



PSD



| | <u>PSD</u> | | | | |
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| | Year 7 | Year 8 | Year 9 | Year 10 | Year 11 |
| Autumn 1 | <p>Health and Wellbeing - <i>Personal safety in and out of school, basic first aid, diet and exercise and how to make healthy choices</i></p> | <p>Health and Wellbeing - <i>First aid and personal safety, focusing on road safety. Alcohol and drug misuse and managing peer influence</i></p> | <p>Health and Wellbeing - <i>Peer pressure, assertiveness, healthy friendships and risk. Dieting, lifestyle balance and unhealthy coping strategies</i></p> | <p>Health and Wellbeing <i>Transition to key stage 4 and developing study habits</i></p> <p><i>Mental health and ill health, tackling stigma</i></p> | <p>Health and Wellbeing <i>Promoting self-esteem and coping with stress</i></p> <p><i>Learning and revision skills to maximise potential</i></p> |
| Autumn 2 | <p>Living in the Wider World - <i>Introduction to careers, challenging career stereotypes and raising aspirations</i></p> | <p>Living in the Wider World - <i>Rights and responsibilities in the community. Tackling age and disability discrimination</i></p> | <p>Living in the Wider World - <i>Understanding careers and future aspirations. Identifying learning strengths and setting goals in preparation for GCSE options</i></p> | <p>Living in the wider world <i>Understanding the causes and effects of debt and gambling</i></p> <p><i>Charities</i></p> | <p>Living in the wider world <i>Understanding the college application process and plans beyond school</i></p> <p><i>Skills for employment and career progression</i></p> |
| Spring 1 | <p>Relationships - <i>Diversity, prejudice and bullying, including cyber bullying. Managing on and offline friendships</i></p> | <p>Relationships - <i>Tackling discrimination in all forms and promoting human rights. Online safety and digital literacy.</i></p> | <p>Relationships - <i>Managing conflict at home and the dangers of running away from home. Looking at types of parenting.</i></p> | <p>Relationships <i>Tackling relationship myths and expectations, the influence of the media and porn.</i></p> | <p>Relationships <i>Personal values and assertive communication in relationships</i></p> <p><i>Tackling abuse in relationships</i></p> |



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| | | | | <i>Managing romantic relationship challenges including break ups</i> | |
| Spring 2 | Health and Wellbeing - <i>The risks of alcohol, tobacco and other substances</i> | Health and Wellbeing - <i>Mental health and emotional wellbeing including body image. Managing change and loss</i> | Health and Wellbeing - <i>Diet, exercise, lifestyle choices and first aid</i> | Health and wellbeing <i>Exploring the influence of drugs, gangs role models and the media</i> <i>Evaluating the social and emotional risks of drug use</i> | Health and wellbeing <i>Health and safety in independent contexts</i> <i>Taking responsibility for health choice</i> |
| Summer 1 | Relationships - <i>Self-esteem, romance and friendships including online friendships. Exploring family life including marriage</i> | Relationships - <i>Introduction to sexuality and consent. Introduction to contraception</i> | Relationships - <i>Relationships and sex education, including healthy relationships, CSE and consent.</i> | Relationships <i>British Values, human rights and community cohesion</i> <i>Extremism and radicalisation- communities, belonging and challenging extremism.</i> | Relationships <i>British Values, human rights and community cohesion</i> <i>Different families and responsibilities- pregnancy, marriage and forced marriage.</i> |
| Summer 2 | Living in the Wider World - <i>Making ethical financial decisions. Saving, spending and budgeting our money</i> | Living in the Wider World - <i>Digital literacy, online safety, media reliability and gambling hooks</i> | Living in the Wider World - <i>Employability and online presence. Planning and carrying out an enterprise project</i> | Living in the wider world <i>Preparation for work experience</i> | Exams |



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| | | | | <i>Evaluation of work experience and readiness for work</i> | |
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