

SECONDARY PSHE EDUCATION: LONG-TERM OVERVIEW — THEMATIC MODEL

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Relationships	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Social Awareness and good morals Equality, protected characteristics and social media and the law	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health and puberty.	Building relationships Self-worth, romance and friendships (including online), relationship boundaries, FGM and discrimination.	Healthy Routines Importance of sleep, oral hygiene and risks of smoking
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Resilience Bullying, building resilience and discrimination and positive mental health	Discrimination Media messages, appearance ideals and disability awareness.	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Online world, relationships and consent.	Offensive Weapons and the Law Offensive weapons, knife crime, corrosive substance and firearms, peer pressure.
Year 9	Exploring attitudes and risk Exploring attitudes to drugs, the law and managing risks.	Aspirations Anti-bullying, self-esteem and aspirations.	Relationships and emotional well-being Forming positive relationships, attitudes to mental health and promoting emotional well-being.	Coping Strategies Unhealthy and healthy coping strategies, digital resilience and changes, loss and grief.	Intimate relationships Relationships and sex education including consent, contraception and FGM.	Social Acceptability Legislations and the Law Acceptable vs. Unacceptable behaviour.
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of change	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Healthy relationships Relationships and sex expectations, consent and sharing of “nudes”.	Keeping Safe Pressure, persuasion and coercion.	Safe Relationships STI's, birth control and domestic violence.	Addressing extremism and radicalisation Communities, belonging and challenging extremism.

Year 11	Building for the future Self-efficacy, stress management, and future opportunities	Next steps Showcasing of personal strengths.	Communication in relationships Healthy and unhealthy relationships	Independence Responsible health choices and behaviour and consequences.	Families and Mental Health Mental Health strategies and discrimination.	
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YEAR 7 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson overviews/Teacher notes / resources (See regularly-updated pdf. version for latest Quality Assured resources)
Autumn 1 Health & wellbeing HT1	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid PoS refs: H1, H2, H30, H33, R13, L1, L2	<ul style="list-style-type: none"> • how to identify, express and manage their emotions in a constructive way • how to manage the challenges of moving to a new school • how to establish and manage friendships • how to improve study skills • how to identify personal strengths and areas for development • personal safety strategies and travel safety, e.g. road, rail and water • how to respond in an emergency situation • basic first aid 	Lesson 1 – Dealing with change https://campaignresources.phe.gov.uk/schools/resources/dealing-with-change-lesson-plan-pack Lesson 2 – Road, rail and water safety Lesson 2 - Rail Road and Water Safety Lesson 3 – Being the same and being different (Mind mate) Lesson 3- Being the same and being different Lesson 4 – Introduction to first aid (Red Cross – Asthma and bleeding) Lesson 4 - Introduction to first aid FOYF activity within the transition event
Autumn 2 Living in the wider world HT2	Social Awareness and good morals Equality, protected characteristics and social media and the law PoS refs: R15, R39, L1, L4, L5, L9, L10, L12	<ul style="list-style-type: none"> • how to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity • about a broad range of careers and the abilities and qualities required for different careers • about equality of opportunity • how to challenge stereotypes, broaden their horizons and how to identify future career aspirations • about the link between values and career choices 	FOYF assembly (x2) Lesson 1 – Anti-Bullying Lesson 1 Anti Bullying Lesson 2 – Equality Act Lesson 2 - Equality Act Lesson 3 – Protected Characteristics Lesson 2 - Protected Characteristics

<p>Spring 1 Relationships</p> <p>HT3</p>	<p>Diversity Diversity, prejudice, and bullying</p> <p>PoS refs: R3, R38, R39, R40, R41</p>	<ul style="list-style-type: none"> • about identity, rights and responsibilities • about living in a diverse society • how to challenge prejudice, stereotypes and discrimination • the signs and effects of all types of bullying, including online • how to respond to bullying of any kind, including online • how to support others 	<p>FOYF/Horizons/Cultural Capital – DT (3 Hrs)</p> <p>Lesson 1 – Challenging Stereotypes (Changing Faces)</p> <p>Lesson 1 - Challenging Sterotypes</p> <p>Lesson 2 – Rights and responsibilities</p> <p>Lesson 2 - Rights and Responsibilities</p> <p>Lesson 3 – Diversity (Equality and Human Rights Commission)</p> <p>Lesson 3 - Diversity</p>
<p>Spring 2 Health & wellbeing</p> <p>HT4</p>	<p>Health and puberty Healthy routines, influences on health and puberty.</p>	<ul style="list-style-type: none"> • how to make healthy lifestyle choices including diet, dental health, physical activity and sleep • how to manage influences relating to caffeine, smoking and alcohol 	<p>Lesson 1 – Commitment (PSHEA) and Ground rules of RSE (Leeds Council)</p> <p>Lesson 1 - Ground Rules</p> <p>Lesson 2 – Puberty, body changes (Physical and emotional) Leeds Council</p> <p>Lesson 2 - Puberty and body Changes</p> <p>Lesson 3 – Puberty and menstruation (Leeds Council)</p> <p>Lesson 3 - Puberty and Menstrual wellbeing</p>

	<p>PoS refs: H5, H13, H14, H15, H16, H17, H18, H20, H22, H34</p>	<ul style="list-style-type: none"> • how to manage physical and emotional changes during puberty • about personal hygiene • how to recognise and respond to inappropriate and unwanted contact • about FGM and how to access help and support 	
<p>Summer 1 Relationships HT5</p>	<p>Building relationships Self-worth, romance and friendships (including online), relationship boundaries, FGM and discrimination.</p> <p>PoS refs: H1, R2, R9, R11, R13, R14, R16, R24</p>	<ul style="list-style-type: none"> • how to develop self-worth and self-efficacy • about qualities and behaviours relating to different types of positive relationships • how to recognise unhealthy relationships • how to recognise and challenge media stereotypes • how to evaluate expectations for romantic relationships • about consent, and how to seek and assertively communicate consent 	<p>Lesson 1 – Exploring caring relationships (Leeds council) Lesson 1 - Relationships</p> <p>Lesson 2 – FGM – How to access help and support (PSHEA) Lesson 2 - FGM</p> <p>Lesson 3 – Prejudice and stereotypes Lesson 3 - Discrimination</p>

YEAR 8 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson overviews / Teacher notes / resources (See regularly-updated pdf. version for latest Quality Assured resources)
<p>Autumn 1</p> <p>HT1</p> <p>Health & wellbeing</p>	<p>Drugs and alcohol</p> <p>Alcohol and drug misuse and pressures relating to drug use</p> <p>PoS refs: H23, H24, H25, H26, H27, H29, H31, H5, R42, R44</p>	<ul style="list-style-type: none"> • about medicinal and recreational drugs • about the over-consumption of energy drinks • about the relationship between habit and dependence • how to use over the counter and prescription medications safely • how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes • how to manage influences in relation to substance use • how to recognise and promote positive social norms and attitudes 	<p>Lesson 1 – Risks of Caffeine Lesson 1 - Caffeine</p> <p>Lesson 2 – Risks of smoking and e-cigarettes Lesson 2 - Cigarettes and e-cigs</p> <p>Lesson 3 – Risks of Alcohol (PSHE Association) Lesson 3 - alcohol</p> <p>Lesson 4 – Life Changes and Peer Pressure (Mind mate) Lesson 4 - Life Changes Peer Pressure</p>
<p>Autumn 2</p> <p>HT2</p> <p>Living in the</p>	<p>Resilience</p> <p>Bullying, building resilience and</p>	<ul style="list-style-type: none"> • about equality of opportunity in life and work • how to challenge stereotypes and discrimination in relation to work and pay • about employment, self-employment and voluntary work • how to set aspirational goals for future careers and challenge expectations that limit choices 	<p>FOYF/Horizons/Cultural Capital – DT (3 Hrs), Humanities (3 Hrs)</p> <p>Lesson 1 – Anti-bullying Lesson 1 - Anti-Bullying</p> <p>Lesson 2- Being the same and being different (Mindmate) Discrimination Lesson 2 - BTSBD</p> <p>Lesson 3 – Feeling good and being me (Mindmate) Resilience Lesson 3 - FGBM</p>

wider world	<p>discrimination and positive mental health</p> <p>PoS refs: R39, R41, L3, L8, L9, L10, L11, L12</p>		
<p>Spring 1</p> <p>HT3</p> <p>Relationships</p>	<p>Discrimination</p> <p>Media messages, appearance ideals and disability awareness.</p> <p>PoS refs: R39, R40, R41, R3, R4, R42, R43</p>	<ul style="list-style-type: none"> • how to manage influences on beliefs and decisions • about group - think and persuasion • how to develop self-worth and confidence • about gender identity, transphobia and gender-based discrimination • how to recognise and challenge homophobia and biphobia • how to recognise and challenge racism and religious discrimination 	<p>FOYF/Horizons/Cultural Capital – DT (3 Hrs)</p> <p>Lesson 1 – Raising awareness of learning difficulties and autism (Dimensions) Lesson 1 - Raising awareness of learning disabilities and autism</p> <p>Lesson 2 – Dove Self- Esteem lessons appearance ideals Lesson 1 - Appearance Ideals</p> <p>Lesson 3 - Dove Self- Esteem lessons – media messages Lesson 3 - Media Messages</p>

<p>Spring 2 Health & wellbeing HT4</p>	<p>Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies</p> <p>PoS refs: H3, H4, H6, H7, H8, H9, H10, H11, H12, L24</p>	<ul style="list-style-type: none"> • about attitudes towards mental health • how to challenge misconceptions and stigma • about daily wellbeing • how to manage emotions • how to develop digital resilience • about unhealthy coping strategies (e.g. self-harm and eating disorders) • about healthy coping strategies 	<p>Lesson 1 – Confronting comparisons (Dove) Lesson 1 - Confront Comparisons Lesson 2 – Banish body talk Lesson 2 - Banish Body Talk Lesson 3 – Be the change Lesson 3 - Be the Change</p>
<p>Summer 1 Relationships HT5</p>	<p>Identity and relationships</p> <p>Online world, relationships and consent.</p> <p>PoS refs: H35, H36, R4, R5, R10, R16, R18, R24, R25, R26, R27, R29, R30, R32</p>	<ul style="list-style-type: none"> • the qualities of positive, healthy relationships • how to demonstrate positive behaviours in healthy relationships • about gender identity and sexual orientation • about forming new partnerships and developing relationships • about the law in relation to consent • that the legal and moral duty is with the seeker of consent • how to effectively communicate about consent in relationships • about the risks of ‘sexting’ and how to manage requests or pressure to send an image • about basic forms of contraception, e.g. condom and pill 	<p>Lesson 1 – Online world and choosing a partner Lesson 1 - Online world and choosing a partner Lesson 2 – One to one relationship Lesson 2 - One to one relationships Lesson 3 – Consent Lesson 3 - Consent</p>
<p>Summer 2 Living in the wider world</p>	<p>Offensive weapons and the law</p> <p>Offensive weapons, knife crime, corrosive substance and firearms, peer pressure</p>	<ul style="list-style-type: none"> • about online communication • how to use social networking sites safely • how to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation • how to respond and seek support in cases of online grooming • how to recognise biased or misleading information online • how to critically assess different media sources • how to distinguish between content which is publicly and privately shared 	<p>Lesson 1 – Offensive weapons (Pol Ed) Lesson 1 - Offensive Weapons Lesson 2 – Knife Crime Lesson 2 - Knife Crime Lesson 3 – Corrosive substances/firearms Lesson 3 - Corrosive substances firearms Lesson 4 – Peer pressure Lesson 4 - Peer pressure</p>

HT6

PoS refs: H3, H30, H32, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27

- about age restrictions when accessing different forms of media and how to make responsible decisions
- how to protect financial security online
- how to assess and manage risks in relation to gambling and chance-based transactions

YEAR 9 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson overviews / Teacher notes / resources (See regularly-updated pdf. version for latest Quality Assured resources)
Autumn 1 Health & wellbeing	Exploring attitudes and risk Exploring attitudes to drugs, the law and managing risks. PoS refs: H24, H25, H27, H28, H29, R1, R20, R37, R42, R44, R45, R46, R47	<ul style="list-style-type: none"> • how to distinguish between healthy and unhealthy friendships • how to assess risk and manage influences, including online • about 'group think' and how it affects behaviour • how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively • to manage risk in relation to gangs • about the legal and physical risks of carrying a knife 	Lesson 1 – Drugs – Exploring attitudes (PSHEA) Lesson 2 – Drugs, the law and managing risks (PSHEA) Lesson 3 – Drugs and their effects (Alcohol and cannabis) (PSHEA) Lesson 4 – Managing Influence (PSHEA) 4 lessons Year 9 Exploring attitudes alcohol and drugs
Autumn 2 Living in the wider world	Aspirations Anti-bullying, self-esteem and aspirations.	<ul style="list-style-type: none"> • about transferable skills, abilities and interests • how to demonstrate strengths • about different types of employment and career pathways • how to manage feelings relating to future employment • how to work towards aspirations and set meaningful, realistic goals for the future • about GCSE and post-16 options • skills for decision making 	FOYF/Horizons/Cultural Capital – English (3 Hrs) Options Evening Lesson 1 – Anti-Bullying Lesson 1 - Anti bullying Lesson 2 – FGBM (Self-Esteem – Mindmate) Lesson 2 - Self Esteem Lesson 3 – Life Change (Aspirations – Mindmate) Lesson 3 - Aspirations

PoS refs: L2, L3, L6, L7, L8, L9, L11, L12, L13, L14

Spring 1

Relationships and emotional well-being

- about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering
- about positive relationships in the home and ways to reduce homelessness amongst young people
- about conflict and its causes in different contexts, e.g. with family and friends
- conflict resolution strategies
- how to manage relationship and family changes, including relationship breakdown, separation and divorce
- how to access support services

FOYF/Horizons/Cultural Capital – Health and Performance (3 Hrs)

Lesson 1 – Positive Relationships (Home Office)

[Lesson 1](#)

Lesson 2 – Mental health and emotional wellbeing (PSHEA) Attitudes to mental health

[Lesson 2](#)

Lesson 3 - Mental health and emotional wellbeing (PSHEA) promoting emotional well-being

[Lesson 3](#)

Attitudes to mental health, promoting emotional wellbeing, digital resilience, unhealthy and healthy coping strategies and Change, loss and grief

Relationships

Forming positive relationships, attitudes to mental health and promoting emotional well-being.

PoS refs: H2, R1, R6, R19, R21, R22, R23, R35, R36

	<p>Coping strategies</p> <p>Unhealthy and healthy coping strategies, digital resilience and changes, loss and grief.</p> <p>PoS refs: H3, H14, H15, H16, H17, H18, H19, H21</p>	<ul style="list-style-type: none"> • about the relationship between physical and mental health • about balancing work, leisure, exercise and sleep • how to make informed healthy eating choices • how to manage influences on body image • to make independent health choices • to take increased responsibility for physical health, including testicular self-examination 	<p>Lesson 1 - Mental health and emotional wellbeing (PSHEA) unhealthy and healthy coping strategies</p> <p>Lesson 1 - Unhealthy and healthy coping strategies</p> <p>Lesson 2 - Mental health and emotional wellbeing (PSHEA) Digital Resilience</p> <p>Lesson 2 - Digital Resilience</p> <p>Lesson 3 - Mental health and emotional wellbeing (PSHEA) Change, loss and grief</p> <p>Lesson 3 - Change, loss and grief</p>
<p>Summer 1</p> <p>Relationships</p>	<p>Intimate relationships</p> <p>Relationships and sex education including consent, contraception and FGM.</p> <p>PoS refs: R7, R8, R11, R12, R18, R24, R26, R27, R28, R29, R30, R31, R32, R33,</p>	<ul style="list-style-type: none"> • about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex • about facts and misconceptions relating to consent • about the continuous right to withdraw consent and capacity to consent • about STIs, effective use of condoms and negotiating safer sex • about the consequences of unprotected sex, including pregnancy • how the portrayal of relationships in the media and pornography might affect expectations • how to assess and manage risks of sending, sharing or passing on sexual images • how to secure personal information online 	<p>Lesson 1 – Intimate relationships (Leeds council)</p> <p>Lesson 1 - Intimate Relationships and diversity and equality</p> <p>Lesson 2 – Contraception (Leeds council/Brooke)</p> <p>Lesson 2 - Contraception</p> <p>Lesson 3 – FGM (Healthy Schools)</p> <p>Lesson 3 - FGM</p>

	R34, L21		
<p>Summer 2</p> <p>Living in the wider world</p>	<p>Social Acceptability</p> <p>Legislations and the Law</p> <p>Acceptable vs. Unacceptable behaviour.</p> <p>PoS refs: R13, R14, L2, L4, L5, L8, L9, L14, L21, L24, L27</p>	<ul style="list-style-type: none"> • about young people's employment rights and responsibilities • skills for enterprise and employability • how to give and act upon constructive feedback • how to manage their 'personal brand' online • habits and strategies to support progress • how to identify and access support for concerns relating to life online 	<p>Lesson 1 – Up skirting (Pol Ed)</p> <p>Lesson 1 - Upskirting</p> <p>Lesson 2- CSE (Pol Ed)</p> <p>Lesson 2 - CSE</p> <p>Lesson 3 – Revenge Porn (Pol. Ed)</p> <p>Lesson 3 - Revenge Porn</p> <p>Lesson 4 – Forces marriage</p> <p>Lesson 4 - Forced Marriage</p>

YEAR 10 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson overviews / Teacher notes / resources (See regularly-updated pdf. version for latest Quality Assured resources)
<p>Autumn 1</p> <p>Health & wellbeing</p>	<p>Mental health</p> <p>Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p> <p>PoS refs: H2, H5, H6, H7, H8, H9, H10</p>	<ul style="list-style-type: none"> • how to manage challenges during adolescence • how to reframe negative thinking • strategies to promote mental health and emotional wellbeing • about the signs of emotional or mental ill-health • how to access support and treatment • about the portrayal of mental health in the media • how to challenge stigma, stereotypes and misinformation 	<p>Lesson 1-4 (PSHE Association)</p> <p>Lesson 1 - New Challenges and reframing negative thinking</p> <p>Lesson 2 - Reframing negative thinking</p> <p>Lesson 3 - Recognising mental ill health and when to get help</p> <p>Lesson 4 - Healthy coping strategies</p> <p>New Challenges, reframing negative thinking, recognising mental ill-health, Change, loss, grief and promoting emotional well-being</p>
<p>Autumn 2</p> <p>Living in the wider world</p>	<p>Financial decision making</p> <p>The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p> <p>PoS refs: H25, R38, L16, L17, L18, L19,</p>	<ul style="list-style-type: none"> • how to effectively budget and evaluate savings options • how to prevent and manage debt, including understanding credit rating and pay day lending • how data is generated, collected and shared, and the influence of targeted advertising • how thinking errors, e.g. gambler's fallacy, can increase susceptibility to gambling • strategies for managing influences related to gambling, including online • about the relationship between gambling and debt 	<p>FOYF/Horizons/Cultural Capital – Maths (3 Hrs)</p> <p>Lesson 1 – Resilience to gambling</p> <p>Lesson 1 - Resilience to gambling</p> <p>Lesson 2 – Fraud</p> <p>Lesson 2 - Understanding Fraud</p> <p>Lesson 3 – Identity fraud and data protection</p> <p>Lesson 3 - Identity Fraud and data protection</p>

	L20, L25	<ul style="list-style-type: none"> • about the law and illegal financial activities, including fraud and cybercrime • how to manage risk in relation to financial activities 	
Spring 1 Relationships	Healthy relationships Relationships and sex expectations, consent and sharing of “nudes”.	<ul style="list-style-type: none"> • about relationship values and the role of pleasure in relationships • about assumptions, misconceptions and social norms about sex, gender and relationships • about the opportunities and risks of forming and conducting relationships online • how to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours 	Lesson 1 – Relationship Abuse (disrespect Nobody) Lesson 2 - Consent Lesson 3 – Sharing sexual images Lesson 1 - Disrespect Nobody 3 lessons included

<p>Living in the wider world</p>	<p>Addressing extremism and radicalisation</p> <p>Communities, belonging and challenging extremism.</p> <p>PoS refs: H1, L1, L2, L3, L5, L7, L8, L9 L10, L11, L12, L13, L14, L15, L23</p>	<p>development</p> <ul style="list-style-type: none"> • about opportunities in learning and work • strategies for overcoming challenges or adversity • about responsibilities in the workplace • how to manage practical problems and health and safety • how to maintain a positive personal presence online • how to evaluate and build on the learning from workexperience 	<p>Lesson 1 - Hate Crime</p> <p>Lesson 2 – Extremism (Pol Ed)</p> <p>Lesson 2 - Extremism</p> <p>Lesson 3 – British Values (Pol Ed)</p> <p>Lesson 3 - British Values</p> <p>Lesson 4 – County Lines (Pol Ed)</p> <p>Lesson 4 - County Lines</p>
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YEAR 11 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson overviews / Teacher notes / resources (See regularly-updated pdf. version for latest Quality Assured resources)
<p>Autumn 1</p> <p>Health & wellbeing</p>	<p>Building for the future</p> <p>Self-efficacy, stress management, and future opportunities</p> <p>PoS refs: H2, H3, H4, H8, H12, L22</p>	<ul style="list-style-type: none"> • how to manage the judgement of others and challenge stereotyping • how to balance ambition and unrealistic expectations • how to develop self-efficacy, including motivation, perseverance and resilience • how to maintain a healthy self-concept • about the nature, causes and effects of stress • stress management strategies, including maintaining healthy sleep habits • about positive and safe ways to create content online and the opportunities this offers • how to balance time online 	<p>Lesson 1 – Lifestyles and well-being (PSHE Association) Lesson 1 - Lifestyles and well being</p> <p>Lesson 2 – Influences of lifestyle decisions (PSHE Association) Lesson 2 - Influences of lifestyle decisions</p> <p>Lesson 3 – Importance of Sleep (PSHE A) Lesson 3 - Importance of sleep</p> <p>Lesson 4 – Dealing with Exam Stress (Every mind matters) Lesson 4 - Exam Stress</p>
<p>Autumn 2</p> <p>Living in the wider world</p>	<p>Next steps</p> <p>Showcasing of personal strengths.</p>	<ul style="list-style-type: none"> • how to use feedback constructively when planning for the future • how to set and achieve SMART targets • effective revision techniques and strategies • about options post-16 and career pathways • about application processes, including writing CVs, personal statements and interview technique • how to maximise employability, including managing online presence and taking opportunities to broaden experience 	<p>Lesson 1 – Showcasing personal strength (PSHEA) Lesson 1 - Showcasing personal strengths</p> <p>Lesson 2 – Managing online reputation (PSHEA) Lesson 2 - Managing online reputation</p> <p>Lesson 3 – Growing Careers (PSHEA and the environment agency) Lesson 3 - Growing Careers</p>

	PoS refs: L1, L2, L3, L4, L6, L7, L8, L11, L12, L21	<ul style="list-style-type: none"> about rights, responsibilities and challenges in relation to working part time whilst studying how to manage work/life balance 	
Spring 1	Communication in relationships	<ul style="list-style-type: none"> about core values and emotions 	<p>Lesson 1 – Working out relationships (University of Exeter) Lesson 1 - Working out relationships</p> <p>Lesson 2 – Healthy and unhealthy relationships (University of Exeter) Lesson 2 - Healthy and unhealthy relationships</p> <p>Lesson 3 – Online blackmail (CEOP) Lesson 3 - Online Blackmail</p>
Relationships	Healthy and unhealthy relationships	<ul style="list-style-type: none"> about gender identity, gender expression and sexual orientation how to communicate assertively how to communicate wants and needs how to handle unwanted attention, including online how to challenge harassment and stalking, including online 	
	PoS refs: H26, H27, H28, H29, R16, R17, R21, R23, R32	<ul style="list-style-type: none"> about various forms of relationship abuse about unhealthy, exploitative and abusive relationships how to access support in abusive relationships and how to overcome challenges in seeking support 	
Spring 2	Independence	<ul style="list-style-type: none"> how to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads) emergency first aid skills how to assess emergency and non-emergency situations and contact appropriate services about the links between lifestyle and some cancers about the importance of screening and how to perform self examination 	<p>Lesson 1 – HIV and STI's (Leeds Council) Lesson 1 - HIV and STIs</p> <p>Lesson 2 – Behaviour and consequences (Leeds Council) Lesson 2 - Behaviour and consequences</p> <p>Lesson 3 – Pregnancy Choices (Leeds Council) Lesson 3 - Pregnancy Choices</p>
Health & wellbeing	Responsible health choices and behaviour and consequences.		

	<p>PoS refs: H3, H4, H11, H13, H14, H15, H16, H17, H18, H22, H23, H24</p>	<ul style="list-style-type: none"> • about vaccinations and immunisations • about registering with and accessing doctors, sexual health clinics, opticians and other health services • how to manage influences and risks relating to cosmetic and aesthetic body alterations • about blood, organ and stem cell donation 	
<p>Summer 1 Relationships</p>	<p>Families and mental health Mental health strategies and discrimination.</p> <p>PoS refs: H30, H31, H32, H33, R4, R11, R12, R13, R24, R25, R26, R27, R33</p>	<ul style="list-style-type: none"> • about different types of families and changing family structures • how to evaluate readiness for parenthood and positive parenting qualities • about fertility, including how it varies and changes • about pregnancy, birth and miscarriage • about unplanned pregnancy options, including abortion • about adoption and fostering • how to manage change, loss, grief and bereavement • about 'honour based' violence and forced marriage and how to safely access support 	<p>Lesson 1 – Family Life and Parenting (Leeds Council) Lesson 1 - Family life and parenting Lesson 2 – Mental Health Strategies (Pol. Ed.) Lesson 2 - Mental Health Lesson 3 – Mental Health and discrimination (Pol. Ed.) Lesson 3 - Mental Health and Discrimination</p>

