

# ROUNDWOOD PARK PSHCE EDUCATION: LONG-TERM OVERVIEW



	Autumn 1 Health & wellbeing	Autumn 2 Relationships	Spring 1 Living in the wider world	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	<b>Transition, safety and resilience</b> Transition to secondary school and personal safety in and outside school. Resilience -Bounce Forward	<b>Diversity</b> Diversity, prejudice, and bullying <i>Form time: Citizenship – Human Rights</i>	<b>Developing skills and aspirations</b> Careers, teamwork & enterprise skills, & raising aspirations. <i>Form time Citizenship: Communities and identity</i>	<b>Health and puberty</b> Healthy routines, influences on health, puberty, unwanted contact, <i>Form time: Citizenship – Precious liberties</i>	<b>Building relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries <i>Form time: Bully Free Form</i>	<b>Financial decision making</b> Saving, borrowing, budgeting and making financial choices <i>Citizenship: Managing money</i>
Year 8	<b>Drugs and alcohol</b> Alcohol and drug misuse and pressures relating to drug use. Vaping Resilience	<b>Discrimination</b> Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia <i>Citizenship: Political System</i>	<b>Community and careers</b> Equality of opportunity in careers and life choices, and different types and patterns of work. Volunteering - Citizenship <i>Form time: Citizenship – Rules, laws and justice system</i>	<b>Emotional wellbeing</b> Mental health and emotional wellbeing, including body image and coping strategies	<b>Identity and relationships</b> Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception. FGM	<b>Digital literacy</b> Online safety, digital literacy, media reliability, and gambling hooks
Year 9	<b>Peer influence, substance use and gangs</b> Resilience, healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	<b>Respectful relationships</b> Families and parenting, healthy relationships, conflict resolution, and relationship changes	<b>Setting goals</b> Learning strengths, career options and goal setting as part of the GCSE options process	<b>Healthy lifestyle</b> Diet, exercise, lifestyle balance and healthy choices, and first aid	<b>Intimate relationships</b> Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	<b>Employability skills</b> Employability and online presence
Year 10	<b>Mental health + Resilience</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change <i>Drop down day: Wellbeing</i>	<b>Democracy + Government, rights and responsibilities</b> PSHE: Addressing extremism and radicalisation Citizenship: Democracy, Commonwealth, legal system <i>Drop down day- Law &amp; Crime</i>	<b>Financial decision making</b> The impact of financial decisions and the impact of advertising on financial choices <i>Citizenship – Public money</i> <i>Drop down day: Careers</i>	<b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media	<b>Healthy relationships</b> Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography <i>Drop down day: RSE</i>	<b>Work experience</b> Preparation for and evaluation of work experience and readiness for work <i>Work Shadow Day</i>
Year 11	<b>Building for the future</b> Resilience, self-efficacy, stress management, and future opportunities. Debt and gambling <i>Drop down day: Issues facing young people</i>	<b>Families + Community</b> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships <i>Drop down day: Citizenship – Improving the community</i>	<b>Next steps</b> Application processes, and skills for further education, employment and career progression <i>Drop down day: Careers</i>	<b>Independence</b> Responsible health choices, and safety in independent contexts	<b>Communication in relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	
Year 12	<b>Relationships</b> <b>Relationships, Values + Consent</b> Types of relationship, prejudice and discrimination, Consent, Sexual Assault, Violence against Women <i>Future Options Day</i>	<b>Health &amp; wellbeing</b> <b>Sexual Health + Self Concept</b> Managing life's phases body image, body modification, STIs, sexual health <i>Future Options Day</i>	<b>Work, Careers + Employment</b> Life goals, employment laws, payslips, careers, striking and trade unions	<b>Risk, Personal Safety + Drugs</b> Going away and getting home safely, first aid, Police, organised crime, gangs, alcohol and drugs, spiking and drink driving <i>Future Options Day</i>	<b>Bullying, Abuse + Discrimination</b> Gaslighting, Coercion, Controlling behaviour, Child-on-Child abuse, Harassment and stalking, desclating aggressive situations, Sharia Law and honor based violence, culture and diversity	<b>Employment, Responsibilities + Digital Resilience</b> Professional conduct, confidentiality in the workplace, bullying and harassment at work, media literacy and digital resilience <i>Professional Placement Week</i>
Year 13	<b>Forming Respectful Relationships</b> Building relationships, Importance of relationships, personal safety, avoiding toxic relationships, breaking up.	<b>Healthy Lifestyles + Mental Health</b> Cancer, Vaccines, Recognising illness, healthy diet, balancing work and life, mental health disorders and supporting others	<b>Financial Choices</b> Budgeting, Financial Risks, Consumer Rights and Customer Services, Problematic gambling.	<b>Relationships</b> <b>Contraception + Parenthood</b> Routes to parenthood, Unintended pregnancies and options, fertility, consent, contraception		