

SECONDARY PSHE & RSE EDUCATION: LONG TERM 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	Developing self-awareness, creating new relationships and exploring identity: <ul style="list-style-type: none"> Personal identity, values and belonging Learning skills and teamwork Respect in school Teamwork and working with others respectfully 	Developing empathy, compassion and communication: <ul style="list-style-type: none"> Making and maintaining friendships Identifying and challenging bullying Communicating online Self-reflection 	Developing assertive communication, strategies to manage decision making and self-confidence: <ul style="list-style-type: none"> Regulating emotions through speech Sleep Online sharing Introduction to careers 	Developing strategies to manage influence, self-confidence and self-worth: <ul style="list-style-type: none"> Rights in the community Laws around behaviour Working together to make a difference 	Developing risk management and support-seeking skills: <ul style="list-style-type: none"> Relationship boundaries Drugs, alcohol and tobacco Diet and exercise Self-reflection for competency review 	Developing self-confidence and self-worth and decision making skills: <ul style="list-style-type: none"> LGBTQIA+; history Safety and first aid Hygiene and dental health Puberty and managing change
Year 8	Developing risk management skills, analytical skills and strategies to identify bias: <ul style="list-style-type: none"> Managing online presence Mental Health (literacy and coping strategies) Promoting body confidence FGM and forced marriage Unwanted contact 	Developing respect for beliefs, values and opinions and advocacy skills: <ul style="list-style-type: none"> Stereotypes, prejudice and discrimination Promoting diversity and equality Live well - wellbeing Self-reflection 	Developing motivation and self-awareness and goal-setting <ul style="list-style-type: none"> Wellbeing choices related to sleep habits Resisting peer influence Online choices and influences Career choices related to skills 	Developing strategies to manage influence and access support: <ul style="list-style-type: none"> Aspirations for the future Identity and the world of work Healthy relationships Managing conflict Assertive and successful communication under pressure or influence 	Developing communication and negotiation skills, clarifying values and strategies to manage influence: <ul style="list-style-type: none"> Boundaries and consent Body satisfaction and self-confidence and awareness Signs of healthy and unhealthy relationships 'Sexting'/'Sharing' Drugs and alcohol Hygiene and cancer awareness 	Developing agency and strategies to manage influence and access support: <ul style="list-style-type: none"> Maintaining positive mental health Importance of physical activity Exploring wellbeing in relation to giving to others LGBT+ inclusivity
Year 9	Developing goal-setting, analytical skills and decision making: <ul style="list-style-type: none"> GCSE options Assertive communication Relationship expectations Relationships and sex in the Media 	Developing self-confidence, risk management and strategies to manage influence: <ul style="list-style-type: none"> Friendship challenges Gangs and violent crime Drugs and alcohol Sources of careers advice Self-reflection 	Developing empathy, compassion and strategies to access support: <ul style="list-style-type: none"> Healthy coping strategies GCSE options Sources of careers advice Employability Healthy/unhealthy relationships Consent 	Developing analytical skills and strategies to identify bias and manage influence: <ul style="list-style-type: none"> Financial decisions Online presence and reputation STIs and contraception (SOS) Diversity and discrimination (SRTRC) 	Developing assertive communication, clarifying values and strategies to manage influence: <ul style="list-style-type: none"> Mental health (including self-harm and eating disorders) Link between physical health and mental health 	Developing decision making, risk management and support-seeking skills: <ul style="list-style-type: none"> First aid Managing transition to key stage 4 including learning skills
Year 10	Developing self-awareness, goal-setting, adaptability and organisation skills: <ul style="list-style-type: none"> Managing mental health concerns Leadership and followership Sources of careers advice 	Developing empathy and compassion, strategies to manage influence and assertive communication: <ul style="list-style-type: none"> Identifying and responding to abuse and harassment (BSBS) Maintaining sexual health (BSBS) Sexual health services (BSBS) Fraud and cybercrime (BSBS) Self-reflection 	Developing agency and decision making, strategies to manage influence and access support: <ul style="list-style-type: none"> First aid and life-saving Personal safety Online relationships Change, loss and bereavement 	Developing goal setting, leadership and presentation skills: <ul style="list-style-type: none"> Skills for employment Applying for employment Gambling, financial choices and debt Saving and borrowing 	Developing respect for diversity, risk management and support-seeking skills: <ul style="list-style-type: none"> Nature of committed relationships Forced marriage Extremism 	Developing motivation, organisation, leadership and presentation skills: <ul style="list-style-type: none"> Preparation for, and reflection on, work experience
Year 11	Developing resilience and risk management skills: <ul style="list-style-type: none"> Money management Preparing for adult life Specific careers advice 	Developing communication and negotiation skills, risk management and support-seeking skills: <ul style="list-style-type: none"> Relationship values Impact of pornography Managing relationship challenges and endings Making safe and healthy lifestyle choices Self-reflection 	Developing confidence, agency and support-seeking skills: <ul style="list-style-type: none"> Health promotion and self-examination Blood, organ, stem cell donation 	Developing empathy and compassion, clarifying values and support-seeking skills: <ul style="list-style-type: none"> Families and parenting Fertility, adoption, abortion Pregnancy and miscarriage Managing grief and loss 	Developing confidence, self-worth, adaptability and decision making skills: <ul style="list-style-type: none"> Recognising and celebrating successes Transition and new opportunities Aligning actions with goals 	

