

## PSHE/Citizenship Scheme of Work 2017/2018

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
<b>Year 7</b>	Transition to secondary school <b>Diet, exercise</b> and how to make healthy choices	<b>Enterprise skills</b> and introduction to careers Challenging career stereotypes and <b>raising aspirations</b>	<b>Diversity, prejudice and bullying</b> including cyber bullying Managing <b>on- and off-line friendships</b>	The risks of <b>alcohol, tobacco</b> and other substances Managing <b>puberty</b> and the issues of <b>unwanted contact</b> and <b>FGM</b>	<b>Self-esteem, romance</b> and friendships Exploring <b>family life</b>	Making <b>ethical financial decisions</b> Saving, <b>spending and budgeting</b> our money
<b>Year 8</b>	<b>First aid</b> and personal safety, focusing on road safety <b>Alcohol and drug misuse</b> and <b>managing peer influence</b>	<b>Rights and responsibilities</b> in the community Tackling <b>age and disability discrimination</b>	Tackling <b>racism and religious discrimination</b> , promoting human rights <b>Online safety</b> and digital literacy	<b>Mental health</b> and emotional wellbeing, including <b>body image</b> Managing change and <b>loss</b>	Introduction to <b>sexuality and consent</b> Introduction to <b>contraception</b> including condom and the pi	Evaluating <b>value for money</b> in services Risks and consequences making <b>financial decisions</b>
<b>Year 9</b>	<b>Peer pressure</b> , assertiveness and risk, gang crime Dieting, lifestyle balance and <b>unhealthy coping strategies</b>	Understanding <b>careers</b> and future aspirations Identifying learning strengths and setting goals as part of the <b>GCSE options process</b>	<b>Managing conflict</b> at home and the dangers of running away from home Tackling <b>homophobia, transphobia and sexism</b>	Managing <b>peer pressure</b> in relation to illicit substances Assessing the risks of <b>drug and alcohol abuse</b> and addiction	Relationships and sex education including healthy relationships and <b>consent</b> The risks of <b>STIs, sexting and pornography</b>	Planning and carrying out an <b>enterprise project</b> Reflecting on <b>learning skills</b> development in key stage 3
<b>Year 10</b>	Transition to key stage 4 and developing study habits <b>Mental health</b> and ill health, tackling stigma	Understanding the causes and effects of <b>debt</b> Understanding the risks associated with <b>gambling</b>	Tackling <b>relationship myths</b> and expectations Managing romantic <b>relationship challenges</b> including break ups	Exploring the influence of <b>role models</b> Evaluating the <b>social and emotional risks</b> of drug use	Understanding <b>different families</b> and learning <b>parenting</b> skills Managing <b>change, grief and bereavement</b>	Preparation for <b>work experience</b> Evaluation of work experience and readiness for work
<b>Year 11</b>	Promoting <b>self-esteem</b> and coping with <b>stress</b> Learning and <b>revision skills</b> to maximise potential	Understanding the <b>college application process</b> and plans beyond school <b>Skills for employment</b> and career progression	<b>Personal values</b> and assertive communication in relationships Tackling <b>domestic abuse</b> and <b>forced marriage</b>	<b>Health and safety</b> in independent contexts Taking responsibility for <b>health choices</b>	<b>British values</b> , human rights and <b>community cohesion</b> Challenging <b>extremism</b> and radicalisation	