

Parkfield School PSHE Long Term Overview: 2021-22

	Autumn 1 Health & wellbeing	Autumn 2 Health & wellbeing	Spring 1 Relationships	Spring 2 Relationships	Summer 1 Living in the wider world	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 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>How can other people affect me? Diversity, prejudice, and bullying</p>	<p>What helps me to succeed? Careers, teamwork and enterprise skills, and raising aspirations</p>	<p>What are money risks? Saving, borrowing, budgeting, and making financial choices</p>
Year 8	<p>What can I do when life is difficult? Mental health and emotional wellbeing, including body image and coping strategies</p>	<p>What is a Healthy lifestyle? Diet, exercise, lifestyle balance and healthy choices, and first aid</p>	<p>What are relationships? Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</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 opportunities are out there for me? Equality of opportunity in careers and life choices, and different types and patterns of work</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>How can I look after my health? Alcohol and drug misuse and pressures relating to drug use</p>	<p>What is a healthy relationship? Families and parenting, healthy relationships, and relationship changes</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 human rights? Diversity, British Values, community cohesion and challenging extremism</p>	<p>Which career might be right for me? Learning strengths, career options and goal setting as part of the GCSE options process Employability</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 affects my health? The influence and impact of drugs, gangs, role models and the media</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>How is a family made? Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</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>

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Year 11	How can I be successful in Year 11? Self-efficacy, stress management, and future opportunities	How do I look after my wellbeing? Responsible health choices, and safety in independent contexts	How are relationships different in adulthood? Personal values, (including in relation to contraception and sexual health),	Where can I access support and guidance? relationship challenges and abuse, assertive communication	What is financial responsibility? The impact of financial decisions, debt, gambling, and the impact of advertising on financial choices	
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