

Huish Episcopi Academy PSHE EDUCATION: LONG-TERM OVERVIEW



	Autumn 1 (7) Health & wellbeing	Autumn 2 (7) Living in the wider world	Spring 1 (7) Relationships	Spring 2 (6) Health & wellbeing	Summer 1 (5+1) Relationships	Summer 2 (7) Living in the wider world
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Learning skills. Media literacy and digital resilience.	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Careers (RCM). L7-19
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Learning skills. Media literacy and digital resilience.	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	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	Careers (RCM). L7-19
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Careers and options (RCM)	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Careers (RCM). L7-19

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Year 10</p>	<p>Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p>	<p>Learning skills. Media literacy and digital resilience. Work Experience (1 hour). UniFROG. (RCM).</p>	<p>Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography</p>	<p>Exploring influence The influence and impact of drugs, gangs, role models and the media</p>	<p>Addressing extremism and radicalisation Communities, belonging and challenging extremism</p>	<p>Work Experience. Post 16. Careers (RCM)</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Year 11</p>	<p>Careers (RCM). L4-21</p>	<p>Building for the future Self-efficacy, stress management, and future opportunities</p>	<p>Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p>	<p>Independence Responsible health choices, and safety in independent contexts</p>	<p>Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p>	<p style="background-color: black; color: black;">[Redacted]</p>