start	Binge drinking		Cyber crime – staying safe
Mental health	Drug awareness	Screen time		Health & Safety
Puberty	Smoking & Vaping awareness	Time management		Independent living
Puberty changes	Cancer awareness	Tattoos & Piercings		Social media & self esteem

Term 2 – Living in the wider world

Year 7	Year 8	Year 9	Year 10	Year 11
Aspirational students	Careers – communication	Online safety - the dark web	Work experience	Safer passenger - Malcolm
Being resilient	Careers –teamwork	Prejudice -religion	Personal safety	Revision technique
Careers update	Careers – entrepreneurs	BV - The rule of Law	Hate crimes	Charity - UNICEF
Road safety – Malcolm	Internet safety – grooming	The law - young offenders	Homelessness	Avoiding debt
Racism and Discrimination	Discrimination – teens	British community	Sustainable living	Digital footprints
E-safety – Radicalisation	Revision techniques	Extremist recruitment	Study skills	Careers (LO)
Needs and wants	Prejudice	Immigration - a diverse community		The environment – pollution & plastics
Managing Money	Tolerance	Human rights - trafficking & genocide		Animal rights & sustainability
Money – Transactions	Extreme groups	Careers (LO)		Consumer rights
Money – Products	Homophobia – LGBT	Enterprising qualities – work skills		Knife crime
Money – Savings, loans and interest	Public services – funding	CSE - what is it		Anti-social behaviour
Money – Ethical shopping	The changing environment	Gangs & County lines		Fake news

Term 3 – Relationships, Sex and Health				
Year 7	Year 8	Year 9	Year 10	Year 11
Bullying or banter	Knowing myself	Relationships – role model	Teenage pregnancy & parenting	Happiness & positivity
E-safety – online bullying	Ideal partner	Safe sex – contraception	Consent – rape and sexual abuse	Coping with stress
Personal identity	More than friends	Safe sex – STI's	Pornography – the dangers	Types of relationship
Keeping friendships	Gender & Language 1	Parenting	Good sex – waiting for the right person	Relationship break up's
Positive friendships	Gender & language 2	Body image – Eating disorders	Bullying – body shaming	Harrasment & Stalking
Family types	Selfi safety	Careers (LO)	Work experience prep OR FGM – the dangers	Revenge porn – the law
Careers update	Careers (LO)	Abusive relationships		
Falling in love	Domestic conflict	Conflict management		
Same sex relationships	Consent	The LGBT community		
My sense of self love	Sexting – the dangers	Sexism & gender prejudice		
Body image and the media	Alcohol awareness	Arranged and forced marriages		

Notes :

- **All year groups apart from year 10 have 2 lessons a fortnight, year 10 have one lesson a fortnight.**
- **Careers updates and lessons provided by Mr Overton (Careers advisor) – some may be delivered by outside agencies.**
- **Road safety lessons delivered by Shropshire Safer roads (Malcolm Farrar)**
- **Year 11 Faith, Philosophy and Ethics planned by FPE Co-ordinator Mr Clarkson**