

PSHE overview

Year group	Core Theme 1: Health and wellbeing.	Core Theme 2: Relationships.	Core Theme 3: Living in the wider world: economic wellbeing, careers and the world of work.
7	How to eat responsibly Food groups Exercise Managing anger Puberty Dangers of smoking Dangers of drugs Energy drinks Introduction to mental health FGM	Bullying Cyberbullying Falling in love Friendships Family relationships Radicalisation & Extremism Personal Identity	Finances Budgeting Resilience Self esteem Shopping ethically Racism Staying safe on social media The Real Game
8	Cancer Awareness Emotional Literacy and self-awareness Managing behaviour to achieve Personal Development and target setting Personal safety and first aid Self-confidence and goals Teen pregnancy and parenting Vaping, nicotine and addiction What is mindfulness?	Body image British values –tolerance & anti-racism Domestic conflict Extremism How can we prevent radicalisation and extremism How do extreme leaders attract converts Prejudice and discrimination Where does extremism come from? Who are the extreme groups? Consent STIs Contraception Dangers of pornography Sexting and image share danger Being ready	Communication skills Entrepreneurs Team work skills Discrimination Teens and Media Budgeting and saving Income and expenditure Tax and NI Homophobia How can we care for the environment How is tax spent Public services Internet safety Online grooming Prejudice and stereotypes

9	<p>Alcohol awareness Behaving to achieve – rules Developing interpersonal skills Discrimination and The Equality Act Drugs and the law Growth Mindset to achieve How can we manage anxiety? How do we cope with stress? Vaccinations, organ blood donation and stem cells What are acid attacks? Why are people selfie obsessed? Why can't some people access education? Why do some people self-harm?</p>	<p>Body image The media and eating disorders British community, religion and culture Domestic violence and abusive relationships How can we deal with peer pressure? How does child exploitation happen? Immigration, the UK and diverse communities Who are the LGBT community? Consent STIs Teenage pregnancy</p>	<p>Employability Applying and preparing How can I avoid debt? How can knife crime impact on our lives? How does the law treat young offenders? Human rights Genocide and trafficking Is sending aid the answer? Financial institutions Consumer rights Self-discipline to achieve Sustainability for all Workplace skills What can we learn from entrepreneurs?</p>
10	<p>Hate crime Homelessness How harmful is binge drinking? Living sustainably Managing grief and bereavement Managing time effectively Managing social anxiety Screen time – how much is too much? Social Media & Self esteem Study skills Tattoos and piercings Why do people commit suicide?</p>	<p>Community cohesion Conflict management Forced and arranged marriages Gender and Trans identity Harassment and stalking Parenting Role models Revenge porn Same sex relationships Sexism and gender prejudice Humanutopia (tbc) The effects of pornography Revenge porn</p>	<p>Anti-social behaviour Crime, gangs and county lines Fake news and critical thinking Money laundering How does the criminal justice system work? Racism Preparing for work Rights and responsibilities in the work place The right career for me What are people looking for in CVs? Why do people become extremists? STEM careers International women's day</p>

11	<p>Digital footprints Gambling and online gaming How does privilege affect us? Identity and diversity Fertility and Reproductive health First aid – CPR Obesity Body positivity Perseverance and procrastination Personal safety – wider world The importance of sleep Why do we take risks? Why is PSHE important?</p>	<p>Bullying Body shaming Consent Rape Sexual abuse Happiness and Positivity Safe sex Types of relationship Pleasure Abortion</p>	<p>Animal rights and sustainability Applying to college and university Cybercrime and online fraud Extremism GCSE revision and study skills Globalisation Health and safety at work How do trade unions protect us at work? How do we prepare for job interviews? How do we prepare for independent living? Internet safety The Dark web Multiculturalism Pollution, plastic and our environment</p>
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