

## 2025-2026 PSHCE Long term Plan

	Autumn one Health and well being	Autumn two Living in the wider world	Spring one Relationships	Spring two Health and well being	Summer one Relationships	Summer two Living in the wider world
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school.	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships – family relationships, friendships. Identifying healthy and non-healthy relationships including online.	Financial decision making, saving, borrowing, budgeting and making financial choices.
Year 8	Safety Personal safety in and outside of school including first aid.	Managing personal risk in independent situations including online.	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Impact of social media - how people think about and express themselves, Self-image, body image and mental health.	Puberty, body changes, hygiene and menstrual wellbeing.	Conflict management skills in relationships and friendships. How to reconcile after disagreements.
Year 9	Impact of social media- how people think about and express themselves, Self-image, body image and mental health. To develop strategies to help build resilience to negative opinions and judgements.	Goal setting. To develop study, organisational skill and presentation skills. To set realistic targets. Routes in to work, vocational and academic progression routes.	Consent. Law on consent. How to seek, give, not give, withdraw consent including online. Impact of having sexual images with others with and without consent.	Strategies to understand and build resilience, how to respond to setbacks and disappointments. To develop a healthy range of coping strategies to promote wellbeing.	Contraception the risk related to unprotected sex. consequences of unintended pregnancy.	Work and career Recognising different patterns of work and employment. Different career pathways. National employment sectors and changing patterns of employment.

Year 10	Contraception – how to chose and access appropriate contraception including emergency. Importance of parenting skills and qualities for family life and implications of young parenthood.	Different career pathways. National employment sectors and changing patterns of employment. Employment rights, career guidance.	STIs treatment and how to reduce transmission. Sexual health services.	Characteristics of mental and emotional health. Developing empathy and understanding on how daily actions can affect people’s mental health. Effects of change on mental health.	Abuse in relationships including coercive control. Challenges associated with domestic abuse and recognising when to get support.	Drugs, alcohol and tobacco. Consequences of substance misuse Wider use of illegal substance use.
Year 11	Study Tips and strategies.  Health decisions Sleep, diet, exercise, balanced approach to life, NHS services, screening self, purpose of blood donation. Managing health risks tattoos, sunbeds and piercings,	CV writing, job applications and interview practise.  Financial choices. Effective budgeting, benefits of saving.	Gambling, financial exploitation and consumer rights.  Honor based violence and forced marriage.	Managing stress, anxiety and other mental health needs.		