|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week** | **Year 7**PSHCE Lesson Overview 2021-2022 | **Year 8** | **Year 9** | **Year 10** | **Year 11** |
| **Theme 1: Health & Wellbeing** |
| 6.9.21 | Returning to school after covid | Returning to school after covid | Returning to school after covid | Returning to school after covid | Returning to school after covid |
| 13.9.21 | Who am I? | Body Image |  | Social Media and self-esteem | Identity and diversity |
| 20.9.21 | Praising you, Praising me | Social Media and self-esteem | Self-Esteem | Social Media and self-esteem | Anxiety |
| 27.9.21 | Resilience | Learning to relax |  | Social Anxiety | Depression |
| 4.10.21 | Mental health introduction | Self-awareness | Growth mindset | Screen time | Positivity |
| 11.10.21 | Who to ask for help/advice | E-safety |  | Managing tough times: change, grief and bereavement | Perseverance and procrastination |
| 18.10.21 | E-safety | E-safety | E-safety | Teenage pregnancy & options | The importance of sleep |
| **Half Term** |  | Consumer power |
| 1.11.21 | What do we mean by a ’healthy lifestyle’? | Vaping, Nicotine and Addiction | Alcohol awareness | Risk taking & decision making | Revision timetable & study skills |
| 8.11.21 | How can I commit to a healthy life? Living a healthy, active life and exercising. | Drugs & the law |  | FGM | Fertility and reproductive health (double lesson) |
| 15.11.21 | Keeping clean | Smoking & second hand smoking | Managing peer pressure | Peer on peer abuse | Fertility and reproductive health (double lesson) |
| 22.11.21 | Puberty | Contraception |  | Sexual harassment | Personal safety in the wider world |
| 29.11.21 | Periods | STIs | Selfie-safety | First Aid | **Mock Exams** |
| 6.12.21 | Reproduction | Sexuality |  | **Drugs: their risks and the law** | **Mock Exams** |
| 13.12.21 | Personal Safety | Personal Safety and First Aid | Self-care: self-harm, binge drinking, eating disorders |  | **Mock Exams** |
| **Christmas Holiday** |  | **Careers – which jobs?** |
| **Theme 2: Relationships & Identity** |
| 4.1.22 | **Careers**  | **Careers**  | **Careers** | **Careers** | **Careers** |
| 10.1.22 | **Careers** | **Careers** |  | **Careers** | **Careers** |
| 17.1.22 | Maintaining genuine friendships and avoiding toxic ones | Romance, love, new feelings and teen relationships | **Careers** | Consent | Bullying & body shaming – relationships with ourselves |
| 24.1.22 | Families and different long term commitments (marriage / civil partnerships) what are the different types and does it matter what kind of family I have? | Domestic conflict & running away |  | Harassment & Stalking | Sexual harassment & rape  |
| 31.1.22 | Positive & safe relationships | Forced marriage | Managing conflict | Relationship abuse | Same-sex relationships |
| 7.2.22 | Bullying or banter – what is and what isn’t acceptable? (Peer on peer abuse) | LGBTQAI+ - Trans & gender issues |  | Roles & responsibilities of parents & who can you trust. | What is good sex? |
| **Half Term** |
| 21.2.22 | How can we prevent online bullying? (Cyber-bullying) | Summary lesson | Recognising healthy and abusive relationships | The characteristics of positive and healthy friendships) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. |  |
| 28.2.22 | Managing peer pressure | Identity 1 |  |  |  |
| 7.3.22 | Summary lesson | Identity 2 | Child sexual exploitation |  |  |
| 14.3.22 | Identity 1 |  |  |  |  |
| 21.3.22 | Identity 2 |  | Identity |  |  |
| 28.3.22 | Mindfulness Part 1 | Mindfulness Part 1 |  |  |  |
| **Easter Holiday** |  |  |  |  | **Women’s rights** |
| **Theme 3: Living in the Wider World** |
| 18.4.22 | Aspiration | Mindfulness part 1 | Taking control of my future – Personal development planning | Career Planning: How do I choose a career that’s right for me? | Apprenticeships |
| 25.4.22 | How does democracy work in Britain? | How can boosting our self-confidence boost our achievement? |  | British Values: Democracy & Rule of Law | Trade Unions |
| 2.5.22 | What are British Values? | Entrepreneurs | Kindness & mutual respect | British Values: Tolerance & Mutual Respect | How can we keep financially savvy & avoid debt? |
| 9.5.22 | British values & Religion | Democracy in Britain & other types of political systems around the world. |  | British Values: Individual Liberty | Income and Tax |
| 16.5.22 | What are Protected Characteristics? | The legal system and other authorities in Britain  | How does the Law deal with Young Offenders | Protected Characteristics and why do we call them ‘protected’? | Borrowing Money |
| 23.5.22 | Mindfulness part 2: Mindful colouring  | How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage |  | Overt & covert racism | Fake News and Critical Thinking |
| **Half Term** |  | Identity 2 |  |  | Globalisation |
| 6.6.22 | Wants & Needs | Pride month & homophobia | Gangs & teen crime | Knife Crime |  |
| 13.6.22 | Being an ethical consumer | Plastic Pollution |  | County Lines |  |
| 20.6.22 | **Diversity week** | **Diversity week** | **Diversity week** | **Diversity week** |  |
| 27.6.22 | Unicef | Living sustainably |  |  |  |
| 4.7.22 | Prejudice & Discrimination | Extinction Rebellion & climate change | Gaming & gambling |  |  |
| 11.7.22 | Disability & discrimination | Hate Crime |  |  |  |
| 18.7.22 | Homophobia | Mindfulness part 2: Mindful colouring | Human Rights - trafficking |  |  |