

PSHE YEAR 7 SCHEME OF WORK: 2021/2022

	Topic and Learning Aims	Lessons
Autumn 1: Health and Wellbeing	Transition and Safety Transition to secondary school and personal safety in and outside school. Including first aid <ul style="list-style-type: none"> ● How to identify, express and manage emotions in a constructive way ● How to manage the challenges of moving to a new school ● How to establish and manage friendships ● How to improve study skills ● How to identify personal strengths and areas for development ● Personal safety strategies and travel safety, e.g road, rail and water ● How to respond to an emergency situation ● Basic first aid 	What is PSHE? How will we work together?
		How is Year 7 Different?
		First Aid at home Kindness and coping Safe and Active at home
		Assessment and Reflection
Autumn 2 or Spring 1/2 Living in the Wider World	Developing skills and aspirations Careers, teamwork and enterprise skills and raising aspirations <ul style="list-style-type: none"> ● Problem solving, communication, teamwork, leadership, risk- management, and creativity ● Broaden horizons and identify future career aspirations ● Equality of opportunity 	What are my aspirations and values?
		Developing Skills and Abilities
		Broad Range of Careers
		Stereotypes and Equality

	<ul style="list-style-type: none"> • Link between values and career choices 	Enterprise and Future Careers
		Goal Setting, Assessment and Reflection
Autumn 2 or Spring 1/2 : Relationships	Diversity Diversity, prejudice, and bullying <ul style="list-style-type: none"> • Identity, rights and responsibilities • Living in a diverse society • How to challenge prejudice, stereotypes and discrimination • The signs and effects of all types of bullying, including online • How to respond to bullying of any kind, including online • How to support others 	Understanding our communities
		How do I feel about ‘difference’?
		How can we value each other?
		What makes a successful community?
		Bullying and Cyberbullying
		Assessment and Reflection
Autumn 2 or Spring 1/2 : Health and Wellbeing	Health and Puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM <ul style="list-style-type: none"> • Healthy lifestyle choices including diet, dental health, physical activity and sleep • How to manage influences relating to caffeine, smoking and alcohol • How to manage physical and emotional changes during puberty • Personal hygiene • FGM and how to access help and support 	What happens at puberty?
		Menstrual Wellbeing and Personal Hygiene
		Why am I feeling like this?
		What do we need to keep healthy?
		Alcohol, tobacco and other drugs - Drugs: an Introduction

		Assessment and Reflection
Summer 1 or 2 Relationships	Building Relationships Self-worth, romance and friendships (including online) and relationship boundaries <ul style="list-style-type: none"> • Developing self-worth and self-efficacy • Qualities and behaviours relating to different types of positive relationships • How to recognised unhealthy relationships • How to recognise and challenge media and stereotypes • How to evaluate expectations for romantic relationships • About consent, and how to seek and assertively communicate consent 	What are the different types of relationships?
		What is a healthy relationship?
		Communication Skills
		Is commitment important in relationships?
		Abuse in relationships and identify strategies for dealing with potentially dangerous situations
		Assessment and Reflection
Summer 1 or 2: Living in the Wider World	Financial Decision Making Saving, borrowing, budgeting and making financial choices <ul style="list-style-type: none"> • Make safe financial choices • Ethical and unethical business practices and consumerism • Saving, spending and budgeting • Risk-taking behaviour 	How do I save and how do I budget?
		What influences our spending?
		Money Skills: Recognising your money personality
		Money Skills: Value For Money
		Money Skills: Next Steps in your Financial Journey

		Assessment and Reflection
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PSHE YEAR 8 SCHEME OF WORK: 2021/2022

	Topic and Learning Aims	Lessons
Autumn 1/2: Health and Wellbeing	Drugs and Alcohol Alcohol and drug misuse and pressures relating to drug use <ul style="list-style-type: none"> ● Medicinal and recreational drugs ● Over-consumption of energy drinks ● Relationship between habit and dependence ● How to use over the counter and prescription medications safely ● How to assess the risks of alcohol, tobacco, nicotine and e-cigarettes ● How to manage influences in relation to substance use ● How to recognise and promote positive social norms and attitudes 	What is PSHE? (a brief explanation and class agreement is all that is necessary as it is not a new subject) - not a whole lesson!
		Drugs and the Law
		Alcohol
		Smoking
		The impact of drug taking
		How do I manage situations involving drugs?
		Assessment and Reflection
Autumn 1/2: Living in the Wider World	Community and Careers Equality of opportunity in careers and life choices, and different types and patterns of work <ul style="list-style-type: none"> ● About equality of opportunity in life and work 	What is PSHE? (a brief explanation and class agreement is all that is necessary as it is not a new subject) - not a whole lesson!
		How do I plan for my future?

	<p>work</p> <ul style="list-style-type: none"> • How to challenge stereotypes and discrimination in relation to work and pay • About employment, self-employment and voluntary work • How to set aspirational goals for future careers and challenge expectations that limit choices 	<p>Self Confidence Lesson</p> <p>What do I need to plan for?</p> <p>What opportunities are out there for me?</p> <p>Extra sessions on Careers depending on interest of class: Career Journey or Staying Positive (resilience)</p> <p>Assessment and Reflection</p>
<p>Spring 1/2: Relationships</p>	<p>Discrimination Discrimination in all its forms, including racism, religious discrimination, disability discrimination, sexism, homophobia, biphobia and transphobia</p> <ul style="list-style-type: none"> • How to manage influences on beliefs and decisions • About group-think and persuasion • How to develop self-worth and confidence • About gender identity, transphobia and gender-based discrimination • How to recognise and challenge homophobia and biphobia • How to recognise and challenge racism and religious discrimination 	<p>What is PSHE? (a brief explanation and class agreement is all that is necessary as it is not a new subject) - not a whole lesson!</p> <p>What can cause problems in communities?</p> <p>Hate crime and radicalisation</p> <p>How can I contribute to my community?</p> <p>What do voluntary agencies do?</p> <p>How can we challenge prejudice and discrimination?</p> <p>Assessment and Reflection</p>

Spring 1/2: Health and Wellbeing	Emotional wellbeing: Mental health and emotional wellbeing, including body image and coping strategies <ul style="list-style-type: none"> • Attitudes towards mental health • How to challenge myths and stigma • About daily wellbeing • How to manage emotions • How to develop digital resilience • About unhealthy coping strategies (eg. self-harm and eating disorders) • About healthy coping strategies 	What are ‘emotional wellbeing’ and ‘mental health’?
		What is ‘resilience’? What is digital resilience?
		Feelings and how to manage them
		What impacts on emotional wellbeing?
		Recognising the signs of poor mental health Ways to look after emotional wellbeing + Who can help? - Support Services
		Assessment and Reflection
Summer 1/2 Relationships	Identity and Relationships Gender identity, sexual orientation, consent, ‘sexting’, and an introduction to contraception <ul style="list-style-type: none"> • The qualities of positive, healthy relationships • How to demonstrate positive behaviours in healthy relationships • About gender identity and sexual orientation • About forming new partnerships and developing relationships • About the law in relation to consent 	Who am I?
		Gender Identity
		Choices around sex and sexual orientation
		Sexting - focus on sexting (pornography focus in year 9)
		Sex and the law - Consent

	<ul style="list-style-type: none"> • About the law in relation to consent • That the legal and moral duty is with the seeker of consent • How to effectively communicate about consent in relationships • About the risks of 'sexting' and how to manage requests or pressure to send an image • About basic forms of contraception, eg. condom and pill 	Assessment and Reflection
Summer 1/2: Living in the Wider World	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks <ul style="list-style-type: none"> • About online communication • How to use social networking sites safely • How to recognise online grooming in different forms, eg. in relation to sexual or financial exploitation, extremism and radicalisation • How to respond and seek support in cases of online grooming • How to recognise biased or misleading information online • How to critically assess different media sources 	How do we manage risky situations?
		Gambling (with a focus of online hooks)
		Staying financially safe online: Dealing with financial dilemmas
		Building a Positive Online Reputation
		Staying Safe Online - focus on media reliability and online grooming

	<ul style="list-style-type: none">• How to distinguish between content which is publicly and privately shared• About age restrictions when accessing different forms of media and how to make responsible decisions• How to protect financial security online• How to assess and manage risks in relation to gambling and chance-based transactions	Assessment and Reflection
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PSHE YEAR 9 SCHEME OF WORK: 2021/2022

	Topic and Learning Aims	Lessons
Autumn 1, 2 or Spring 1: Health and Wellbeing	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation <ul style="list-style-type: none"> ● How to distinguish between healthy and unhealthy friendships ● How to assess risk and manage influences, including online ● About 'group think' and how it affects behaviour ● To manage risk in relation to gangs ● About the legal and physical risks of carrying a knife ● About positive social norms in relation to drug and alcohol use ● About legal and health risks in relation to drug and alcohol use, including addiction and dependence 	What is PSHE? (a brief explanation and class agreement is all that is necessary as it is not a new subject) - not a whole lesson!
		Being assertive and dealing with pressure
		Forming Positive Friendships
		Alcohol
		Gangs and Knife Crime
		Who can help?
		Assessment and Reflection
Autumn 1, 2 or Spring 1: Living in the Wider World	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process <ul style="list-style-type: none"> ● About transferable skills, abilities and interests ● How to demonstrate strengths 	What is PSHE? (a brief explanation and class agreement is all that is necessary as it is not a new subject) - not a whole lesson!
		How do I improve my prospects?

	<ul style="list-style-type: none"> • How to demonstrate strengths • About different types of employment and career pathways • How to manage feelings relating to future employment • How to work towards aspirations and set meaningful, realistic goals for the future • About GCSE and post-16 options • Skills for decision making 	What does the law say about work?
		My personal brand
		Exploring Personal Strengths for Employment
		Aiming High
		Assessment and Reflection
Autumn 1 or 2 or Spring 1: Relationships	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes <ul style="list-style-type: none"> • About different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering • About positive relationships in the home and ways to reduce homelessness amongst young people • About conflict and its causes in different contexts, eg. with family and friends • Conflict resolution strategies • How to manage relationship and family changes, including relationship breakdown, separation and divorce • How to access support services 	What is PSHE? (a brief explanation and class agreement is all that is necessary as it is not a new subject) - not a whole lesson!
		What does ‘family’ mean?
		How can I contribute to family life?
		Faith and Values
		How am I doing?
		What are my rights and responsibilities?
		Assessment and Reflection

Spring 2 or Summer 1 or 2: Health and Wellbeing	Healthy Lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid <ul style="list-style-type: none"> • About the relationship between physical and mental health • About balancing work, leisure, exercise and sleep • How to make informed healthy eating choices • How to manage influences on body image • To make independent health choices • To take increased responsibility for physical health - breast examination • To learn CPR and refresh basic first aid 	What do we need to keep healthy?
		Healthy Eating + Exercise
		Things that support our health
		When health goes wrong
		First Aid and CPR
		Assessment and Reflection
Spring 2 or Summer 1 or 2 Relationships	Intimate Relationships Relationships and sex education including consent, contraception, the risks of STI's and attitudes to pornography <ul style="list-style-type: none"> • About readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex • About myths and misconceptions relating to consent • About the continuous right to withdraw consent and paucity to consent 	Starting out in Romantic Relationships/ Capacity to Consent
		Preventing STIs
		Contraception/ Condom Negotiation/Unplanned Pregnancy
		Pornography (focus on pornography as sexting is taught in year 8)
		Relationship Expectations

	<ul style="list-style-type: none"> • About STIs, effective use of condoms and negotiating safer sex • About the consequences of unprotected sex, including pregnancy • How the portrayal of relationships in the media and pornography might affect expectations • How to assess and manage risks of sending, sharing or passing on sexual images • How to secure personal information online 	Assessment and Reflection
Spring 2 or Summer 1 or 2: Living in the Wider World	Employability Skills Employability and online presence <ul style="list-style-type: none"> • About young people’s employment rights and responsibilities • Skills to give and act upon constructive feedback • How to manage their ‘personal brand’ online • Habits and strategies to support progress • How to identify and access support for concerns relating to life online 	Understanding Fraud
		Identity Fraud and Data Protection
		Money Mules
		Social Engineering
		Growth Mindset Toolkit
		Assessment and Reflection