

PSHE Programme of Study

Overview:

Unit 1	Relationships and sex education	Families
		Respectful relationships
		Intimate relationships and sex
		Internet safety and online media
Unit 2	Careers	Careers and employment
Unit 3	Social awareness	Human rights
		Diversity
		Prejudice
		Managing risk
		Government and politics
Unit 4	Character and learning	Resilience
		Behaviour for learning
		Being safe online
		Copyright laws
		Revision strategies
Unit 5	Health education	Mental health and well being
		Drugs and alcohol
		Healthy eating
		Physical health
Unit 6	Economic wellbeing	Managing money
		Banks and banking

Rationale:

- We follow the PSHE Association: We've Got It Covered, Programme of Study. The programme is based on DfE Statutory Relationships and Sex Education (RSE) and Health Education. We have also included aspects of UKCCIS (UK Council for Child Internet Safety) Education for a Connected World, a framework that aims to equip children and young people for digital life. The PSHE programme would help KLS schools to fulfil its statutory responsibility to safeguard pupils, support their spiritual, moral, cultural, mental and physical development, prepare and equip them for the opportunities, responsibilities and experiences of life. The PSHE programme also supports the school's character development programme. Topics have been carefully selected to meet the needs of KLS students. The KLS PSHE education programme takes into account school policies and DfE guidance documents, including those relating to preventing and tackling bullying (including online bullying) and safeguarding.
- The PSHE Spiral and progressive curriculum allows students to revisit topics or themes several times throughout KS3, 4 and 5. The complexity or difficulty of the topic or theme increases with each revisit. Most of the learning has a relationship with old learning and is put in context with the old information. This would allow most of the information to be reinforced and solidified each time students revisit the subject matter or topic. It also allows us to remain up to date with current events. The content is tailored to meet the needs of KLS school such as our personalised approach, for example using an ex-parents trust to deliver on knife crime after his son was killed.
- Character education is integrated into all PSHE lessons. Most of the lessons will start with a character theme or virtue and the virtue will be directly linked to the lesson content. Students will be given opportunities in lessons to reflect on virtues. There would be dilemmas that promote or encourage critical thinking, reflection, problem solving and decision making (phronesis).

AIMS

- Promote outstanding personal development so that students become well-educated and well-rounded young adults
- Promote SMSC development of students and prepare them for the opportunities, responsibilities and experiences of later life
- Promote good behaviour and positive character traits e.g. stickability; self-regulation and empathy
- Foster good mental wellbeing in students so that they can fulfil their full potential at school and are well prepared for life

"The only person you are destined to become is the person you decide to be." —Ralph Waldo Emerson

Long Term Plan; Week by week view:

	7	8	9	10	11	12	
1	Healthy relationships (friendships)	Healthy and unhealthy relationships	Changing families	Different types of relationships	Conflict resolution in relationships	Study skills	UCAS and Personal statements
2	Resilience	Empathy and relationships	Stable relationships (marriage)	Parenting skills and family life	Long term commitment		
3	Friendships and resolving conflict	Marriage	Forced marriage	Relationships diversity	Contraception	Fertility and IVF	Money Matters- Credit Card and Pay day loans
4	Resilience	Honour based violence	STIs	Tensions between teens and parents	Fertility and parenthood		
5	Gender stereotyping	Teenage pregnancy	Abortion and the law	Divorce- when relationships break down	Pregnancy outcomes	Adoption and Fostering	Bank Loans and Student Loans
6	Resilience	Contraception	Teenage Parents	Consent	Pregnancy choices and abortion		
7	Peer pressure (Bullying and cyberbullying)	Body image 1	Signs of grooming	Grooming and sexual exploitation	The role of intimacy	Drugs	Living Away from Home
8	Resilience	Body image 2	Trolling, harassment and whistleblowing	Peer on peer sexual abuse	Pornography		
9	Being safe online	Body image 3	Sexting and the law	Sexual health (sexually transmitted infections)	Peer Pressure and coercion	Relationships Diversity	Consent, alcohol and rape
10	Resilience	Sexting online footprint	Pornography and the law	Different types of contraception	Mental health challenges		
11	Social media	Being safe online	Sex in the media (what do we see about sex in the media)	Domestic violence (when relationships go wrong)	Negative thinking patterns	Consent	Safe driving
12	Resilience	Applying rules	Options process	Unifrog (CV and Cover Letter Lorna lesson)	Recognising mental health		
13	School and community	Fairness	Youth connexions/ unifrog	Apprenticeships and post 16 options	Loss and bereavement	Being safe online – revenge porn	Exam stress and well being
14	Resilience	Migration	Apprenticeships	Writing a CV	Promoting positive mental health		

15	Why do we have rules?	Asylum seekers	Human rights and children's rights	Employability	Money Mules	FGM and Human Rights	Revision skills
16	Resilience	Causes of racism	How can I contribute to my community?	Voluntary work	Money mules		
17	Who is my community?	Brexit and the rise of the far right	Types of prejudice	Shared identity and experiences – Diversity in Britain	Managing risks	Revision Skills	Drugs- Party Drugs
18	Resilience	Challenging racism	HBT (Homo, Bi and Trans bullying)	Challenging discrimination	Being safe online		
19	Causes of racism	Homophobia	Extremism and radicalisation	Gender and Language	Alcohol tobacco and other drugs	Unifrog	Gender and Identity
20	Resilience	Knife crime	Racism in modern Britain	Gambling addiction	County lines and cuckooing		
21	Billy's wish – knife crime	Punishing those who commit knife crime	Causes of crime	Work experience- Careers	Alcohol and the law	Charity and voluntary work	Animal Rights
22	Resilience	Unifrog- Lesson follow up	Knife crime and the law	Taking part in a debate	Addiction and dependency		
23	Peer pressure	Learning to learn 1	Gambling and the law	Democracy	Being health aware- testicular and breast cancer	Budgeting	The Environment- extinction rebellion and other movements
24	Resilience	Cyber wisdom 1	Voting and elections	Houses of Lords- do they need to reform?	Prejudice and discrimination		
25	Gangs	Cyber wisdom 2	Viruses <i>(CS – to cover terms and conditions)</i>	Revision strategies	Equality Act and Hate crime	Mental health	Revision and Time Management
26	Resilience	Cyber wisdom 3	Webcams	Revision strategies	Money stresses and pressures		
27	What is mental health?	Cyber wisdom 4	Copyright and ownership	Revision strategies	Planning my future	Online Gambling and Addiction	Budgeting 2
28	Resilience	Security – apps, scams and phishing <i>(CS – to cover privacy and security; passwords)</i>	Plagiarism	Revision strategies			
29	Understanding emotions	Body image and mental health	Eating disorders	Recognising and balancing emotions		Domestic Abuse	

30	Resilience	The importance of sleep	Legal drugs – tobacco, history of smoking	Depression			
31	What are drugs?	Why do people take drugs?	Legal drugs – tobacco, dangers of smoking	Stress, pressures and exams		UCAS	
32	Resilience	Alcohol – the effects	Legal drugs – alcohol	Coping with mental health- taking responsibility for health			
33	Balanced diet	Drink driving	Illegal drugs – Class A	Drugs supply chain and country lines		Understanding causes and prevention of cancer	
34	Unifrog lesson	Obesity	Cannabis and the law	Alcohol and young people			
35	Puberty <i>(PE – to cover The importance of exercise)</i>	unifrog follow up lesson	Basic first aid	What is addiction?		Overdrafts	
36	Resilience	Different types of bank and savings accounts	Enterprise project	How addiction affects families			
37	Needs and wants	What influences our spending?	Debts and loans	Consumerism		Coping with a credit card	
39	Having a bank account	How do I save and how do I budget?	Enterprise project	Money stresses and pressures – credit cards		Loans and student loans	
AW							

AW = activities week

Year 7 Medium Term Plan

In year 7, students receive one PSHE lesson and one resilience lesson per fortnight.

PSHE programme:

- *References linked to: PSHE Association: We've Got It Covered, Programme of Study. The reference*

Weeks	Topic	Character virtue	References to the learning intentions	Knowledge, Skills & Vocabulary	Cross curricular	Linked activities
1	Healthy relationships	Respect, Friendliness, friendship	KS3 &4 R1 KS3 R13	Recognising healthy relationships		
3	Friendships and resolving conflict	Respect, tolerance	KS3 L3	Importance of friendships Resolving conflict in relationships		
5	Gender stereotyping	Respect, empathy	KS3 &4 R27 KS3 L3	Recognising the differences between genders and the stereotypes		
7	Peer pressure	Self-discipline	KS3 R28 KS3 H27	Managing peer pressure		
9	Being safe online	Self-regulation	KS3 R35	Managing risks online Regulating one's behaviour online		
11	Social media	Self regulation	KS3 R36	Recognise the benefits and disadvantages of social media		
13	School and community	Democracy, citizenship	KS3 L5	The importance of rules		
15	Why do we have rules?	Democracy	KS3 L5	The importance of following school rules		
17	Who is my community?	Neighbourliness, community awareness	KS3 L8	Recognise different rights and responsibilities of members of the community		
19	Causes of racism	Empathy, open-mindedness	KS3 L4	Discuss the main causes of racism		
21	Billy's wish – knife crime	Community awareness	KS3 R33	How knife crime affect communities		Billy's Wish Assembly

23	Peer pressure	Self-regulation	KS3 R28	How to manage peer pressure		
25	Gangs	Self-regulation	KS3 R34	Knowledge about how gangs work and managing the risks.		
27	What is mental health?	Empathy	KS3 H6	Awareness of what constitutes mental health		
29	Understanding emotions	Empathy	KS3 H2	Know how to regulate emotions		
31	What are drugs?	Self regulation	KS3 H28	Define drugs		
33	Balanced diet	Self-regulation	KS3 H16	Describe different types of drugs		
35	Puberty (PE – to cover The importance of exercise)	Self awareness	KS3 H7	Describe puberty		
37	Needs and wants	Self-regulation	KS3 L20	Explain the differences between needs and wants		
38	Having a bank account	Self-regulation	KS3 L16	Describe the importance of having a bank account		
39						
AW						

Resilience

This follows Penn-Resilience programme The programme enables young people to develop skills that empower them to be more resilient in dealing with situations both in and out of school. Young people develop skills in emotion control and emotional awareness, emotional and mental resilience, confidence, problem solving, communication, assertiveness, peer relationships and decision making. The lessons are taught by Penn Resilience qualified teachers. The Penn Resilience Programme is taught once a fortnight over 38 weeks.

	Topic	Character virtue	Reference	Cross curricular
2	Self-Talk	Resilience	Penn Resilience Teacher handbook page 6	
4	Link between thoughts and feelings	Empathy	Penn Resilience Teacher handbook page 26	

6	Thinking styles	Reflection	Penn Resilience Teacher handbook page 39	
8	Alternatives and evidence	Hope, Optimism	Penn Resilience Teacher handbook page 61	
10	The file game; looking for evidence	Empathy	Penn Resilience Teacher handbook page 83	
12	Putting it into perspectives	Empathy	Penn Resilience Teacher handbook page 91	
14	Real time resilience; the Hot Seat	Confidence	Penn Resilience Teacher handbook page 107	
16	Review of Lessons 1-7	Reflection	Penn Resilience Teacher handbook page 119	
18	Assertiveness	Communication	Penn Resilience Teacher handbook page 135	
20	Negotiation	Communication	Penn Resilience Teacher handbook page 153	
22	Coping strategies	Problem solving	Penn Resilience Teacher handbook page 165	
24	Solving dilemmas and visualisation	Problem solving	Penn Resilience Teacher handbook page 187	
26	Overcoming procrastination	Self-regulation	Penn Resilience Teacher handbook 193	
28	Review of lessons 9-13	Reflection	Penn Resilience Teacher handbook 199	
30	Decision making	Critical thinking	Penn Resilience Teacher handbook page 224	
32	Problem solving	Problem solving	Penn Resilience Teacher handbook page 233	
34	Problem solving and review	Problem solving	Penn Resilience Teacher handbook page 247	
36	Review of lessons	Reflection	Penn Resilience Teacher handbook page 261	

Year 8 Medium Term plan

	Topic	Character virtue	Reference to the learning intentions	Knowledge, Skills & Vocabulary	Cross curricular	Linked activities
1	Healthy and unhealthy relationships	Respect, Empathy	KS3 R29 KS3 R27	Describe healthy relationships		Relationships, Sex Ed speaker
2	Empathy and relationships	Respect, Empathy	KS3 R1 KS3 R8	Explain the importance of empathy in relationships		
3	Marriage	Respect	KS3 R8 KS3 R9	Marriage as a form of commitment Cohabitation- define		
4	Honour based violence	Respect	KS4 R19	Define honour-based violence		
5	Teenage pregnancy	Self-discipline	KS3 R15	Describe the challenges of being a teenage mum.		
6	Contraception	Self-discipline	KS3 R21	Types of contraception Natural and artificial contraception		
7	Body image 1	Confidence, self-awareness	KS3 R23 KS3 H29 KS3 H18	Appearance ideals-		
8	Body image 2	Confidence, self-awareness	KS3 R23 KS3 H29 KS3 H18	How the media influence body image		
9	Body image 3	Confidence, self-awareness	KS3 R23 KS3 H29 KS3 H18	Confronting body image comparisons		
10	Sexting online footprint	Self-discipline ,	KS3 R38	The dangers of sexting		
11	Being safe online	Self-discipline	KS3 R28	Regulating one's behaviour online		
12	Applying rules	Community awareness	KS3 L9	The importance of rules and how they apply to our daily lives		
13	Fairness	Community awareness	KS3 L7	Define fairness		
14	Migration	Tolerance	KS3 L11	Challenges faced by migrants		
15	Asylum seekers	Tolerance, empathy	KS3 L11	Define asylum seekers		
16	Privilege	Tolerance, empathy	KS3 L11	Discuss different views about privilege based on race, gender, education, social status etc.		

17	Brexit and the rise of the far right	Tolerance, open-mindedness	KS3 L12	How Brexit has led to the increase in racism		
18	Challenging racism	Open-mindedness	KS3 R27 KS3 L4	How to challenge racism		
19	Homophobia	Respect, Tolerance	KS3 R27 KS R25	Define homophobia Discuss the effects of homophobia		
20	How knife crime affects communities	Community awareness	KS3 R 33	Discuss the reasons why people carry knives Describe the effects of knife crime		
21	Punishing those who commit knife crime	Community awareness	KS3 R33	How knife crime offenders are punished		
22	Unifrog	Reason and judgement, hope, optimism	KS3 L12	Careers and the requirements to enter into those careers		Youth connexions for unifrog
23	Learning to learn 1	Team work	KS3 L8	The importance of team work		
24	Learning to learn 2	Curiosity	KS3 L8	Define curiosity		
25	Learning to learn 3	Problem Solving	KS3 L8	Develop problem solving skills		
26	Learning to learn 4	Effective listening	KS3 L8	The importance of effective listening		
27	Learning to learn 5	Different learning styles	KS3 L8	What are different learning styles		
28	Security – apps, scams and phishing <i>(CS – to cover privacy and security; passwords)</i>	Self-regulation	KS3 R35	What are scams and phishing		
29	Body image and mental health	Self-awareness, confidence	KS3 R23	The links between body image and mental health		Linked to the research from University of West England
30	The importance of sleep	Self-awareness	KS3 H10	Describe the benefits of having enough sleep		
31	Why do people take drugs?	Social justice, empathy	KS3 H24 KS3 H27	Discuss the reasons for taking drugs		
32	Alcohol – the effects	Social justice	KS3 H28	Describe how alcohol affects people		
33	Drink driving	Citizenship	KS3 H26	The dangers of drink driving		
34	Obesity	Self discipline	KS3 H16	The dangers of obesity and how to reduce obesity		

35	Unifrog	Reason and Judgement	KS3 L9	Factors to consider when making decisions about careers		
36	Different types of bank and savings accounts	Self-regulation	KS3 L16 KS3 L20	Differences between savings and other bank accounts		
37	What influences our spending?	Self-discipline	KS3 L16	How the media influences spending		
38	How do I save and how do I budget?	Self regulation, gratitude	KS3 L18	The importance of budgets and saving money		
AW						

Year 9 Medium Term Plan

	Topic	Character virtue	References to learning intentions	Knowledge, Skills & Vocabulary	Cross curricular	Linked activities
1	Changing families	Respect	KS3 R8	Different types of families; nuclear, reconstituted, blended, extended		
2	Stable relationships (marriage)	Respect	KS3 R9	The importance of marriage Reasons why people marry Respect in marriage		
3	Forced marriage	Respect	KS3 R9	What is the difference between forced and arranged marriage		
4	STIs	Self regulation	KS3 R12 KS3 H12	Different types of STIs		Relationships, Sex Ed speaker
5	Abortion and the law	Empathy, compassion	KS4 R25	The conditions under which abortions are allowed in the UK		
6	Teenage Parents	Empathy, compassion	KS4 R26 KS4 R23	Challenges faced by teenage parents		
7	Signs of grooming	Respect	KS3 R19	What are the signs of sexual grooming		
8	Trolling, harassment and whistleblowing	Respect	KS4 L9 KS3 L17	Define trolling, harassment and whistle blowing		
9	Sexting and the law	Honesty	KS3 R38	What does the law say about sexting		
10	Pornography and the law	Respect, self-discipline	KS3 R23	The dangers of pornography Sex in the media (what do we see about sex in the media)		

11	Options process	Reason and judgement	KS3 L9	What to consider when making GCSE choices		
12	Youth connexions/unifrog	Reason and judgement	KS3 L9 KS3 L14	Key factors when making GCSE options		Youth connexions for unifrog
13	Apprenticeships	Hope, optimism	KS3 L10	Describe the benefits and disadvantages of apprenticeships		
14	Human rights and children's rights	Social Justice	KS3 L6	What are human rights?		
15	How can I contribute to my community?	Social Justice	KS3 L1	What constitutes active citizenship		
16	Types of prejudice	Tolerance	KS3 R28	Define prejudice and give examples		
17	HBT (Homo, Bi and Trans bullying)	Tolerance, Open-mindedness	KS3 R27	Describe examples of homophobic and transphobic bullying		Diversity Role Models workshops
18	Extremism and radicalisation	Open-mindedness,	KS3 R20 KS4 L4	Dangers of radicalisation and extremism		
19	Racism in modern Britain	Open-mindedness	KS3 R27	Racism in modern Britain		
20	Causes of crime	Community awareness	KS3 L6	What causes crime		
21	Knife crime and the law	Community awareness	KS3 R33	What does the law say about knife crime		
22	Gambling and the law	Citizenship	KS3 L19 KS3 H18	Describe modern gambling laws		
23	Voting and elections	Citizenship		The importance of taking part in elections		
24	Viruses <i>(CS – to cover terms and conditions)</i>	Reason and judgement	KS3 L17	Define viruses		
25	Webcams	Self-discipline	KS3 L17	Define webcams		
26	Copyright and ownership	Self-discipline	KS3 L17	What is copyright		
27	Plagiarism	Self-discipline	KS3 L17	Define plagiarism		
28	Eating disorders	Compassion, empathy	KS3 H6	Describe examples of eating disorders		
29	Legal drugs – tobacco, history of smoking	Self regulation	KS3 H25	Know the history smoking		
30	Legal drugs – tobacco, dangers of smoking	Honesty	KS3 H25	Know the dangers of smoking		
31	Legal drugs – alcohol	Honesty	KS3 H20	Know the dangers of alcohol abuse		

32	Illegal drugs – Class A	Honesty	KS3 H25	Describe the dangers of cocaine and other hard drugs		
33	Cannabis and the law	Honesty	KS3 H25	Know about cannabis and the law and also The dangers of cannabis		
34	Basic first aid		KS3 H22	Knowledge about key first aid skills		
35	Enterprise project	Resourcefulness, team work	KS3 L16	How businesses start and how they are managed		
36	Debts and loans	Self-discipline	KS3 L20	What are debts?		
37	Enterprise project	Team work, Resourcefulness	KS3 L16	How to market one's business		
AW						

Year 10 Medium Term Plan

		Character virtue	References to learning intentions	Knowledge, Skills & Vocabulary	Cross curricular	Linked activities
1		Respect	KS4 R20	Different levels of relationships		
2	Parenting skills and family life	Respect	KS4 R4	Describe examples key parenting skills		
3	Same sex relationships	Openmindedness	KS4 R3	Describe same sex families Challenges faced by same sex families		
4	Tensions between teens and parents	Respect	KS3 R11	Managing conflict between parents and teens		
5	Divorce- when relationships break down	Respect, Empathy	KS3 R29	Causes of divorce and how divorce affect young people		
6	Consent	Respect	KS4 R5	What is consent?		
7	Grooming and sexual exploitation	Respect	KS4 R7	Define grooming and sexual exploitation		
8	Peer to peer sexual abuse	Self-discipline	KS4 R14	Define peer o peer sexual exploitation		
9	Sexual health (sexually transmitted infections)	Self-discipline	KS4 R22 KS4 H12 KS4 H9	Know examples of sexually transmitted diseases Know how to prevent STIs		Relationships, Sex Ed speaker
10	Different types of contraception	Honesty	KS3 R22	Know different methods of contraception		

11	Domestic violence (when relationships go wrong)	Respect	KS4 R10	Define domestic violence Know where they can get support		
12	Unifrog	Reason and judgement	KS4 L11	Know the requirements of the careers or jobs that interest them		Youth connexions for unifrog
13	Apprenticeships and post 16 options	Reason and judgement	KS4 L12	Describe advantages and disadvantages of apprenticeships		
14	Writing a CV	Hope, Optimism	KS4 L13	Know how to write a CV		
15	Employability	Hope, Optimism	KS3 L10	Know the importance of 'soft skills' in employment		
16	Voluntary work	Community awareness, citizenship	KS4 L12	Discuss the importance of voluntary work		
17	Shared identity and experiences – Diversity in Britain	Citizenship	KS4 L3	Discuss the challenges of living in a multi-cultural country like Britain		
18	Challenging discrimination	Social Justice	KS4 L4	Know how to challenge racial discrimination		
19	Positive LGBTQ	Tolerance	KS4 R13	Describe the work of LGBT groups like Stonewall Develop knowledge and understanding of key LGBT terminology		
20	Gambling addiction	Empathy	KS4 L20	Discuss how gambling addiction affect people		
21	Work Experience- Careers	Citizenship	KS4 L6	Know the importance of work experience		
22	Taking part in a debate	Confidence	KS4 L6	Practise debating and communication skills		
23	Democracy	Citizenship	KS4 L6	Discuss the importance of democracy		
24	Houses of Lords- do they need to reform?	Citizenship	KS4 L6	Evaluate whether the House of Lords needs reform		
25	Revision strategies	Stickability, determination	KS3 L8 KS4 L1	Know how to manage time		
26	Revision strategies	Stickability, determination	KS3 L8 KS4 L1	Practise different revision skills		
27	Revision strategies	Stickability, determination	KS3 L8 KS4 L1	Discuss the effectiveness of different revision strategies		
28	Revision strategies	Stickability, determination	KS3 L8 KS4 L1	Apply revision strategies to prepare for examinations		
29	Recognising and balancing emotions	Self-awareness	KS4 H2 KS4 R1	Balancing emotions to maintain positive mental health		

30	Depression	Empathy	KS4 H3	Know the signs of depression and how they can access support		
31	Stress, pressures and exams	Self-awareness	KS4 H3	Know how they can manage exam stress and pressures		
32	Coping with mental health- taking responsibility for health	Empathy, compassion	KS4 H7	Know how they can cope with mental health challenges		
33	Drugs supply chain and country lines	Community awareness, citizenship	KS4 H17	Describe 'country lines'		
34	Alcohol and young people	Self-regulation	KS4 R18	Know how alcohol affect young people		
35	What is addiction?	Self-discipline	KS4 H15 KS4 H16	Discuss the effects of addiction		
36	How addiction affects families	Community awareness	KS4 H17	Discus how addiction affect families		
37	Consumerism	Community awareness	KS4 L21	Define consumerism		
38	Money stresses and pressures – credit cards	Self-discipline,	KS4 L20	Know what credit cards are		
AW	Work experience					

Year 11 Medium Term Plan

	Topic	Character virtue	References to learning intentions	Knowledge, Skills & Vocabulary	Cross curricular	Linked activities
1	Conflict resolution	Respect	KS4 R20	Different ways to resolve conflict		
2	Long term commitments	Respect	KS4 R4	Describe the laws around long term commitments such as marriage		
3	Contraception	Openmindedness	KS4 R3	Describe suitable contraception for people in different situations,		
4	Fertility and parenthood	Respect	KS3 R11	Describes changes in fertility over the person's adult life.		
5	Pregnancy outcomes	Respect, Empathy	KS3 R29	Evaluate influences on decisions about pregnancy.		

6	Pregnancy choices and abortion	Respect	KS4 R5	What are the legal considerations when it comes to abortion?		
7	The role of intimacy	Respect	KS4 R7	Explain the importance of consent in intimate relationships		
8	Pornography	Self-discipline	KS4 R14	Evaluate the impact of pornography		
9	Coercive behaviour	Self-discipline	KS4 R22 KS4 H12 KS4 H9	Recognise coercive behaviours in relationships		Relationships, Sex Ed speaker
10	Mental health challenges in adolescence	Honesty	KS3 R22	Know different ways to manage mental health challenges.		
11	Negative thinking patterns	Respect	KS4 R10	Recognise the impact of negative thinking/self-talk		
12	Recognising mental health conditions	Reason and judgement	KS4 L11	Know signs of different mental health conditions.		
13	Loss and bereavement	Reason and judgement	KS4 L12	Explain what grief is, and how people deal with grief.		
14	Promoting positive mental health.	Hope, Optimism	KS4 L13	Describe different mental health coping strategies.		
15	Types of fraud	Hope, Optimism	KS3 L10	Know different types of fraud.		
16	Money mules	Community awareness, citizenship	KS4 L12	Why do criminals target young people? What are money mules?		
17	Managing risks	Citizenship	KS4 L3	Discuss influences on young people's attitudes toward alcohol and drugs.		
18	Being safe online	Social Justice	KS4 L4	Know what scams are and ways to prevent them.		
19	Alcohol and other drugs	Tolerance	KS4 R13	Explain the law about different types of drugs.		
20	County lines	Empathy	KS4 L20	Explain what county lines are .		
21	Alcohol and the law	Citizenship	KS4 L6	Know the laws would alcohol including drink driving.		
22	Addiction and dependency	Citizenship	KS4 L6	Know the signs of addiction and how to seek help.		
23	Being health aware- testicular and breast cancer	Citizenship	KS4 L6	Identify the signs of prostate and breast cancer.		

24	Prejudice and discrimination	Citizenship	KS4 L6	Evaluate ways of challenging discrimination.		
25	Equality Act and hate Crime.	Stickability, determination	KS3 L8 KS4 L1	Understand what the Equality Act is, its purpose.		
26	Money stresses and pressures.	Stickability, determination	KS3 L8 KS4 L1	Discuss some of the emotional and financial costs of misusing money.		
27	Planning for the future.	Stickability, determination	KS3 L8 KS4 L1	Make plans for future career choices		
28	Revision strategies	Stickability, determination	KS3 L8 KS4 L1	Apply revision strategies to prepare for examinations		

Year 12 and 13

Medium Term Plan

Year 12 Medium Term Plan

	12			
	Topic	Knowledge, Skills and vocabulary	Character	Cross curricular link
1	Study skills	Develop time management, note taking and revision skills	Stickability	
2	Fertility and IVF	Describe different types of fertility methods	Determination Empathy	
3	Adoption and Fostering	Describe the reasons for fostering and adoption Understand the key issues raised by fostering and adoption	Community awareness Compassion and empathy	
4	Drugs	Understand how drugs affect young people Understand the dangers of party and sex drugs	Self-regulation	Shaun Attwood
5	LGBTQ sex relationships (including asexual and pansexual)	Understand the dynamic of LGBTQ+ relationships and some of the challenges faced by LGBTQ+ people	Respect	Jane Hill presentation

6	Consent	Describe examples of situations when consent might be impaired.	Respect	Emma Jeal
7	Being safe online	Discuss the importance of staying safe online. Discuss the dangers of revenge porn.	Respect	Rap Project /Social Skills
8	FGM and Human Rights	Understand the main issues raised by FGM Discuss human rights and FGM	Respect Social justice	
9	Revision Skills	Apply revision techniques to prepare for their examinations	Stickability	
10	Unifrog	Research on careers of their choice	Reason and judgement Self-awareness	Youth Connections?
11	Charity and voluntary work	Understand the importance of charity	Citizenship	
12	Budgeting	Understand the importance of budgeting	Self-regulation	
11	Mental health and exam stress	Understand the importance of managing and looking after one's mental health and well being	Stickability	Verity
13	Online Gambling and Addiction	Know about the dangers of online gambling	Self-regulation	
14	Domestic Abuse	Know the signs of domestic abuse Develop skills in dealing with an abusive relationship	Respect	Herts Young Homeless
15	UCAS	Understand how to write UCAS personal statements	Reason and judgment	

19	Cancer	Understanding causes and prevention of cancer	Empathy	Cancer Trust
17	Overdrafts	Develop money management skills Understand how banks make money through over draft charges	Self-discipline Reason and judgment	
18	Coping with a credit card	Understand how credit card work.	Self-regulation	

Year 13 Medium Term plan

	13			
	Topic	Knowledge, Skills and vocabulary	Character	Cross curricular links
1	UCAS and Personal statements	Complete UCAS applications	Stickability Reason and judgement	
2	Money Matters- Credit Card and Pay day loans	Know about the dangers of pay day loans	Self-regulation	Discover Fortunes
3	Bank Loans and Student Loans	Understand how student finance for higher education works.	Reason and judgement Self regulation	Student Finance- Uni of Herts
4	Living Away from Home	Understand the challenges of living away from home	Reason and judgement Community awareness	
5	Consent, alcohol and rape	Understand the issues around consent, rape and alcohol	Reason and judgement	
6	Safe driving	Know the dangers of driving under the influence	Self-regulation Social	

			awareness	
7	Exam stress and well being	Understand how to manage exam stress	Self-awareness	
8	Revision skills	Apply revision techniques to prepare for exams	Stickability	
9	Drugs- Party Drugs	Understand how party and other social drugs affect young people	Self-regulation Reason and judgement	
10	LGBTQ Trans Relationships	Understand the challenges faced by trans people	Empathy	
11	Animal Rights	Evaluate the ethical arguments raised by using animals in research	Social awareness	
12	The Environment- extinction rebellion and other movements	Discuss the effectiveness of climate change campaign groups	Citizenship	
13	Revision and Time Management	Plan revision	Stickability	
14	Budgeting 2	Develop money management skills	Self-regulation Reason and judgment	