

ALL SAINTS PSHE EDUCATION: YEAR PLAN – PSHE/RSE

Key- Blue = Health and Wellbeing. Pink = RSE. Green = Careers and Finance Red = Laws

|        | Autumn 1   | Autumn 2   | Spring 1   | Spring 2   | Summer 1   | Summer 2   |
|--------|--|--|--|--|--|--|
| Year 7 | <div>Mental Wellbeing<ul style="list-style-type: none"><li>•Transition</li><li>•10:10 Who am I</li><li>•Personal Identity</li><li>•Resilience</li><li>•Anxiety and depression</li><li>•BHM</li><li>•Self-assessment</li></ul></div>  | <div>Staying safe<ul style="list-style-type: none"><li>•Dealing with anger</li><li>•First Aid</li><li>•Anti-Bullying</li><li>•Respecting others</li><li>•Healthy Eating</li><li>•What is citizenship</li><li>•Self-assessment</li></ul></div>  | <div>Families<ul style="list-style-type: none"><li>•Types of relationships</li><li>•10:10 Families and friends</li><li>•Marriage and families</li><li>•10:10 Health inside and out</li><li>•10:10 Changing bodies</li><li>•Mental Health awareness</li></ul></div> | <div>Relationships<ul style="list-style-type: none"><li>• Multiculturalism</li><li>• Road Safety</li><li>• Online presence</li><li>• 10:10 Cinema in education part:<ul style="list-style-type: none"><li>1 Facts of Life</li><li>2 Seeking and Offering Support</li><li>3 Looking in the Mirror</li></ul></li><li>•10:10 Where we come from</li></ul></div> | <div>Relationships<ul style="list-style-type: none"><li>• 10:10 Family and Friends</li><li>• British Values - Identity and diversity</li><li>• Protected characteristics LGBTQAI</li><li>• Racism</li><li>• British Values – Multicultural Britain</li><li>• Wants and needs</li></ul></div>   | <div>Resilience<ul style="list-style-type: none"><li>• 10:10 My life on screen</li><li>• 10:10 Living Responsibly</li><li>• 10:10 Close assessment</li><li>• Careers</li><li>• Aspirations</li><li>• Human Trafficking</li></ul></div> |
| Year 8 | <div>Safety, Health and fitness<ul style="list-style-type: none"><li>•Core values on motivation</li><li>•Protected characteristics – hate crimes</li><li>•Homophobia</li><li>•Importance of exercise</li><li>•Healthy eating</li><li>•10:10 Appreciating differences</li><li>•Black History Month</li><li>•Self-assessment</li></ul></div> | <div>Health and prevention<ul style="list-style-type: none"><li>•Safety in the community</li><li>•Anti-Bullying</li><li>•How to keep healthy - Smoking</li><li>•The importance of sleep</li><li>•Communication skills</li><li>•Global Citizenship</li><li>•Self-assessment</li></ul></div> | <div>Internet Safety<ul style="list-style-type: none"><li>• 10:10 Created and Chosen</li><li>• Risky Behaviours and situations</li><li>• Knife crime</li><li>• Gambling awareness</li><li>• 10:10 Trouble with Max</li></ul></div>                                 | <div>Online media<ul style="list-style-type: none"><li>•10:10 Trust the Truth</li><li>•Entrepreneur</li><li>•Budgeting</li><li>•Gambling</li><li>•Voting</li><li>•10:10 Appreciating differences</li><li>•10:10 Think Before You Share</li></ul></div>   | <div>Being Safe<ul style="list-style-type: none"><li>• 10:10 Tough relationships (protected characteristics)</li><li>• 10:10 Feelings</li><li>• 10:10 Think before you share</li><li>• Criminal Exploitation county lines</li><li>• Prejudice and discrimination</li><li>• FGM</li><li>• Mental health Managing Conflict</li><li>• 10:10 Before I was born</li></ul></div> | <div>Wider world<ul style="list-style-type: none"><li>• 10:10 Wider World</li><li>• Consent</li><li>• Mental Health</li><li>• Eating disorders</li><li>• Careers</li><li>• The Justice system</li><li>• Human rights</li></ul></div>   |

|         |   |  |  |   |  |  |
|---------|---|--|--|---|--|--|
| Year 9  | Drugs Alcohol and Tobacco<br>Hate Crime <ul style="list-style-type: none"> <li>•Drugs and the Law</li> <li>•Alcohol</li> <li>•Substance Misuse</li> <li>•Smoking and vaping</li> <li>•How parliament works</li> <li>•Black History Month</li> <li>•Self-assessment</li> </ul>                                 | Financial Choices <ul style="list-style-type: none"> <li>•Safety in the Community</li> <li>•Resisting Peer Pressure</li> <li>•Cost of living</li> <li>•Money management</li> <li>•Money, savings and loans</li> <li>•Critical thinking</li> <li>•Self-assessment</li> </ul>      | Choices and Pathways <ul style="list-style-type: none"> <li>•Growth mindset</li> <li>•Digital footprint</li> <li>•Qualifications</li> <li>•Year 9 options</li> <li>•Xello</li> <li>•Options – School Subjects</li> <li>•Careers Pathways</li> </ul>  | Wider world <ul style="list-style-type: none"> <li>• LGBTQAI+</li> <li>• Forced Marriage</li> <li>• Acid attacks</li> <li>• Employability skills</li> <li>• Literacy and numeracy skills</li> <li>• Neurodiversity week</li> </ul>  | Intimate relationships<br>Adolescents <ul style="list-style-type: none"> <li>• Success with rules</li> <li>• Alcohol awareness</li> <li>• Sexting</li> <li>• 10;10 The Search for Love</li> <li>• 10:10 Love People, Use Things</li> <li>• 10:10 100% Consent</li> <li>• 10:10 Knowing my Rights and Responsibilities</li> <li>• 10:10 Cinema in Ed Part 1- Love, Honour and Cherish Part 2+3 - The gift of Sex</li> </ul> | Adolescents <ul style="list-style-type: none"> <li>• Male body image</li> <li>• Cancer awareness</li> <li>• Extremism PREVENT</li> <li>• Smoking and vaping</li> <li>• 10:10 Marriage</li> <li>• 10:10 In Control of my Choices</li> <li>• 10:10 Fertility and Contraception</li> <li>• 10:10 Close assessment</li> </ul>                            |
| Year 10 | Families<br>Developing Learning Skills <ul style="list-style-type: none"> <li>•Mental Health – Managing Transition</li> <li>•Being a Citizen</li> <li>•10:10 Self Image</li> <li>•10:10 Parenthood</li> <li>•Study</li> <li>•BHM</li> <li>•Tattoos and piercing</li> <li>•Self-assessment</li> </ul>          | Relationships <ul style="list-style-type: none"> <li>•Money, savings and loans</li> <li>•Sexism and ableism</li> <li>•10:10 Babies 1</li> <li>•Diversity in Britain</li> <li>•10:10 Unexpected Pregnancy</li> <li>•10:10 Safe Sex or Save Sex</li> <li>•Mental Health</li> </ul> | Personal safety <ul style="list-style-type: none"> <li>•The sleep factors</li> <li>•Mental Health</li> <li>•Extremism</li> <li>•10:10 Solidarity</li> <li>•10:10 Values, Beliefs and Attitudes</li> <li>•Neurodiversity</li> <li>•10:10 Abuse</li> </ul>   | Self-development <ul style="list-style-type: none"> <li>• Mental Health</li> <li>•10:10 Authentic Freedom</li> <li>• 10:10 Post Assessment</li> <li>• Mental Health</li> <li>•Gambling</li> <li>• Mental Health</li> </ul>  | Health and safety <ul style="list-style-type: none"> <li>• Neurodiversity</li> <li>• County lines</li> <li>• Binge drinking</li> <li>• Body shaming</li> <li>• STEM</li> <li>• Forced marriage</li> <li>• Work experience preparation</li> </ul>   | Careers <ul style="list-style-type: none"> <li>• GMACS</li> <li>• Applying to college and university</li> <li>• Work Experience Preparation</li> <li>• Work Experience</li> <li>• Work Experience Review</li> <li>• Independent living</li> <li>• Internet safety</li> <li>• Fake news and critical thinking</li> <li>• Steps for Year 11</li> </ul> |
| Year 11 | Choices and Pathways / Employment Rights and Responsibilities <ul style="list-style-type: none"> <li>•Preparation for Post 16</li> <li>•College applications</li> <li>•The Range of Opportunities</li> <li>•GMACS</li> <li>•Application Support</li> <li>•The sleep factors</li> <li>•Study skills</li> </ul> | Work and Careers <ul style="list-style-type: none"> <li>• GMACS</li> <li>• Application Support</li> <li>• Study skills</li> </ul>  | Relationships and Sex <ul style="list-style-type: none"> <li>• 10:10 Cinema in Education: 1 Truth and Lies 2 + 3 Truth or Lies</li> <li>• 10:10 – STI's</li> <li>• 10:10 Pregnancy and Abortion</li> <li>• 10:10 Fertility and Birth Control</li> <li>•10:10 Coercive Control</li> <li>•Violence against Women and Girls. Consent</li> </ul> | Health prevention and being safe <ul style="list-style-type: none"> <li>• 10:10 Parenting</li> <li>• Interview Skills and Personal Statements</li> <li>•10:10 Assessment</li> <li>•Revision Techniques</li> <li>• 10:10 Addictions</li> <li>•Dealing with Stress Mental Health – Coping Strategies</li> </ul> | Careers / Wider world <ul style="list-style-type: none"> <li>• Consequences of Drugs</li> <li>• Managing Financial Risks</li> <li>• Developing Life Goals</li> <li>• Study skills</li> <li>• GMACS</li> <li>• Types of Government</li> <li>• UK Political System</li> <li>• World Political Systems</li> </ul>   |  |



