

PSE	Weeks						
Year Group	Week	Week 1-7	Week 8-14	Week 15-21	Week 22-26	Week 27-30	Week 30-36
Y7		New beginnings	Relationships and Resilience	Careers	Communication and Families	Internet safety and harm	Changing adolescent bodies, health and prevention.
		Induction- new school, new friends	Respectful relationships including friendships - characteristics of a positive	Careers - Starting Out	What is communication and what makes it effective.	Internet is an integral part of life - benefits	What is health? what does it mean to lead a healthy lifestyle in Year 7?
		Coping with change, growthmind set (resilience)	respectful relationships including friendships - practical steps to improve and support	Goals and values	Different forms of communication and communication in school	Why is it important to restrict screen time? impact on mental health and wellbeing.	Key facts of puberty from 9 to 11 years old
		Resilience - being organised at school	social resilience friendship/ relationship	Learning about careers	Families - determine if children, adults and information is safe and trustworthy	why are some social media, computer games and online games age restricted ? where and how to raise concerns	Dental hygiene / personal hygiene
		Mental wellbeing is part of normal life	bullying has a negative/lasting impact	Opportunities	different types of committed, stable relationship.	Assessment and Recall Quiz	Periods and changing body.
		Isolation and loneliness can affect children.	LGBTQ+ intro	Decision Making	Assessment and Recall Quiz/ PDP		the importance of sleep
		Mental wellbeing - how to recognise and talk about emotions and seek support	Non binary and binary identity.	Making things happen			PDP preparation
		Assessment and Recall	Assessment and Recall Quiz/ PDP	Assessment and Recall Quiz/ PDP			Assessment and Recall Quiz/ PDP
	Tuesday/Thursday assembly	Gender Stereotypes - Assembly					
Y8		Respectful relationships including friendships	Networking in Careers	Celebrating differences	Intimate and sexual relationships / being safe	Well being and communication	Online media
		What is friendship and respect	Hidden Jobs	Does my family influence me?	What is a relationship? intimate - causal etc	different emotions and how to communicate them	Why do we need to keep safe online?
		respect towards people within school and society	Identifying Skills	Perception of others	Sexual relationships positive and negatives	• How can emotions link to wellbeing positive and negatively?	What is social media?
		Types of Bullying including Prejudice	Keyworker Careers	Stereotypes - based on sex and gender / Stereotyping in families	drugs and alcohol leading to risky sexual relationships.	communication / loss bereavement / who to speak to in school and outside agencies for help	How does media represent teenagers?
		different types of cyberbullying / impact of bullying / responsibilities of bystanders to reporting bullying/cyberbullying and who to report it too.	Social media +/-	Sexism and Homophobia	recognise characteristics of positive aspects of healthy 1-2-1 intimate relationships.	Assessment and Recall	How are you defended by your account?
		friendships within different religions and respecting each other	Communicating Effectively	Positive and Negative Language	Assessment and Recall		Can / cant change your identity?
		stereotyping of people with disabilities	Gender Stereotyping	prison me no way / drink drugs			Online media and grooming
		Assessment and Recall	Assessment and Recall	Assessment and Recall			Assessment and Recall
	Tuesday/Thursday assembly		Social media and online risks - LAW and criminal offences		LAW - violence and exploitation by gangs, extremism/radicalisation, criminal exploitation		
Y9		FAMILIES	MENTAL WELLBEING	INTIMATE AND SEXUAL RELATIONSHIP INCLUDING SEXUAL HEALTH AND BEING SAFE	REVISION STRATEGIES	Careers - World of Work	ONLINE AND MEDIA - Sexual Harrassment and Pornography
		Marriage laws and other relationships	Recap on what it means by good mental health?	Personal Identity and Intimate relationships		Goals and values/How we make a career decision	Laws around online and the media
		Why marriage is an important relationship choice that you should be free to decide?	Support of the family network and outside agencies	Sexual consent	Creating a revision timetable and getting organised (work/life balance)	Learning about careers	The impact of viewing harmful content
		Roles and responsibilities of parents - raising children	Depression and Self harm	Identifying and managing sexual pressure including peer pressure, peer on peer abuse	Revision strategies -using sounds and words to improve memory	Opportunities	Pornography and impacts of behaviour upon others
		Same sex marriage and civil partnerships	Suicide	Pregnancy and miscarriage	Revision strategies -subject based and online	Decision making/Making things happen	Sexual Harrassment
		What makes a happy relationship? Awareness of violence against women	Eating disorders	IVF	Assessment and Recall quiz		Social media and cyber sexual harrassment
		Support of the family network and outside agencies.	Helping others around you	Pregnancy including impartial information on all options such as keeping the baby, abortion, adoption			PDP Preparation
		Assessment and Recall Quiz	Assessment and Recall Quiz	Assessment and recall quiz			Assessment and Recall Quiz/ PDP
	Tuesday/Thursday assembly	Sexual harassment/Sexual violence - will not be tolerated		Cornerhouse/MESMAC sessions		Axiety/stress/depression	
		Leadership- pixl Loric	Sexual Health - JIGSAW	Sexual Health - cont.	Careers - Realising Ambition	Dreams and Goals - JIGSAW	Careers - Work experience
		Initiative	Healthy attitudes on sexual relationships including; body image, choices and consequences.	MESMAC - Sex ed STI's	Why work experience?	Dreams for myself and the world; balance and perspective, relationships and community.	Contingency planning/ resilience

Y10		character	Communication about relationships, sex and sexual health	MESMAC - Sex ed contraception	Choosing a placement	Jobs - legislation around work for young people	Assessment & recall quiz
		Leaders	Individuality in relationships	Assessment. & recall quiz	Finding a placement	Managing setbacks/ resilience building	Work Experience
		Online media - data	Respect and equality in relationships (recognising conflicts and power -based relationships)	Pixl -LORIC Oracy 1	Preparing for Work Experience	Planning for success	Pixl LORIC Respect 1
		Online Media support	Physical health; screening, vaccination, personal hygiene. Health MOT STI's	Oracy 2	Workplace Communication		Respect 2
		Online media positive uses	Stages of relationships + Sexual relationship checklist	Oracy 3			Respect 3
		Assessment. & recall quiz	Assessment and Recall Quiz/ PDP	Assessment. & recall quiz			Assessment & recall quiz PDP
Tuesday/Thursday assembly			Revision strategies assembly	Prepartaion for working life			
Y11		Careers - Following goals	Subject intervention	Subject intervention	Revision	Exams	
		LOMO completion	Subject intervention	Subject intervention	Revision	Exams	
		LOMO completion	Subject intervention	Subject intervention	Revision	Exams	
		LOMO completion	Subject intervention	Subject intervention	Revision	Exams	
		LOMO completion	Subject intervention	Subject intervention	Revision	Exams	
		LOMO completion	Subject intervention	Revision Timetable	Revision	Exams	
		LOMO completion	Subject intervention	Revision Timetable	Revision	Exams	
	LOMO completion	Subject intervention	Revision Timetable	Revision			
Tuesday/Thursday assembly	Relaxation/sleep strateies/PMA	Sexual Harrassment, Sexual abuse, Concont and rights and resosnibilities.	Mock Results day - Mock interviews				

Notes -