

# Derby Cathedral School PSHE Long term Plans

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<b>Transition and safety</b> Transition to secondary school and personal safety in and outside school, including first aid	<b>Diversity</b> Diversity, prejudice, and bullying in all its forms	<b>Health and puberty</b> Healthy lifestyle inc dental care, sleep, healthy eating, energy drinks, intro to depression, influences on health, intro puberty and periods.	<b>Developing skills and aspirations</b> Careers, teamwork and enterprise skills, and raising aspirations	<b>Friends, respect and relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries	<b>Developing me, UNIFROG 1</b> This unit is an introduction to unifrog, careers and thinking about the future
Year 8	<b>Drugs and alcohol</b> Alcohol and drug misuse and pressures relating to drug use Associated First aid	<b>Discrimination</b> Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia.	<b>Internet Safety and awareness</b> This unit covers how to be safe online and the dangers of grooming, manipulation and selfies.	<b>Developing me 2 UNIFROG 2</b> Continuing from year 7 developing the pupils knowledge of careers subjects and labour market information	<b>Relationships, Identity and FGM</b> This unit covers healthy relationships, sexual and gender orientation and FGM	<b>Mental Health and well being</b> This unit covers attitudes around mental health, the promotion of well being, helpful and unhelpful coping strategies.
Year 9	<b>Drugs and alcohol 2</b> Peer pressure, assertiveness, alcohol and substance misuse, and first aid	<b>Respectful relationships</b> Healthy and unhealthy relationships, child sexual exploitation, gang culture and knife crime.	<b>Developing me 3 UNIFROG 3</b> Learning strengths, career options and goal setting as part of the GCSE options process	<b>Healthy me</b> Coping with stress, managing anxiety, eating disorders, cancer awareness, vaccinations, male suicide and mindfulness.	<b>Intimate relationships 1</b> Relationships and sex education including Healthy relationships, sexual orientation and gender identity and rape culture.	<b>Intimate relationships 2</b> This continues the learning from the previous half term and covers consent, contraception, HIV and aids including prejudice, sexual harassment and stalking.

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Year 10	<p><b>Exploring world issues</b></p> <p>This unit looks at critical thinking and fake news, human rights and trafficking, Unicef, aid and supporting other countries and peace and conflict through a case study of the Rwandan Genocide,.</p>	<p><b>Exploring British Values</b></p> <p>This unit continues the theme of Human rights against our British values. We look at what our British Values are and to what extent we agree with each value in our modern society.</p>	<p><b>Mental Health and Well Being</b></p> <p>This unit covers child abuse, screentime on mobiles, types of mental health, understanding self harm and suicide and the promotion of well being through exercise and good sleep.</p>	<p><b>Crimes and keeping safe</b></p> <p>This unit looks at Honour based violence and forced marriage, modern day slavery, gambling and addiction and keeping our data safe.</p>	<p><b>Rights and Responsibilities</b></p> <p>This unit looks at targeted advertising, our rights and responsibilities as a consumer and employer and exploring all the different parts of a payslip.</p>	<p><b>Warning signs, relationships and sex education</b></p> <p>This unit looks at sexualisation of the media, the consequences of sexting and nudes, porn and rape culture.</p>
Year 11	<p><b>Sexual health</b></p> <p>Importance of sexual health, fertility, alcohol and choices, revisiting STI's and contraception</p>	<p><b>My future and Beyond (Unifrog)</b></p> <p>Time management, exam stress and relaxation, writing a personal statement, targeted revision for mock exams</p>	<p><b>Adult Health and looking after yourself</b></p> <p>Teenage pregnancy, Abortion morals and ethics, different types of cancers, parenthood, love and abuse</p>	<p><b>Staying safe</b></p> <p>Online reputation and digital footprint, cosmetic surgery risks and dangers, social life and drugs.</p>		