

PSHE

	Autumn	Spring	Summer
Year 7 As part of CbLS (Competency based SOW)	Personal identity and values Learning skills and teamwork Respect in school (Transition to secondary) Making and maintaining friendships Identifying and challenging bullying Communicating online	Regulating emotions; Diet and exercise Hygiene and dental health Sleep Puberty and managing change Body satisfaction and self-concept	Rights in the community Relationship boundaries Unwanted contact Drugs, alcohol and vaping Safety first aid
Year 8	Online safety: extended Being safe online and outside Banter and bullying Healthy relationships	Diversity Prejudice and discrimination Relationships and Sex Education Physical and emotional changes Media perspectives Law. Consent	Economic education Careers Making good decisions towards the ideal job
(Competency based SOW to be introduced by 2025)	Developing risk management skills, analytical skills and strategies to identify bias: <ul style="list-style-type: none"> • Managing online presence • Digital and media literacy 	Developing agency and strategies to manage influence and access support: <ul style="list-style-type: none"> • Drugs and alcohol • Introduction to contraception 	Developing communication and negotiation skills, clarifying values and strategies to manage influence: <ul style="list-style-type: none"> • Healthy relationships • Boundaries and consent

	<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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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	Careers Setting SMART goals	Healthy/unhealthy lifestyle Eating disorders Drugs	Relationships and sex education: Family, friends, professional, romantic
(Competency based SOW to be introduced by 2025)	<p>Developing goal-setting, analytical skills and decision making:</p> <ul style="list-style-type: none"> • 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 	<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>	<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</p>

	<ul style="list-style-type: none"> • Drugs and alcohol • Assertive communication 	<ul style="list-style-type: none"> • Financial decisions • Saving and borrowing • Gambling, financial choices • and debt 	<p>management and support-seeking skills:</p> <ul style="list-style-type: none"> • Sexually transmitted infections (STIs) • Contraception • Cancer awareness • First aid
<p>Y10 Competency based SOW</p>	<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 concern <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"> • Preparation for, and reflection on, work experience

<p>Y11 Competency based SOW</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 • Transition and new opportunities • Aligning actions with goal
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