

St Dunstan's School - PSHE Long Term Plan

YEAR 7	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topic	What is PSHE?	Character Education	Health, Wellbeing and Relationships	Drugs and Other Stuff	Careers	Safety
Key Themes	Ground Rules and Pupil Consultation Stepping up to secondary school - What makes an outstanding learner? What is PSHE? What communities am I a member of? What is friendship? - How do I build positive relationships? Cyberbullying and online friendships	A wide variety of extra-curricular activities such as assemblies, sports, performance clubs and trips allow students to express their character. However, this unit will enhance this exploration through the study of key personality traits such as integrity, courage and compassion.	Healthy Lifestyles - The importance of sleep, diet & exercise Puberty, including mood swings & gender What are periods & Surviving Puberty Safe and Private (builds towards consent) The media and healthy lifestyles	What are drugs? Drugs, school policy and the law Why do most people avoid smoking? Smoking and avoiding peer pressure All about alcohol What is addiction?	Looking Ahead What am I good at? What jobs do I know about? Self Reflection- How to sell yourself Living the Dream	Pride Month Risky Business - planning for safety Staying safe online What to do in an emergency Safer Cycling & Water Safety
Key Words	Changes, excites, worries, advice, learner, skills, Personal, Social, Health, Economic, Education, citizen, citizenship, community, British	Respect, Integrity, Resilience, Courage, Compassion, Confidence, Stress, exploration, expression, employability, empathy, concept, encounter,	Healthy lifestyles, puberty, periods, body odour, public hair, mood swings, reproduction, tampons, sanitary towels, moon cup, period pants, sleep, balanced diet,	Medication, drug, side effect, prescription, drug, tobacco, caffeine, alcohol, smoking, vaping, peer pressure, argument, assertive behaviour, alcohol, unit,	Career, Personality, Employment, self image, personality, music industry, engineering, Digital industry, STEM, Green employment, careers advisor, skills, job advert, qualities,	Lesbian, Gay, Bisexual Questioning, +Other definitions Assessing Risk, Safety, Hazard, Consequence, Internet, Cyber, Safety, Emergency, 999, 101, 111, Bikeability,

	Values, relationship, friendship	overcome, persevere, setbacks, habituation, moral, attributes	healthy eating,the media, body image, exercise	measure, fact, myth, cigarette, addiction, pressure, self image	labour market	Highway Code
Assessment	Pupil consultation / Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check
YEAR 8	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topic	How to keep Safe	What Rights and Responsibilities Do We Have?	Money, Money, Money	Health and Wellbeing	Relationships	Careers
Key Themes	As students start growing up, it is important to talk to them about safety and what to address as a concern. This unit will explore communication and conflict, sun safety, county lines and extremism, and different times of crime.	What is a good citizen? Rights and Responsibilities How should people be punished? Rights, responsibilities and the community. The Equality Act How are we protected from discrimination and unconscious bias?	How can I manage my money & creating a personal budgeting plan Savings, loans and interest rates Using the right financial products for you Making ethical financial decisions How we can keep financially savvy and avoid debt Consumers and the Law- what are my rights?	How dangerous are drugs? How dangerous are drugs and what are the different types? Smoking and vaping The truth about alcohol Risk of alcohol and drug problems What exactly is cancer? Can we do anything to prevent it Health choices: vaccinations, blood and organ donation,	Pregnancy and teenage pregnancy- what issues do young parents face? Managing conflict, feelings and consent What are the consequences of sexting? Managing FGM Self Esteem and Body Image School Nurse Visit (RSE)	Careers Education Who gets to do what? Why are good communications skills so important? What does it mean to be an entrepreneur? Teamwork- why is this an essential life skill and what are the benefits?

				stem cells and hygiene		
Key Words	Communication, conflict, sun safety, vape, county lines, extremism, crime, immediate, acceptance, uncomfortable, safeguarding, discrimination, signpost, volunteer	Citizens, Society, Group, Rights, Responsibilities, Judge, Youth Offending Panel, Offender, Community, Citizen, Responsibility, Prejudice, Discrimination, The Equality Act 2010, unconscious bias	Money, Income, Budgeting, Expenditure, Income, Budget, Savings, Loans, Interest Rates, Finance Financial, Benefits Ethical, Fair Trade Interest, Short term loans, Long term loans, Credit score Consumer Rights	Stimulants, Depressants, Vaping, Smoking, Alcohol, Binge drinking, Drug, Addiction, Cancer, Genetic predisposition, Vaccinations, Hygiene, Stem cells, Disease	Puberty, Pubic hair, Acne, Body odour, Relationships, Boyfriend, Girlfriend, Puberty, Teenage pregnancy, CSA - Child Support Agency, Contraception, Feelings, Consent, Sexting, Domestic conflict, Female Genital Mutilation, Body image, Body confidence, Self esteem, Media	Skills, Achievements, Qualities, Gender, Stereotype, Equality, Communication, Entrepreneur, Enterprising person, Teamwork, Employability skills
Assessment	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check
YEAR 9	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topic	Drugs and other stuff	Living in the Wider World	Careers and Options Choices	Relationships and Sex Education	Wellbeing	First Aid

Key Themes	Ground Rules and Pupil Consultation Attitudes towards drugs Drugs, what do we know about the risks and the law? Alcohol and Binge Drinking What are the pressures surrounding alcohol? Where do they come from? What to do in an emergency	County Lines Knife Crime What is online radicalisation and why is it a problem? Who are some of the different extremist groups? How can we prevent radicalisation and extremism? What is a cult?	Year 9 Options Booklet Preparing for Options Evening My Top 10 Career Choices Career Pilot Where to go for help for careers advice	Relationships & what is Sexual Consent? Body Parts & what is sexual health? LGBTQ+ Safer Sex & Contraception What is worrying about pornography? What is Child Sexual Exploitation and how does it happen?	Emotional & Mental Health Awareness Self Injury Anxiety Dealing with stress Selfie Safety and sharing images Body Image and Self Esteem	Primary Survey Recovery Position Resuscitation First Aid Kits Bleeding and Shock
Key Words	Drugs, Legal, Illegal, Misuse, Alternatives , Drugs, Illegal, Legal, Misuse, Alternatives, Smoking, Alcohol, Restriction, Supervision, Alcohol, Brand, Product, Recovery position, Drunk, ICE contact, Emergency, First Aid, County lines, Drugs, Peer	Radicalisation, Propaganda, Grooming, Radicalisation, Extremist, Radicalise, Vulnerable, Cult, Religion, Congregation, converts	Options, Choices, Pathway, BTEC, Coursework, Cambridge National, GCSE, A Level, Apprenticeship, Labour Market, Careers Advisor, Mentor, A Level, Degree, Courses, KUDOS, Careers, Careers, Career Pilot	Relationship, Sex, Anatomy, Penis, Vagina, Vulva, Clitoris, Foreskin, Testicles, Breasts, Sexually Transmitted Infection, Disease, Protection Lesbian, Gay, Bisexual, Trans, Questioning, Ally Safer sex, Contraception Contraception Pornography Child sexual	Emotional health Mental health, Wellbeing Depression, Mental health Self harm, Self injury Anxiety, Stress Self expression Consent, Body image, Selfie	Casualty, Response, Dangers, Recovery position, Casualty, CPR, Casualty, Resuscitation, First aid kit, Infection, Bleeding, Shock

	pressure, Knife crime			exploitation Consent		
Assessment	Pupil consultation / Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check
YEAR 10 PSHE/PB	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topic	PSHE: Health and Wellbeing	PB: The Only Way is Ethics	PSHE: Living in the Wider World	PB: Religion and World Views	PSHE: Relationships and Sex Education	PSHE: Employability
Key Themes	Ground Rules and Pupil Consultation Alcohol and young people Anxiety, Social Anxiety, Emotional & Mental well-being Social Media, Self Esteem & Body Image Putting the Men in Mental Health (Suicide Prevention) Self Examination	What is ethics & Right and wrong Environmental Ethics Saviour Siblings & the Human Commodity Sexual Ethics Weapons of Mass Destruction Capital Punishment	What is a hate crime & Anti social behaviour Illegal Drugs and County Lines Sexual Harassment Child Sexual Exploitation (CSE) Knife Crime The Criminal Justice System Female Genital Mutilation (FGM), Breast ironing, Forced marriage &	Judaism, Christianity & Islam Hinduism, Sikhism, Buddhism & other Eastern Religions Atheism and Humanism The Truman Show & Plato's Cave Free Will and Determinism: The Matrix: can we ever be free?	What does a Healthy Relationship look like? Consent. Sex, Sexuality & Screwball LGBTQ+ Fertility and Reproductive Health (link to drugs, alcohol, STIs) Implications of young parenthood Stalking, harassment & characteristics of positive relationships	Ambition & competition for jobs Costing, budgeting & essential spending Understanding payment cards, frauds and scams. Money sense for schools. The budget game and how the economy works Applying for work experience Application forms, Curriculum vitae,

	Grief & Bereavement Young, British & Broke		Honour based violence Voting, political parties, the Media, power of the press and fake news		Spiralling. Domestic Violence	Personal statement and Interviews
Assessment	Pupil consultation / Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check
YEAR 11 PSHE/PB	Term 1	Term 2	Term 3	Term 4	Term 5	
Topic	PSHE: Living in the Wider World - Careers, Money & Finance	PSHE: Health and Wellbeing & Living in the wider world	PSHE: Relationships and Sex Education	PB: Ethics & Filosoflix	PB: Heal the world... make it a better place	
Key Themes	My Vocation: I Know What I Want Degree Vs. Training: 6th form / Apprenticeships / College / Work Re-visit: Record of achievement, Applying for a job, Personal	Alcohol and Drugs at clubs, festivals and parties Personal Safety (Including drugs and alcohol) & CPR Cyber Safety, Online Fraud and Digital Footprints Gambling	Building ethical relationships. Consent What does "good sex" even mean? Contraception STI's (Inc. HIV) Pregnancy and parenthood	Abortion Euthanasia Organ and Blood Donation Gattaca & Genetic Engineering A.I. & What does it mean to be human?	Putting the Planet in PB: Food, Travel & Fast Fashion Fish are friends - Animal testing, Vegetarianism & Veganism Anti Semitism: The Pianist & Where was God?	

	Statement, Getting an interview Bank accounts, Tax & Money lending Living Debt & Planning for your pension	Managing Conflict: Gangs & Guns	Planet Porn vs Planet Reality Sexual Images and the law: Revenge porn, sexting, upskirting)		Far right extremism, Islamophobia, Multiculturalism & Community Cohesion Marxism and Social Control Equality, Feminism and Sexism	
Assessment	Pupil consultation / Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	Knowledge, understanding, terminology & recall check	