

KEY STAGE 3 AND 4 PSHE EDUCATION: LONG TERM OVERVIEW PARKFIELD 2022/23

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	<p>How can I look after myself and others? Transition to secondary school and personal safety in and outside school, including first aid</p>	<p>What do I need to succeed? Careers, teamwork and enterprise skills, and raising aspirations</p>	<p>How can other people affect me? Diversity, prejudice, and bullying</p>	<p>What keeps us healthy? Healthy routines, influences on health, puberty, unwanted contact, and FGM</p>	<p>What makes a good relationship? Self-worth, romance and friendships (including online) and relationship boundaries</p>	<p>What are money risks? Saving, borrowing, budgeting and making financial choices</p>
Year 8	<p>How can I look after myself? Alcohol and drug misuse and pressures relating to drug use</p>	<p>What opportunities are out there for me? Equality of opportunity in careers and life choices, and different types and patterns of work</p>	<p>How can I deal with relationships? Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p>	<p>What can I do when life gets difficult? Mental health and emotional wellbeing, including body image and coping strategies</p>	<p>What are relationships? Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</p>	<p>What is digital literacy? Online safety, digital literacy, media reliability, and gambling hooks</p>
Year 9	<p>What affects my identity? Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation</p>	<p>Which career is right for me? Learning strengths, career options and goal setting as part of the GCSE options process</p>	<p>What is a healthy relationship? Families and parenting, healthy relationships, conflict resolution, and relationship changes</p>	<p>What is a healthy lifestyle? Diet, exercise, lifestyle balance and healthy choices, and first aid</p>	<p>How do I look after my sexual health? Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</p>	<p>What are employability skills? Employability and online presence</p>
Year 10	<p>How can I be resilient? Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p>	<p>What is financial responsibility? The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p>	<p>What is identity and sexuality? Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography</p>	<p>What effects my health? The influence and impact of drugs, gangs, role models and the media</p>	<p>What are the challenges to diversity? Communities, belonging and challenging extremism</p>	<p>What is the world of work like? Preparation for and evaluation of work experience and readiness for work</p>

How can I be successful in Year 11?

Self-efficacy, stress management, and future opportunities

How can I manage my next steps?

Application processes, and skills for further education, employment and career progression

How are relationships different in adulthood?

Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse

Where can I access support and guidance?

Responsible health choices, and safety in independent contexts

How are families made?

Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships