**LONG TERM OVERVIEW OF PSHEE/RSE THEMES FOR CLASSES 6 – 11.**

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|  | **Autumn 1****Health and wellbeing** | **Autumn 2****Living in the wider world** | **Spring 1****Relationships** | **Spring 2****Health and wellbeing** | **Summer 1****Relationships** | **Summer 2****Living in the****Wider world** |
| **Class 6 11-12 year old** | **Reconnection to school and friends; mental health and well being; coping with stress and change; personal safety in and outside school; first aid.** | **Developing skills; careers information; teamwork; enterprise skills; raising aspirations.** | **Diversity; prejudice and bullying.** | **Healthy routines; influences on health, puberty, unwanted contact and FGM. Cultural difference and the law in UK.** | **Self worth; building self esteem; romance and friendships (including online) and relationship boundaries.** | **Saving; borrowing budgeting and making financial choices.** |
| **Class 7** **12–13 year old** | **Reconnection to school and friends; coping with stress and change; recognising when negative feelings persist; signposting help; healthy lifestyles; drugs and alcohol misuse; pressures relating to drug use.** | **Equality of opportunity in careers and life choices, and different types and patterns of work.** | **Discrimination in all its forms including : racism, religious discrimination, disability, discrimination, sexism, ageism. Homophobia, biphobia and transphobia; other types of `othering` towards others.** | **Mental health, emotional wellbeing****including** **body image and coping** **strategies.** | **Gender identity, sexual orientation,** **consent, sexting****and introduction to****contraception.** | **Online safety, digital literacy, media** **reliability****and gambling hooks.** |
| **Class 8 13-14 year old** | **Reconnection;****Wellbeing; recognising when negative feelings persist; self help; signposting; healthy and unhealthy friendships; assertiveness; substance misuse.** | **Learning strengths, career options and goal setting.** | **Families and parenting; healthy relationships; conflict resolution and relationship changes.** | **Diet, exercise,****Lifestyle balance,****healthy choices****and first aid.** | **Relationships and****sex ed; contraception****consent, risk of****STIs and attitudes to** **pornography.** | **Employability and online****Presence.** |
| **Class 9 14-15 year old** | **Reconnections; emotional well being; mental health and ill health; stigma; safeguarding health, including during periods of transition and change. Suicide prevention and awareness and how to help a friend in this situation.** | **Impact of financial decisions, debt, gambling and the impact of advertising on financial choices.** | **Relationships and sex expectations; myths, pleasure and challenges including the impact of the media and pornography.** | **Influences and impact of drugs** **gangs, role models and the media.** | **Communities;****Belonging and****challenging** **extremism.** | **Preparation for and** **evaluation of work.** |
| **Class 10** **15–16 year old** | **Reconnections; emotional well being; stress management; time management; stigma;****safeguarding health; self help and signposting; suicide prevention and how to help a friend in this situation.**  | **Work experience; CV writing; how to conduct yourself in an interview and how to prepare for an interview.** | **Personal values, assertive communication (including in relation to contraception, sexual health and consent); relationship challenges and abuse.** | **Responsible health choices; safety in** **independent contexts** | **Different families and parental****responsibilities, pregnancy, marriage, forced marriage, changing** **relationships, civil partnerships.** |  |
| **Class 11** **16–17 year old** | **Reconnections; emotional well being; stress management; stigma, safeguarding health; self help and signposting; future opportunities.** | **Updating CVs; application to college or next stage; interview techniques.** | **Personal values; assertiveness communication; relationship challenges and abuse.** | **Health choices and moving on into the future;** **Keeping safe and well;** **Long term goals.** | **Different families ;****choices for the future;** **Pregnancy; abortion;****Lifestyle choices.** |  |