

Year 7 PSHE Autumn term (7 lessons, once a fortnight)	Learning objectives per lesson
Health and Wellbeing How to manage friendships and understanding physical health (diet, exercise, caffeine, tobacco, alcohol).	1. To learn about different influences on someone's diet and exercise choices. 2. To learn how to make independent, informed decisions about maintaining physical health.
	3. To learn about substance use and the risks and effects of caffeine consumption. 4. To understand and manage influences relating to tobacco and nicotine product use. 5. To learn about the risks and consequences of alcohol use
	6. To learn how to manage changing friendships, including the benefits and challenges of making new friends. 7. To learn how to manage online friendships positively.
Year 7 PSHE Spring Term (6 lessons, once a fortnight)	
Exploring Puberty Understanding the social, emotional and physical changes associated with puberty.	1. To learn to recognise hurtful behaviours and strategies to manage these.
	2. To learn about how the emotions are affected by puberty, how this may affect relationships and how to manage this. 3. To learn about menstrual wellbeing. 4. To learn about genital health (hygiene, anatomy and healthy attitudes. To learn what FGM means and what signs to look out for.)
	5. To learn about the benefits of good sleep and strategies to promote good sleep. 6. Understanding your strengths
Year 7 PSHE Summer Term (7 lessons once a fortnight)	
Relationships Understanding self, what makes healthy relationships (consent) and how to manage unhealthy relationships.	1. To learn about the qualities of healthy and unhealthy relationships. 2. To learn skills needed to manage relationship conflict in families. 3. To learn about what consent means, both legally and ethically, and what it looks like in practice.
	4. To learn how to make decisions and manage peer influence about films and online viewing. 5. To learn about how relationships are portrayed in television, film and online and how this can affect relationship expectations, behaviours and values. 6. To learn about the potentially harmful impact of increasing sexualisation in the media.

	7. To have a clear understanding of what online pornography is and how it is different from healthy relationships in the real world.
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Year 8 PSHE Autumn term (7 lessons, once a fortnight)	Learning objectives per lesson
Health and Wellbeing Understanding physical health (caffeine, smoking /vaping, alcohol). Adolescent brain, hormones & sleep.	1. To learn about substance use and the risks and effects of caffeine consumption. 2. To understand and manage influences relating to tobacco and nicotine product use. 3. To learn about different influences and consequences that might affect decisions relating to vaping. 4. To learn about the risks and consequences of alcohol use.
	5. To learn about the science behind wellbeing 6. What mental health is and how brain changes during the teenage years can affect it 7. To learn how sleep affects wellbeing and develop strategies for healthy sleep.
Year 8 PSHE Spring Term (6 lessons, once a fortnight)	
Mental health Attitudes, misconceptions, resilience, setbacks, digital resilience, self-harm, eating disorders, change-loss-grief, healthy & unhealthy coping strategies.	1. To learn about attitudes to mental health and challenging misconceptions 2. To learn ways to promote emotional wellbeing. To build resilience and how to reframe disappointments and setbacks. 3. To learn about the impact of social media on mental health and emotional wellbeing. To learn strategies to develop digital resilience. 4. To learn about unhealthy coping strategies, including self-harm and eating disorders. To learn why, when and how to access support for themselves or others. 5. To learn healthy ways to manage difficult feelings or challenging circumstances. 6. To learn about the effects of change, loss and grief. To learn strategies for managing these and accessing support.

Year 8 PSHE Summer Term (7 lessons once a fortnight)	
Relationships Revisiting healthy / unhealthy relationships. Exploring gender and sexual identity. Safe sex: introduction to contraceptives, STIs and the impact of pornography.	<ol style="list-style-type: none"> 1. To develop realistic and healthy relationship values and expectations. 2. To learn how to challenge unrealistic relationship expectations. 3. To understand and respect the spectrum of gender identities and sexual orientations. 4. To learn about common assumptions related to consent and how to challenge these. 5. To learn about how and why different contraceptives are used.
	<ol style="list-style-type: none"> 6. To understand why a young person might watch or see online pornography. 7. To understand that watching online pornography can have a negative impact on young people, and that they can take steps to handle a situation that has made them feel uncomfortable.

Year 9 PSHE Autumn term (7 lessons, once a fortnight)	Learning objectives per lesson
Health and Wellbeing Peer influence, risk taking, substances (alcohol, cannabis, vaping) and gangs.	<ol style="list-style-type: none"> 1. To learn about drugs and young people's attitudes and behaviours regarding drug use. 2. To learn about the potential legal consequences of using illegal drugs. 3. To learn about the short and long-term effects of alcohol and cannabis use on individuals 4. To learn how to manage peer and other influence in relation to substance use. 5. To learn about the impact of substance use on risk-taking and personal safety.
	<ol style="list-style-type: none"> 6. To learn about the qualities of healthy and unhealthy social groups To learn about the factors which contribute to a young person deciding to join or not join a gang. 7. To learn about the risks in belonging to a gang. To learn about the social, legal and physical consequences of gang behaviours.

Year 9 Spring Term (6 lessons, once a fortnight)	
Mental health Thinking about mental health, brain and body, positive emotions, engagement, relationships, meaning and accomplishment.	<ol style="list-style-type: none"> 1. The science of happiness 2. My teenage brain 3. Developing your strengths 4. Building your confidence 5. Coping with changes 6. Conflict and repair (11-14)
Year 9 PSHE Summer Term (7 lessons once a fortnight)	
Relationships Healthy intimate relationships, consent, safe sex. The impact of pornography and the risks of sending nudes.	<ol style="list-style-type: none"> 1. To learn about respectful, positive relationships and how to assess readiness for intimacy. 2. To learn about what 'freedom' and 'capacity' to consent mean in different contexts. 3. To learn about sexual health, the potential consequences of sex and ways to reduce risk. 4. To learn about different types of contraception and how they work. 5. To learn how to manage the end of an intimate relationship.
	6. To explore the myths of pornography vs. the realities of real relationships.
	7. To learn about the feelings associated with sending and receiving nude images and how to manage pressure to send or pass on a nude image.
Year 10 PSHE Topic 1	Learning objectives per lesson

(7 lessons in total, once a week, rotates every half term.)	
Health and Wellbeing (Positive psychology, character strengths, sleep, substance use, addiction and dependency.)	<ol style="list-style-type: none"> 1. The science of happiness 2. Developing your strengths 3. Building good sleep habits <hr/> <ol style="list-style-type: none"> 4. To learn about the impact of substance use on risk-taking and personal safety substances. 5. To learn how to manage influences in relation to alcohol and other drug use. 6. To learn about the potential consequences of drug production, sale and use, and the support available for individuals regarding substance use, including addiction and dependency. 7. Talk to Frank.
Year 10 Topic 2 (6/7 lessons, once a week, rotates every half term.)	
Relationships Intimate relationships (pornography, consent, managing conflict, abusive relationships and rape.)	<ol style="list-style-type: none"> 1. To learn about the role of intimacy, readiness, and pleasure in consensual relationships. 2. To learn about pornography and its impact on understanding consent. 3. To learn how seeking consent through pressure and coercion is wrong and how to manage pressure to consent. 4. To learn to identify and manage appropriate and inappropriate conflict behaviours and how to manage relationship breakups. 5. To learn how to end and/or get support for abusive relationships. <hr/> <ol style="list-style-type: none"> 6. To learn about the nuances of sexual consent 7. To follow up on issues from Keep Breathing, such as how to disclose rape or abuse. To explore what sexual harassment means.
Year 10 Topic 3 (6/7 lessons once a week, rotates every half term.)	
Mental Health	<ol style="list-style-type: none"> 1. To learn about the challenges young people might face as they move through adolescence. Ways to promote positive mental health to help manage these challenges.

Reframing negative thinking, common issues and signs of mental illness, change-loss-grief and promoting wellbeing.	<ol style="list-style-type: none"> 2. To learn about how negative thinking patterns can impact on our response to disappointments. To learn strategies to build resilience by reframing negative thinking. 3. To learn how to recognise signs that someone might need support for mental health concerns. To learn about mental health issues that most commonly affect young people. 4. To about the effects of change, loss, and grief. To learn strategies for managing these and accessing support 5. To learn strategies to promote mental health and emotional wellbeing.
	<ol style="list-style-type: none"> 6. Individual research – youngminds.co.uk / kooth. ICT needed.
Year 10 Topic 4 (6/7 lessons once a week, rotates every half term.)	
Approaching adulthood Understanding serious health risks – cancer, mental health (suicide). Managing risk (gambling). Living independently.	<ol style="list-style-type: none"> 1. To consider and challenge preconceptions about male health. To learn how boys and men can carry out self-examination for testicular cancer. 2. To learn about preconceptions around masculinity and the impact these can have. To learn different ways to support, encourage and develop positive mental health in boys and men, including ways to prevent social isolation. 3. To learn about breast cancer, what it is and what signs and symptoms to look for. To learn how to reduce the risk of developing cancer. 4. How can we manage risk? 5. How can we manage impulses and influences to gamble? 6. Develop an understanding of homelessness issues. 7. To gain an understanding of living independently
Year 11 PSHE Topic 1 (6/7 lessons, once a week, rotates every half term.)	

<p>Relationships</p> <p>Negotiating relationship conflict, commitment, unplanned pregnancy, parenting, abortion, consent and the law.</p>	<ol style="list-style-type: none"> 1. To learn about the links between emotional wellbeing and relationship conflict. To further develop the understanding and skills to negotiate relationship conflicts safely and effectively. 2. To learn about different types of commitment and why many people value commitment in relationships. 3. To learn about ways to promote sexual health and prevent unplanned pregnancy. To learn about how fertility changes over time and the different routes to becoming a parent. 4. To learn about the possible outcomes in the event of an unplanned pregnancy. 5. To learn about the laws related to abortion and support available.
<p>Year 11 PSHE Topic 2 (6 lessons, once a week, rotates every half term.)</p>	
<p>Mental Health</p> <p>Positive psychology, critical thinking, brain development, sleep, change / loss, personal confidence and character strengths.</p>	<ol style="list-style-type: none"> 1. To learn about the psychology of wellbeing. 2. Finding out about mental health 3. Recap on the teenage brain 4. Sleep and teenagers 5. Coping with changes 6. Building your confidence 7. Developing your strengths
<p>Year 11 PSHE Topic 3 (6/7 lessons, once a week, rotates every half term.)</p>	<p>Learning objectives per lesson</p>
<p>Financial literacy</p> <p>Saving, borrowing, budgeting, managing financial risk, avoiding scams and fraud, driving theory.</p>	<ol style="list-style-type: none"> 1) Saving and Borrowing 2) Budgeting and planning 3) Insurance and managing risk 4) Avoiding scams and fraud 5) Independent living 6) Learning to drive 7) Driving Theory