

Highdown School PSHCE Overview – All Years

	Health & wellbeing strand	Living in the wider world strand	Relationships and Sex Education strand			
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 7	<p><u>COMMUNITIES AND IDENTITIES</u> Transition to secondary school and personal safety in and outside school, the school as a community and other communities</p>	<p><u>GOALS AND INTENTIONS</u> Teamwork and enterprise skills, and raising aspirations, needs and wants, influences and choices</p>	<p><u>RIGHTS AND DIVERSITY</u> Designing a community / nation building, diversity and inclusion</p>	<p><u>HEALTH, CHANGE, AND ACCEPTANCE</u> Healthy routines, influences on health, puberty, unwanted contact, and FGM</p>	<p><u>THRIVING THROUGH LIFES CHALLENGES</u> A detailed breakdown of how to thrive during challenges using innovative cognitive techniques</p>	<p><u>MONEY AND REGULATION</u> Saving, borrowing, budgeting and making financial choices individually and introduction to nationally</p>
Year 8	<p><u>COMMUNITY AND INCLUSION</u> Equality of opportunity in life choices within the community, rights, values, and community support</p>	<p><u>MEDIA</u> Online safety, digital literacy, media reliability, gambling hooks, bias and fake news, media range and analysis</p>	<p><u>DIVERSITY, INCLUSION, AND ACCEPTANCE</u> Discrimination in all its forms, plus perception, rights and duties</p>	<p><u>DIVERSITY, DEVELOPMENT, AND RELATIONSHIPS</u> Gender identity, sexual orientation, consent, ‘sexting’, an introduction to contraception, law and equality</p>	<p><u>LIFE CHALLENGES</u> Mental health and emotional wellbeing, including self-image, bereavement, and coping strategies</p>	<p><u>ROLE MODELS AND DANGEROUS CHOICES</u> Alcohol and drug misuse and pressures relating to drug use, role models and influence</p>
Year 9	<p><u>WORK, RISK, AND FUTURE PLANNING</u> Skills to help with future employability and online presence, changes and challenges to the workplace</p>	<p><u>PERSONAL RESPONSIBILITY</u> Learning strengths and goal setting as part of personal development, healthy choices, personal and social regulation</p>	<p><u>FAMILY AND RIGHTS</u> Families and parenting, healthy relationships, conflict resolution, and relationship changes, families rights</p>	<p><u>HEALTHY RELATIONSHIPS</u> Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography, conflicts, media influence</p>	<p><u>MAKING GOOD LIFE DECISIONS</u> Diet, exercise, lifestyle balance and healthy choices, first aid, seeking help and support</p>	<p><u>CRIME, CONFLICT, AND (COMMUNITY COHESION)</u> Healthy and unhealthy friendships, assertiveness, substance misuse, gang exploitation, the law, community cohesion</p>

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Year 10	<u>INDEPENDENCE</u> Responsible health and development choices, safety in independent contexts, personal vs societal responsibility	<u>FINANCIAL DECISION MAKING</u> The impact and importance of financial decisions, debt, gambling, advertising on financial choices, tax	<u>ADDRESSING EXTREMISM AND RADICALISM</u> Communities, belonging and challenging extremism, civic and cultural views	<u>HEALTHY RELATIONSHIPS</u> Relationships and sex expectations, myths, the media and pornography, influence, the law	<u>HEALTHY AND POSITIVE HABITS</u> The influence and impact of drugs, gangs, role models and the media; health trends and confusion; social influence	<u>EXPLORING INFLUENCE</u> Mental & ill health, stigma, safeguarding including during challenge, media, influencers, the law
Year 11	<u>BUILDING FOR THE FUTURE</u> Self-efficacy, stress management, and future opportunities – personal versus societal responsibility and regulation	<u>NEXT STEPS</u> Application processes, and skills for further education, employment and career progression; value and regulation of the workplace	<u>COMMUNICATION AND RELATIONSHIPS</u> Personal values, assertive communication (including contraception and sexual health), relationship challenges and abuse; related cultural issues and events	<u>FAMILIES</u> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships; related cultural issues and events		
Year 12	<u>EQUALITY, DIVERSITY, EXTREMISM (DISCRIMINATION)</u> Recognise, understand and challenge different viewpoints – discrimination and the law	<u>SEXUAL HEALTH AND RESPONSIBILITY</u> STIs, contraception and pregnancy [expansion lessons focus on broad contemporary issues]	<u>EQUALITY, DIVERSITY, EXTREMISM (MANAGING VIEWS)</u> Recognise, understand and challenge different viewpoints – media fragmentation and negotiation	<u>SKILLS REQUIRED FOR FUTURE CHOICES AND PATHWAYS</u> Essential skills needed for future employment or education, future opportunities and how to approach them	<u>DEMOCRACY</u> How democracy works both in the UK and worldwide	<u>DANGERS OF DRUGS</u> Addiction of drugs and personal safety; social, civic and religious responses

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Year 13	<p><u>PERSONAL STATEMENTS AND APPLICATIONS</u></p> <p>How to write meaningful and successful applications and statements, contemporary related economic issues</p>	<p><u>EMOTIONAL WELLBEING AND HEALTH</u></p> <p>Maintaining emotional wellbeing and how to relax and destress while maintaining a healthy lifestyle</p>	<p><u>CONTROVERSIAL VIEWPOINTS IN SOCIETY</u></p> <p>Understanding how extreme viewpoints are established and challenged, media variation and analysis</p>	<p><u>INDEPENDENT LIVING AND FINANCES</u></p> <p>Managing and understanding your money when in employment, opportunities and risks, family and national debt</p>		