

Personal Development Long Term Plans: PSHE
(Health and Wellbeing/Living in the Wider World/Relationships)

	Year 7	Year 8	Year 9	Year 10	Year 11
Half Term 1	Connections, Community and Confidence Character & Culture Day 1 <ul style="list-style-type: none"> • What is PSHE? • Transition into High School • Getting to know people & building trust • What is a community? • Identity and communities • How can we keep safe? • How to respond to an emergency • Basic life support • Mental health first aid • UHHS guide • Friendship and empathy 	Building a Safe and Equal Future Character & Culture Day 1 <ul style="list-style-type: none"> • Discovering my skills • Equity and Equality • Challenging workplace stereotypes • Understanding fraud • Identity fraud • Money mules • Social engineering • Recognising stereotypes • Challenging stereotypes • Being a positive bystander • Listening, understanding and communicating 	Choices, Consequences and Safety Character & Culture Day 1 <ul style="list-style-type: none"> • Exploring drugs and alcohol • Drugs and the law • Drugs and effects • Gangs – how • Gangs – culture • Gangs - risks • Legalities of knives • Aggressive v assertive behaviours • Respectful relationships • Consent • Sexual health 	Thriving Through Change Character & Culture Day 1 <ul style="list-style-type: none"> • New challenges • Reframing thinking • Recognising poor mental health • Change – loss and grief • Emotional wellbeing • Wellbeing guest speaker 	Thriving in Year 11 Character & Culture Day 1 <ul style="list-style-type: none"> • The importance of sleep • Lifestyles and wellbeing • Lifestyle influences • Dealing with change • Fair and equal access to being healthy • Exam stress
				Choices, Consequences and Cyber Safety <ul style="list-style-type: none"> • How can we manage risk • Impulse management and gambling • Help with gambling – self and others • Cybercrime causes • Social engineering 	Choices, Identity and Impact <ul style="list-style-type: none"> • Personal strengths • Making a difference • Exploring donation • Donation and choices • Body modifications – piercings and tattoos
Half Term 3	Positive Relationships and Inclusion Character & Culture Day 2 <ul style="list-style-type: none"> • Friendship Challenges • Bullying and cyberbullying • Something's not right • Peer influence • Celebrating diversity 	Healthy Relationships and Digital Choices Character & Culture Day 2 <ul style="list-style-type: none"> • My values • Healthy relationship principles • Rights in relationships • Deciding what to watch • Online self-expression 	Growing, Changing, Understanding Character & Culture Day 2 <ul style="list-style-type: none"> • Contraception • Breast Cancer • Testicular health • Understanding changing relationships • Family roles 	Consent, Coercion and Online Risks Character & Culture Day 2 <ul style="list-style-type: none"> • Online blackmail • Intimacy and pleasure • Impact of pornography • Pressure, persuasion and coercion 	From Choices to Commitment Character & Culture Day 2 <ul style="list-style-type: none"> • Body modifications – cosmetic • Fertility • Long term commitments • Forming relationships • Marriage legality
Half Term 4	Fair Thinking and Financial Futures <ul style="list-style-type: none"> • Prejudice and how to stop it • Bias and Stereotypes • Decision influences • Saving, borrowing and protecting money • Healthy routines 	Staying Safe in a Risky World <ul style="list-style-type: none"> • Social media grooming • Fake news • Understanding drugs • Tobacco influence and risk • Alcohol and risk 	Transitions, Identity and Future Pathways <ul style="list-style-type: none"> • Managing ends of relationships • Personal strengths • Online reputation • Mapping a career path • Preparing for GCSEs 	Conflict, Control and Extremism Awareness <ul style="list-style-type: none"> • Managing relationship conflict • Addressing relationship abuse • Valuing diversity • Extremism • Extremist coercion 	<ul style="list-style-type: none"> • Parenting • Pregnancy outcomes • Pregnancy choices • Financial protection
Half Term 5	Healthy Bodies, Healthy Minds <ul style="list-style-type: none"> • Nutrition • Healthy sleep • Dental health • Male body image/periods 	Health, Habits and Harm Awareness <ul style="list-style-type: none"> • Over the counter medicines • Peer pressure and substance abuse • Vaping • Vaping guest speaker 	Building Healthy Minds <ul style="list-style-type: none"> • Attitudes to mental health • Digital resilience • Unhealthy coping strategies • Healthy coping strategies 	Preparation, Impression and Opportunity <ul style="list-style-type: none"> • Run, Hide, Tell • Career preferences • Making a good impression • Work experience prep 	Exam Season