

Long Term Plan PSHRE 2022-23 Blue

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Blue	<p>Mental health Personal hygiene Suicide prevention Stress and life events Eating disorders Anxiety Healthy eating Physical exercise Volatile substance abuse</p>	<p>Sexual health STI's Contraception – different types Teenage pregnancy choices Sexuality Gender identity Fertility Pornography</p>	<p>Positive relationships Different types of relationships Marriage and civil partnerships Families and relationships Readiness for sex Peer influences Controlling relationships Unwanted attention</p>	<p>What is a drug? Illegal drugs Drug trafficking Heroin Substance misuse Legal classifications Cannabis Joining gangs</p>	<p>Healthy diet Cancer and self- examination Sun safety Teeth/oral hygiene Community cohesion FGM</p>	<p>Screen time/offline balance Sex and the media Attraction and crushes Trolling and cyber bullying Body image and social media Conflicts in relationships Sexting and sharing nudes</p>
Green	<p>Emotional wellbeing Self-harming Healthy eating Puberty – hygiene and health Sleep hygiene Suicide prevention Stress – life events</p>	<p>Sexual health Contraception Teenage pregnancy Sexuality Puberty Gender identity</p>	<p>Positive relationships Teamwork Conflict management Conflicts in relationships Alcohol safety Smoking and vaping Volatile substance abuse</p>	<p>What is a drug? Illegal drugs Drug trafficking Heroin Substance misuse Legal classifications Cannabis</p>	<p>Consent Readiness for sex Sharing sexual images Sexual relationships Peer influences Joining gangs Anger management Carrying weapons</p>	<p>Digital footprint Online gaming and grooming Informed decisions about online content Extreme views Responding appropriately Social media Radicalisation</p>
Y10	<p>Emotional wellbeing M1</p> <p>Talking about emotions Importance of connecting with others Mental ill health Early signs of mental ill health Positive emotional wellbeing Promoting positive emotional wellbeing</p>	<p>Families and parenting M8</p> <p>Different concepts of families Recognising different sorts of relationships Forced marriage Roles and responsibilities of parenting Parenting impact on lifestyle Healthy lifestyle and pregnancy Options for an unplanned pregnancy</p>	<p>Respectful relationships M7</p> <p>Healthy relationships across cultures and society Emotions in different relationships Healthy and unhealthy relationships Consent in various contexts Developing healthy relationships in healthy relationships</p>	<p>Tobacco and drugs M5</p> <p>Laws relating to supply and possession Harmful effects of smoking tobacco Benefits of quitting smoking Nicotine consumption and vaping Drugs and mental health conditions Drug misuse</p>	<p>Keeping safe and healthy M2</p> <p>Coping with being new Campaigns promoting happiness Healthy lifestyle What constitutes a healthy lifestyle Healthy eating Health improvement services Risks to personal safety Safe use of minicabs and taxis</p>	<p>Social media M3</p> <p>Digital resilience Body image and self esteem Harmful online behaviour Online reputations cyberstalking</p>
Y11	<p>PSHE Careers module</p> <p>Teamwork Skills and abilities Personal strengths Employability Pathways to employment Problem solving</p>	<p>Alcohol M4</p> <p>Effects of drinking alcohol Alcohol poisoning Alcohol and emotional health Social pressure and peer pressure in relation to alcohol</p>	<p>Sexual health M6</p> <p>STI's Contraception Emergency contraception Consent Legal responsibilities - consent</p>	<p>Families and parenting M8</p> <p>Different concepts of families Recognising different sorts of relationships Forced marriage Roles and responsibilities of parenting Parenting impact on lifestyle Healthy lifestyle and pregnancy Options for an unplanned pregnancy</p>	<p>Keeping safe and healthy M2</p> <p>Coping with being new Campaigns promoting happiness Healthy lifestyle What constitutes a healthy lifestyle Healthy eating Health improvement services Risks to personal safety Safe use of minicabs and taxis</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	Social care	Nursing	Estate Agents	Pharmaceutical industry	Charity and voluntary work	Advertising Executive
Green	Midwife	Police Officer	Quantity Surveyor	Magistrate	Transport Industry	Cabin Crew