

PSHE Scheme of Work

Lessons to be followed in this order, with the exception of documentaries if they are used.

	Welcome	Health & Wellbeing	Living in the Wider World	Relationships	Health & Wellbeing	Living in the Wider World	Relationships	Particularly pertinent to the year group/local area*	Relevant documentary based lessons??
	1x lesson	2x lessons	2x lessons	2x lessons	2x lessons	2x lessons	2x lessons	4x lessons	2x lessons
Year 7 Encountering And Foundation	Who am I? I wish my teachers knew	Safety. First Aid. Puberty.	Career Paths: Soft/Human Skills. SKILL: Oracy	Positive Relationships. Introduction to consent.	Healthy and Unhealthy routines. Body Image.	Financial Literacy	Online. Protected Characteristics.	Rules? Dealing with loss	
Year 8 Core and Development	Who am I now? I wish my teachers knew.	Pressure: drugs and alcohol.	Suffolk Work. Employment Rights. SKILL: Oracy	Healthy Relationships Giving/Seeking Permission Avoiding Assumptions.	Sleep and Mental health Body Image	Debt. Discrimination	Online. Sex and the law. Including harassment. Contraception.	1 – Additional consent lesson in R1. Rules? How should we talk to each other?	FGM
Year 9 Core and Development	Who am I now? I wish my teachers knew.	Sharing Nudes (Self-Esteem) 3 x lessons	Gangs SKILL: Oracy	Freedom and Capacity to consent. Coercive Control.	Mental Health. First Aid.	Post-16 Employment Rights.	STIs Pornography Conflict Management	1 – Additional sharing nudes lesson in H&W1. Rules?	Girls in gangs Gambling: A Game of Life and Death
Year 10 Enrichment and Enhancing	Who am I now? I wish my teachers knew.	Mental Health. 3x lessons	Rights	Consent. Pornography.	Exploring Influence	Gambling and Debt. World of Work	Addressing Extremism and Radicalisation	Body Image. Making Learning Stick/Stress reduction	Rape Culture
Year 10 Assembly/Tutor Time		Gangs and Knife Crime Interview Skills		Preparation for Work Experience?		World of Work			
Year 11 Enrichment and Enhancing	Who am I now? I wish my teachers knew.	Religion and Relationships	Stereotypes Diversity and Collaboration	2x RS lessons	Responsible health choices. Pregnancy choices. Self-examination.	2x RS lessons	Sexual Harassment. Being an upstander.	X	Rape Culture
Year 11 Assembly/Tutor Time		Post-16 options Revision		Local Job Opportunities Revision		What next?			

\*Based on student voice and/or local health reports and/or year leader concerns and/or current events

Aside from the first lesson of the year all topics will be covered by a pair of lessons that follow the general structure of:

1. What's the issue? Identifying and understanding key topics and vocabulary.
2. What can I do about it? Evaluating methods and signposting where to go for further information, advice and support.

**In addition to drop down days on:**

Year 7 – Safety Day

Year 8 – Power and Protest Day

Year 9 – Careers Day

Year 10 – Careers Day

Year 11 – Adult Skills Day