

PSHCE

Autumn Term	Spring Term	Summer Term	Skills/Assessment
<p>Health and wellbeing: Assertiveness and resilience; health related decisions; time online; explanation of organ and blood donations; cosmetics procedures and advertising; identifying risks</p>	<p>Relationships: positive intimate relationships; sexually transmitted infections; sexual attitudes; grief; definitions of harassment; consent and the influence of drugs; parenting; adoption and fostering; abortion; forced marriage</p>	<p>Living in the wider world: Developing career identity; finances; personal data; bias and reliability online; online extremism; preparing for exams</p>	<p>Year 11</p> <p>Half termly assessment Self-assessment End of topic quizzes</p>
<p>Health and wellbeing: Concept of the self; mental health and emotional wellbeing; health related decision making drugs, alcohol and tobacco; managing risk; personal safety; first aid</p>	<p>Relationships: building positive relationships; relationship values; consent in relationships; contraception; parenthood; bullying; abuse</p>	<p>Living in the wider world: Skills for learning; choices and pathways; work and career; employment rights and responsibilities; financial choices; media literacy; digital resilience</p>	<p>Year 10</p> <p>Half termly assessment Self-assessment End of topic quizzes</p>
<p>Health and Wellbeing: Wellbeing and resilience; mental health stigma; coping strategies; life balance; your health responsibility; female genital mutilation; assessing and reducing personal risk; gambling risks illegal substances</p>	<p>Relationships: Puberty and sexual health; physical and mental changes; contraception; potential risks of sexual activity; conflict management; safe relationships; abuse characteristics; supporting each other; gang pressure; knife crime; county lines</p>	<p>Living in the wider world: Valued learning attributes; engaging in enterprise; young people's employment rights; financial expectations; financial exploitation; making informed decisions and fake news</p>	<p>Year 9</p> <p>Half termly assessment Self-assessment End of topic quizzes</p>
<p>Health and Wellbeing: Individuality; impact of the media and social media; identifying and articulating a range of emotions; understanding resilience; sleep and sleep strategies; balanced diet; personal hygiene; managing risks; how to get help in an emergency</p>	<p>Relationships: Different relationships; healthy friendships; trust; gender roles; compromise and negotiation; the effects of change; bullying; peer influence</p>	<p>Living in the wider world: Being a lifelong learner; features of the internet; personal values; benefits and risks of social media; presenting yourself online; responding to online worries</p>	<p>Year 8</p> <p>Half termly assessment Self-assessment End of topic quizzes</p>
<p>Health and Wellbeing: Zones of regulation; personal strengths; skills for learning; prejudice and discrimination; managing pressure; feeling unwell; self-care; emergency situations; accidents and risk; public and private</p>	<p>Relationships: Feeling frightened/worried; self-esteem and unkind comments; strong feelings; trust and relationships; understanding and building resilience; puberty; friendships; healthy and unhealthy relationship behavior; listening skills; recognising bullying</p>	<p>Living in the wider world: elements of a healthy lifestyle; mental wellbeing; physical activity; healthy eating; body image; british values; diversity, rights and responsibilities; taking care of the environment; sea safety; road safety; keeping safe in summer</p>	<p>Year 7</p> <p>Half termly assessment Self-assessment End of topic quizzes</p>