

PSHE OVERVIEW 2021-2022

	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	<ol style="list-style-type: none"> 1. Aspiration and motivation 2. Identity and factors that affect my identity 3. Gender identity 4. Fundamental British Values: Tolerance and Respect at AGS 5. Expressing your opinion and giving feedback. 6. Leadership Skills 7. The importance of routine 	<ol style="list-style-type: none"> 1. What does privacy mean? 2. Online privacy and social media 3. How to safely manage personal information. 4. Maintaining a positive online presence 5. How to avoid online scams 6. How to critique reliability 	<ol style="list-style-type: none"> 1. What is oppression 2. What is racism 3. Racism in education and work 4. What is classism? 5. What is sexism? 6. What is homophobia? 7. What is social justice? 	<ol style="list-style-type: none"> 1. Facing new challenges 2. Reframing negative thinking 3. Revisiting emotional wellbeing 4. Recognising and coping with depression 5. Seeking support for self-harm 6. Common mental health concerns: stress 7. Suicide and suicide ideation 	UCAS
Autumn 2	<ol style="list-style-type: none"> 1. Making new friendships 2. How to show empathy 3. Conflict resolution skills 4. Regrets and saying sorry 5. How to recognise bullying 6. Cyberbully 	<ol style="list-style-type: none"> 1. Understanding romantic relationships 2. Unhealthy relationships 3. Grooming 4. Sexting 5. What is the law regarding consent 6. Assessing readiness for sex. 	<ol style="list-style-type: none"> 1. How to manage difficulties in friendships. 2. Peer pressure and youth crime. 3. Strategies to manage pressure to join a crime. 4. Risks and consequences of gang violence 5. Exit strategies for gangs and risk situations <p>--less lessons in this half term due to the length of lesson.</p>	<ol style="list-style-type: none"> 1. Understanding health relationships 2. Recognise signs of an abusive relationship 3. Keeping sexually healthy 4. Understanding the consent continuum 5. Evaluate and manage the influence of pornography. 6. How to seek help for harassment, assault, and abuse. 	UCAS
Spring 1	<ol style="list-style-type: none"> 1. How to recognise, express and manage emotions for daily well-being. 2. Maintaining good mental wellbeing. 3. Coping with worries and anxiety. 4. Coping with grief. 5. Recognising poor mental wellbeing. 	<ol style="list-style-type: none"> 1. Contraception and how to access it. 2. STIs 3. Sexual health clinics 4. How to make positive informed decisions about drugs 5. The laws relating to substances 	<ol style="list-style-type: none"> 1. How to build digital resilience 2. How to maintain mental health and emotional wellbeing. 3. How to recognise anxiety problems? 4. Eating disorders and seeking support. 5. How to practice mindfulness 	<ol style="list-style-type: none"> 1. Being aware of a digital footprint and long term impacts of our online activities. 2. Online bullying and its impact. 3. Evaluate and manage risks of starting relationships online. 4. The laws regarding online safety. 	<ol style="list-style-type: none"> 1. Basic Finances 2. Budgets 3. Savings 4. Credit 5. Salaries and Payslips

Spring 2	<ol style="list-style-type: none"> 1. Developing self-confidence. 2. Physical and emotional changes during puberty 3. Periods 4. Periods 5. How to manage influences on body satisfaction 	<ol style="list-style-type: none"> 1. How to recognise and challenge stereotypes 2. Prejudice 3. Discrimination 4. The Equality Act 5. Human Rights 6. The Laws and Rights of Children 	<ol style="list-style-type: none"> 1. What are my consumer rights? 2. Understanding and getting support for identity fraud and money mules 3. What is gambling 4. What is problem gambling and how do I access support? 5. Your developing sexuality 6. Understanding gender identity 	<ol style="list-style-type: none"> 1. How to recognise when social media features inaccurate information. 2. How inaccurate information can relate to extreme viewpoints. 3. What is radicalisation and how to seek support. 4. What is the age or criminal responsibility? 5. How laws affect your life. 6. Understanding judicial proceedings. 	<ol style="list-style-type: none"> 1. Pensions and Student Loans 2. Financial Insurance and risk 3. Preparing for Exams 4. Reframing negative thinking <p>EXAM PERIOD</p>
Summer 1	<ol style="list-style-type: none"> 1. Exploring sexuality. 2. How to communicate boundaries. 3. Sex and the Law 4. FGM 5. FGM 	<ol style="list-style-type: none"> 1. Democracy and voting 2. Pressure groups 3. Basic banking 4. Ways of saving 	<ol style="list-style-type: none"> 1. Attitudes towards sexuality 2. Violence against women 3. Domestic Abuse 4. Forced Marriage and Honour based violence 5. Consent: myths and the law 	<ol style="list-style-type: none"> 1. Different types of long term relationships. 2. Different types of families 3. Attitudes towards pregnancy 4. Miscarriages and fertility support. 5. Understanding abortion and the right to choose. 6. Consequences of teenage pregnancy. 	EXAM PERIOD
Summer 2	<ol style="list-style-type: none"> 1. The dangers of cigarettes 2. The dangers of e-cigs 3. Keeping healthy 4. Taking care of yourself. 	<ol style="list-style-type: none"> 1. Attitudes towards mental health and how to challenge stigma 2. The link between physical and mental wellbeing 3. Dealing with fear and anger 4. Dealing with stress 	<ol style="list-style-type: none"> 1. Staying safe at parties 2. Alcohol: the facts 3. Alcohol: the risks 4. Alcohol: alcoholism 5. Heroin and Cocaine 6. The impact of drugs 	PPES	