

## PSHE Overview 2022-2023

### Knowledge

- Health and wellbeing
- Living in the wider world
- Relationships

### Competencies

- Independence and aspirations
- Autonomy and advocacy
- Choice and influences

Independence and aspirations	
Autonomy and advocacy	
Choice and influences	

	<u>One</u>	<u>Two</u>	<u>Three</u>	<u>Four</u>	<u>Five</u>	<u>Six</u>
Seven	<b>Friendships and family</b> Developing empathy, compassion and communication Making and maintaining friendships Challenging bullying Communicating online	<b>Health</b> Developing agency, strategies to manage influence and decision-making. Regulating emotions Diet and hygiene Sleep	<b>Rights and boundaries</b> Developing assertive communication, risk managements and support-seeking skills. Boundaries Unwanted contact Tolerance	<b>Health and risks</b> Developing agency and decision-making skills. Drugs, alcohol and tobacco Safety and first aid.	<b>You are awesome</b> Developing assertive communication, risk managements and support-seeking skills. Mind set Elastic brain Mental health first aid	<b>Puberty and health</b>

Eight	<p><b>Managing conflict</b> Developing communication and negotiation skills, clarifying values and strategies to manage influence. Healthy relationships Managing conflict</p>	<p><b>Digital Resilience</b> Developing risk management skills, analytical skills and strategies to identify bias. Managing online presence Digital and media literacy</p>	<p><b>Drugs and alcohol</b> Developing agency, strategies to manage influence and access support. Drugs and alcohol Peer influence Online choices and influence Smoking and Cannabis Maintaining positive mental health Importance of physical activity</p>	<p><b>Careers, aspiration and finance</b> Developing goal setting, motivation and self-awareness. Aspirations for the future Career choices The world of work</p>	<p><b>Diverse Society</b> Developing respect for beliefs, values and opinions and advocacy skills. Stereotypes, prejudice and discrimination Promoting diversity and equality</p>	
Nine	<p><b>Moral thinking</b> Developing analytical skills and decision making Moral thinking</p>	<p><b>Tolerance and extremism</b> Developing self-confidence, risk managements and strategies to manage influence  Extremism Gangs and violent crime Drugs Assertive communication</p>	<p><b>Mental Health and coping strategies</b> Developing empathy, compassion and strategies to access support. Mental health Change and loss Healthy coping strategies</p>	<p><b>Healthy relationships</b> Developing assertive communication, clarifying values and strategies to manage influence Healthy/ unhealthy relationships Consent Relationships and sex</p>	<p><b>Health</b> Developing decision making, risk management and support seeking skills. Cancer awareness FGM Drugs and alcohol</p>	

Ten	<p><b>Relationships and personal values</b>          Developing empathy and compassion, strategies to manage influence and assertive communication          Relationships          Nature of committed relationships          Sex          Forced marriage expectations          Identifying and responding to abuse and harassment</p>		<p><b>Digital literacy and health</b>          Developing self- awareness, responding to peer influence          Digital literacy</p>	<p><b>Careers and money management</b>          Developing goal setting, leadership and presentation skills          Skills for employment          Applying for employment          Finance and budgeting</p>
	Eleven	<p><b>Stress</b>          Developing confidence, agency and support-seeking skills          Mental health          Change and loss          Healthy coping strategies          Making safe and healthy lifestyle choices          Health promotion and self-examination          Blood, organ and stem cell donation</p>	<p><b>Work Experience</b>          Developing motivation, organisation, leadership and self-presentation skills.          Preparation for, and reflection on work experience</p>	<p><b>Personal choices and experience*</b>          Developing empathy and compassion, clarifying values and support-seeking skills          Families and parenting          Fertility, adoption, abortion          Pregnancy and miscarriage          Managing grief and loss</p>

\*Y11 do need RSE in this year. This unit will be compressed into the relationships lessons. (Personal choice and experiences)