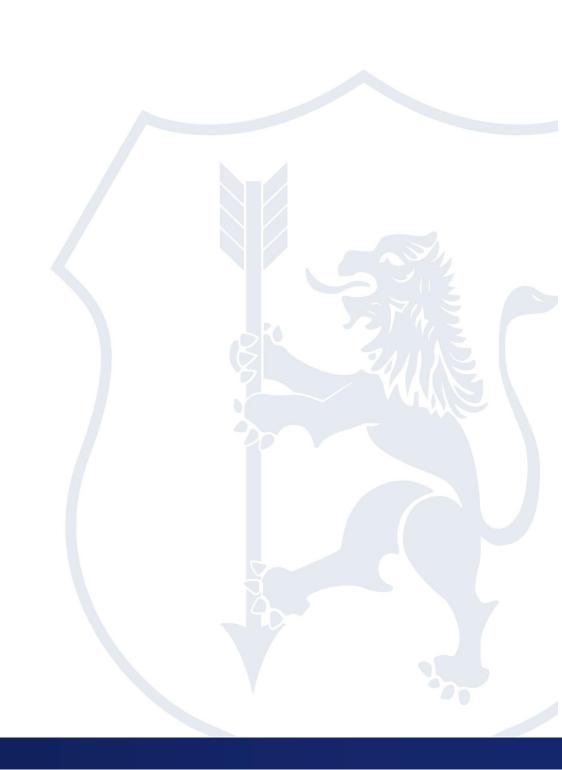


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## Secondary PSHCE Education: Long Term Overview – Thematic Model

	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
Year 7	Transition & safety  Transition to secondary school and personal safety in / outside school, including first aid	Developing skills & aspirations  Careers, teamwork and enterprise skills, and raising aspirations	<b>Diversity</b> Diversity, prejudice and bullying	Health & puberty  Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relatiopnships  Self-worth, romance and friendships (including online) and relationship boundaries	Financial decision-making Saving, borrowing, budgeting and making financial choices
Year 8	Drugs & alcohol  Healthy eating and too much sugar, vaping, alcohol and drug misuse and pressures relating to drug use	Community and careers  Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination  Discrimination in all its forms including: racism, religious and disability, sexism, homophobia, biphobia and transphobia, staying safe online from radicalisation and extremism	Emotional wellbeing  Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships  Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Online safety, digital literacy, media reliability, and gambling hooks
Year 9	Peer influence, substance use and gangs  Healthy and unhealthy friendships, assertiveness and substance misuse	Setting goals  Learning strengths, career options and goal setting as part of the GCSE options process	Intimate relationships  Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Healthy lifestyle  Diet, exercise, lifestyle balance and healthy choices, and first aid	Respectful relationships  Families and parenting, healthy relationships, conflict resolution, and relationship changes	Employability skills Employability and online presence
Year 10	Mental health  Mental health and ill health, stigma, safeguarding health, including during period of transition or 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, pleasure and challenges, including the impact of media and pornography	Exploring influence  The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation  Communities, belonging and challenging extremism	Work experience  Preparation for and evaluation of work experience and readiness for work
Year 11	Building for the future  Self-efficacy, stress management and responsible health choices	Financial decision- making  Saving, borrowing, budgeting and making financial choices	Communication in relationships  Personal values, assertive communication (sexual health / contraception), relationship challenges and abuse	Independence  Responsible health choices and safety in independent contexts	Families  Different families and parental responsibilities, pregnancy, marriage and forced marriage, and changing relationships	