

Long Term Plan PSHRE 2023-2024 Green

Year	HT1	HT2	HT3	HT4	HT5	HT6
Blue	<p>Mental Health</p> <ol style="list-style-type: none"> 1) Mental health and emotional wellbeing 2) Signs of emotional or mental ill-health 3) Reframing negative thinking 4) Accessing support and treatment 5) Portrayal of mental health in the media 6) Stigma, stereotypes and misinformation 	<p>Building Relationships</p> <ol style="list-style-type: none"> 1) Self-worth and self-efficacy 2) Qualities and behaviours in positive relationships 3) Recognise unhealthy relationships 4) Recognise and challenge media stereotypes 5) Evaluate expectations for romantic relationships 6) Consent - seeking and assertively communicating 	<p>Communication in Relationships</p> <ol style="list-style-type: none"> 1) Communication 2) Gender identity, gender expression and sexual orientation 3) Handle unwanted attention, including online 4) Challenging harassment and stalking, including online 5) Forms of relationship abuse 6) Unhealthy, exploitative and abusive relationships 7) Accessing support in abusive relationships 	<p>Drugs and Alcohol</p> <ol style="list-style-type: none"> 1) Medicinal and reactional drugs including energy drinks 2) Habit and dependence 3) Over the counter and prescription medications 4) Assess the risks of alcohol, tobacco, nicotine and e-cigarettes 5) Influences in relation to substance use 6) Recognise and promote positive social norms and attitudes 	<p>Healthy Lifestyle</p> <ol style="list-style-type: none"> 1) Relationship between physical and mental health 2) Balancing work, leisure, exercise and sleep 3) Informed healthy eating choices 4) Manage influences on body image 5) Make independent health choices 6) Take increased responsibility for physical health, including testicular and breast self-examination 	<p>Identity and Relationships</p> <ol style="list-style-type: none"> 1) The qualities of positive, healthy relationships 2) Gender identity and sexual orientation 3) Forming new partnerships and developing relationships 4) Maintaining "self" and changing "self" 4) Law in relation to consent 5) Risks of 'sexting' and how to manage requests or pressure to send an image 7) FGM & breast ironing
Green	<p>Emotional Wellbeing</p> <ol style="list-style-type: none"> 1) Attitudes to mental health 2) Promoting emotional wellbeing 3) Developing digital resilience 4) Unhealthy coping strategies – self harm 5) Unhealthy coping strategies – eating disorders 6) Feeling overwhelmed and suicidal ideation 7) Healthy coping strategies 8) Change, loss and grief 	<p>Respectful Relationships</p> <ol style="list-style-type: none"> 1) Different types of families and parenting 2) Positive relationships in the home 3) Conflict and its causes 4) Conflict resolution strategies 5) Respect 5) Managing change in relationships 6) Access support service 	<p>Intimate Relationships</p> <ol style="list-style-type: none"> 1) Readiness for sexual activity 2) Facts and misconceptions relating to consent 3) STIs, effective use of condoms and negotiating safer sex 4) Contraception choices and consequences 5) Portrayal of sex in the media and pornography 6) Sharing or passing on sexual images 	<p>Transition and Safety</p> <ol style="list-style-type: none"> 1) Express and manage emotions in a constructive way 2) Manage the challenges of moving on to new things 3) Establish and manage friendships 4) Study & employability skills 5) How to identify personal strengths and areas for development 6) Personal safety and travel safety 7) How to respond in an emergency situation & basic first aid 	<p>Discrimination</p> <ol style="list-style-type: none"> 1) Manage influences on beliefs and decisions 2) Group-think and persuasion 3) Develop self-worth and confidence 4) Gender identity, transphobia and gender-based discrimination 5) Recognise and challenge homophobia and biphobia 6) How to recognise and challenge racial and religious discrimination 	<p>Peer Influence, Substance Misuse and Gangs</p> <ol style="list-style-type: none"> 1) Distinguish between healthy and unhealthy friendships 2) 'group think' and how it affects behaviour 3) Recognise passive, aggressive and assertive behaviour, and how to communicate assertively 4) Manage risk in relation to gangs 5) Legal and physical risks of carrying a knife. 6) Legal and health risks in relation to county lines

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<p>Y10</p>	<p>ASDAN PSHE M1 Emotional wellbeing</p> <p>A1 Talking about emotions A2 Importance of connecting with others A3 Mental ill health A4 Early signs of mental ill health A6 Triggers for mental ill health A5 Positive emotional wellbeing A6 Creating our own guide for positive mental health and wellbeing A6 Current affairs</p>	<p>ASDAN PSHE M2 Keeping safe and healthy</p> <p>A1 Coping with being new A3 Healthy lifestyle A5 Healthy eating A6 Risks to personal safety A7 Safe use of minicabs and taxis B3 Keeping safe on a night out</p>	<p>ASDAN PSHE M7 Respectful relationships</p> <p>A1 Healthy relationships across cultures and society A2 Emotions in different relationships A3 Healthy and unhealthy relationships A4 Consent in various contexts A5 Developing healthy relationships in different contexts A6 Coercion and control</p>	<p>ASDAN PSHE M5 Tobacco and drugs</p> <p>A1 Laws relating to supply and possession A2 Harmful effects of smoking tobacco and benefits of quitting smoking A4 Smoking Vs vaping A5 Drugs and mental health A6 Short and long term effects of drug misuse</p>	<p>ASDAN PSHE M4 Alcohol</p> <p>A1 What is alcohol and the laws related to it A2 Effects of drinking alcohol A3 Alcohol poisoning A4 Alcohol and emotional health A5 Social pressure and peer pressure in relation to alcohol B3 Alcohol and weight gain</p>	<p>ASDAN PSHE M3 Social media</p> <p>A1 Digital resilience A2 How manipulated images affect body image and self esteem A3 Harmful online behaviour A4 Online reputations A5 cyberstalking B1 Positive and negative impacts of social media</p>
<p>Y11</p>	<p>ASDAN PSHE M8 Families and parenting</p> <p>A1 Different concepts of families A2 Different sorts of relationships and legal status A4 Roles and responsibilities of parenting A5 Being a parent - impact on lifestyle A6 Impact on pregnancy of lifestyle choices A7 Options for an unplanned pregnancy A8 How families have changed through history A8 Families seeking asylum</p>	<p>ASDAN PSHE M6 Sexual Health</p> <p>Intro What do you know about sex? A6 Pregnancy A1 STI's A2 Contraception A3 Emergency contraception A4 Consent – Moral issues A5 Consent – Legal issues</p>	<p>Lawful and unlawful actions towards others</p> <p>1) Forced marriage 2) FGM 3) Radicalisation 4) Sexual images and pornography 5) Domestic violence 6) Abuse</p>	<p>Current affairs</p> <p>1) Local issues 2) National issues 3) International issues</p>	<p>ASDAN</p> <p>Consolidation and claims</p>	<p>ASDAN</p> <p>Consolidation and claims</p>



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Half Termly Career Focus

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Blue	Family Support Worker	Social Media Influencer	Solicitor	Paramedic	Personal Trainer	Journalist
Green	Mental Health Nurse	Sexual Health Advisor	Domestic Violence Charity Worker	Drug Worker	LGBT Rights Advocate	Victim Support Worker