

Balshaw's CE High school PSHE Year Programme of study overview

	Autumn 1 Independence and aspirations	Autumn 2 Autonomy and advocacy	Spring 1 Choices and influences	Spring 2 Independence and aspirations	Summer 1 Autonomy and advocacy	Summer 2 Choices and influences
Year 7	<p>Developing goal setting, organisation skills and self-awareness:</p> <ul style="list-style-type: none"> Personal identity and values Learning skills and teamwork Respect in school 	<p>Developing empathy, compassion and communication:</p> <ul style="list-style-type: none"> Making and maintaining friendships Identifying and challenging bullying Communicating online 	<p>Developing agency, strategies to manage influence and decision making:</p> <ul style="list-style-type: none"> Regulating emotions Diet and exercise Hygiene and dental health Sleep 	<p>Developing self-confidence and self-worth:</p> <ul style="list-style-type: none"> Puberty and managing change Body satisfaction and self-concept 	<p>Developing assertive communication, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> Rights in the community Relationship boundaries Unwanted contact 	<p>Developing agency and decision making skills:</p> <ul style="list-style-type: none"> Drugs, alcohol and tobacco Safety and first aid
Year 8	<p>Developing risk management skills, analytical skills and strategies to identify bias:</p> <ul style="list-style-type: none"> Managing online presence Digital and media literacy 	<p>Developing respect for beliefs, values and opinions and advocacy skills:</p> <ul style="list-style-type: none"> Stereotypes, prejudice and discrimination Promoting diversity and equality 	<p>Developing agency and strategies to manage influence and access support:</p> <ul style="list-style-type: none"> Drugs and alcohol Resisting peer influence Online choices and influences 	<p>Developing goal setting, motivation and self-awareness:</p> <ul style="list-style-type: none"> Aspirations for the future Career choices Identity and the world of work 	<p>Developing communication and negotiation skills, clarifying values and strategies to manage influence:</p> <ul style="list-style-type: none"> Healthy relationships Boundaries and consent including FGM and forced marriage LGBT+ inclusivity 'Sexting' Managing conflict 	<p>Developing agency and strategies to manage influence and access support:</p> <ul style="list-style-type: none"> Maintaining positive mental health Importance of physical activity
Year 9	<p>Developing goal-setting, analytical skills and decision making:</p> <ul style="list-style-type: none"> GCSE options Sources of careers advice Employability 	<p>Developing self-confidence, risk management and strategies to manage influence:</p> <ul style="list-style-type: none"> Friendship challenges Gangs and violent crime Drugs and alcohol Assertive communication 	<p>Developing empathy, compassion and strategies to access support:</p> <ul style="list-style-type: none"> Mental health (including self-harm and eating disorders) Change, loss and bereavement Healthy coping strategies 	<p>Developing analytical skills and strategies to identify bias and manage influence:</p> <ul style="list-style-type: none"> Financial decisions Saving and borrowing Gambling, financial choices and debt 	<p>Developing assertive communication, clarifying values and strategies to manage influence:</p> <ul style="list-style-type: none"> Healthy/unhealthy relationships Consent Relationships and sex in the media 	<p>Developing decision making, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> Sexually transmitted infections (STIs) Contraception Cancer awareness First aid
Year 10	<p>Developing self-awareness, goal-setting, adaptability and organisation skills:</p> <ul style="list-style-type: none"> Managing transition to key stage 4 including learning skills Managing mental health concerns 	<p>Developing empathy and compassion, strategies to manage influence and assertive communication:</p> <ul style="list-style-type: none"> Relationship expectations Impact of pornography Identifying and responding to abuse and harassment 	<p>Developing agency and decision making, strategies to manage influence and access support:</p> <ul style="list-style-type: none"> First aid and life-saving Personal safety Online relationships 	<p>Developing goal setting, leadership and presentation skills:</p> <ul style="list-style-type: none"> Skills for employment Applying for employment Online presence and reputation 	<p>Developing respect for diversity, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> Nature of committed relationships Forced marriage Diversity and discrimination Extremism 	<p>Developing motivation, organisation, leadership and presentation skills:</p> <ul style="list-style-type: none"> Applying for leadership and senior roles in school Preparation for college/work

<p>Year 11</p>	<p>Developing resilience and risk management skills:</p> <ul style="list-style-type: none"> • Money management • Fraud and cybercrime • Preparing for adult life 	<p>Developing communication and negotiation skills, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> • Relationship values • Maintaining sexual health • Sexual health services • Managing relationship challenges and endings 	<p>Developing confidence, agency and support-seeking skills:</p> <ul style="list-style-type: none"> • Making safe and healthy lifestyle choices • Health promotion and self-examination • Blood, organ, stem cell donation 	<p>Developing empathy and compassion, clarifying values and support-seeking skills:</p> <ul style="list-style-type: none"> • Families and parenting • Fertility, adoption, abortion • Pregnancy and miscarriage • Managing grief and loss 	<p>Developing confidence, self-worth, adaptability and decision making skills:</p> <ul style="list-style-type: none"> • Recognising and celebrating Successes • How to deal with failure • Transition and new opportunities • Aligning actions with goals 	
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