**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.** |  |