

PSHE JOURNEY AT UPPER SHIRLEY HIGH 2022-2023		A. Health and -Wellbeing	B. Risky Behaviours	C. Healthy Relationships	D. Discrimination	E. Digital Literacy	F. Future Aspirations
	Year 7	Welcome to USH: <ul style="list-style-type: none"> Introduction to PSHE Organisation skills Staying healthy Hygiene and puberty Emotions and hormones Reflections 	Staying safe <ul style="list-style-type: none"> Road safety Smoking/vaping FGM Stress and anxiety Eating disorders (update) Coping with big feelings Reflections 	Managing relationships <ul style="list-style-type: none"> Types of relationships Friendship issues Peer pressure and persuasion Unhealthy relationships Mending relationships Reflections 	Stopping discrimination <ul style="list-style-type: none"> Tackling banter Bullying 1 Bullying and discrimination Preventing bullying Cyber Bullying Reflections 	Safe online working: <ul style="list-style-type: none"> Mobile Phones E-Safety Gaming Images Freedom of speech Reflections 	Where do I fit in? <ul style="list-style-type: none"> Roles in the community Makeup of the UK National Anthem Government Being British Reflections
	Year 8	Drugs and alcohol: <ul style="list-style-type: none"> Introduction to drugs Prescription drugs Smoking Alcohol Energy drinks -Update Addiction Reflections 	Crime and the law <ul style="list-style-type: none"> Young offenders Gangs Police stop and search Knife crime Knife Crime 2 Law on drugs and alcohol Trap houses/county lines Reflections 	Changing relationships: <ul style="list-style-type: none"> Managing friendships Crushes and sexuality Romantic relationships Coercive relationships Family relationship Forced Marriage Reflections 	Understanding prejudice <ul style="list-style-type: none"> Prejudice Hate crime Protected characteristics Is Britain racist British Values Reflections 	Knowing what to believe online: <ul style="list-style-type: none"> Fact V Fiction Scams/Phishing Catfishing Identity theft Pirating Reflections 	Finance: Basic budgeting <ul style="list-style-type: none"> Types of bank accounts Budgeting Types of payment Borrowing money Reflections
	Year 9	Maintaining a healthy mind <ul style="list-style-type: none"> Being self-aware Body image Stress and anxiety Coping strategies Reflections 	Crime and the law <ul style="list-style-type: none"> Young offenders Gangs Police stop and search Knife crime Knife Crime 2 Law on drugs and alcohol Trap houses/county lines Reflections 	Am I ready for a sexual relationship? <ul style="list-style-type: none"> Types of relationships Stages of a relationship Staying safe STI's Contraception Law and relationships Reflections 	Society and discrimination <ul style="list-style-type: none"> Protected characteristics Addressing our bias Harassment Racial profiling Religious stereotyping Reflections 	Sexual exploitation and the law <ul style="list-style-type: none"> Grooming Pornography Sexual harassment Reflections 	The world of work <ul style="list-style-type: none"> Types of careers My skills CV's Applying for jobs Interview techniques Reflections
	Year 10	Taking responsibility for my own health <ul style="list-style-type: none"> Organ donation Blood donation Keeping healthy Cancer Sexual health Signposting support Reflections 	Risky actions: <ul style="list-style-type: none"> Gambling Substance abuse Gun Crime Abortion/STI Reflections 	When things go wrong: <ul style="list-style-type: none"> Online dating Sexual Harassment x2 Toxic/coercive relationships Domestic violence Honour bound violence Reflections 	What is extremism? <ul style="list-style-type: none"> Extremism Prejudice Islamophobia Homophobia Gender discrimination Fighting discrimination Reflections 	Thinking about my role online <ul style="list-style-type: none"> Online presence Online Hate Trolling Cyber bullying Reflections 	Politics: Political parties and voting <ul style="list-style-type: none"> My political values The role of my MP Voting and elections Political parties Reflection
	Year 11: Preparing for adulthood	Preparing for year 11 <ul style="list-style-type: none"> What do I want from year 11? Career aspirations School life balance Mental health Dealing with stress Reflections 	Understanding my actions <ul style="list-style-type: none"> Impact of debt Crime and joint enterprise Contraception and sexual health Impact of drugs Impact of drinking Reflections 	Developing relationships <ul style="list-style-type: none"> Families Parenting Healthy relationships Coercive control Ending relationships Grief Reflections 	Finance: Costs of real life <ul style="list-style-type: none"> Wages and taxes Cost of living Budgeting (food) Future investments Using money wisely Reflections 	N/A	N/A