

# SECONDARY PSHE EDUCATION: LONG TERM OVERVIEW – COMPETENCIES-BASED MODEL

|                | <b>Autumn 1</b><br>Independence and aspirations   | <b>Autumn 2</b><br>Autonomy and advocacy   | <b>Spring 1</b><br>Choices and influences   | <b>Spring 2</b><br>Independence and aspirations   | <b>Summer 1</b><br>Autonomy and advocacy   | <b>Summer 2</b><br>Choices and influences   |
|----------------|---|--|---|---|--|---|
| <b>Year 7</b>  | <b>Developing goal setting, organisation skills and self-awareness:</b> <ul style="list-style-type: none"> <li>Personal identity and values</li> <li>Learning skills and teamwork</li> <li>Respect in school</li> </ul>                       | <b>Developing empathy, compassion and communication:</b> <ul style="list-style-type: none"> <li>Making and maintaining friendships</li> <li>Identifying and challenging bullying</li> <li>Communicating online</li> </ul>  | <b>Developing agency, strategies to manage influence and decision making:</b> <ul style="list-style-type: none"> <li>Regulating emotions</li> <li>Diet and exercise</li> <li>Hygiene and dental health</li> <li>Sleep</li> </ul>                                    | <b>Developing self-confidence and self-worth:</b> <ul style="list-style-type: none"> <li>Puberty and managing change</li> <li>Body satisfaction and self-concept</li> </ul>   | <b>Developing assertive communication, risk management and support-seeking skills:</b> <ul style="list-style-type: none"> <li>Rights in the community</li> <li>Relationship boundaries</li> <li>Unwanted contact</li> <li>FGM and forced marriage</li> </ul>                                   | <b>Developing agency and decision making skills:</b> <ul style="list-style-type: none"> <li>Drugs, alcohol and tobacco</li> <li>Safety and first aid</li> </ul>   |
| <b>Year 8</b>  | <b>Developing risk management skills, analytical skills and strategies to identify bias:</b> <ul style="list-style-type: none"> <li>Managing online presence</li> <li>Digital and media literacy</li> </ul>                                   | <b>Developing respect for beliefs, values and opinions and advocacy skills:</b> <ul style="list-style-type: none"> <li>Stereotypes, prejudice and discrimination</li> <li>Promoting diversity and equality</li> </ul>  | <b>Developing agency and strategies to manage influence and access support:</b> <ul style="list-style-type: none"> <li>Drugs and alcohol</li> <li>Introduction to contraception</li> <li>Resisting peer influence</li> <li>Online choices and influences</li> </ul> | <b>Developing goal setting, motivation and self-awareness:</b> <ul style="list-style-type: none"> <li>Aspirations for the future</li> <li>Career choices</li> <li>Identity and the world of work</li> </ul>   | <b>Developing communication and negotiation skills, clarifying values and strategies to manage influence:</b> <ul style="list-style-type: none"> <li>Healthy relationships</li> <li>Boundaries and consent</li> <li>LGBT+ inclusivity</li> <li>'Sexting'</li> <li>Managing conflict</li> </ul> | <b>Developing agency and strategies to manage influence and access support:</b> <ul style="list-style-type: none"> <li>Maintaining positive mental health</li> <li>Importance of physical activity</li> </ul>                               |
| <b>Year 9</b>  | <b>Developing goal-setting, analytical skills and decision making:</b> <ul style="list-style-type: none"> <li>GCSE options</li> <li>Sources of careers advice</li> <li>Employability</li> </ul>   | <b>Developing self-confidence, risk management and strategies to manage influence:</b> <ul style="list-style-type: none"> <li>Friendship challenges</li> <li>Gangs and violent crime</li> <li>Drugs and alcohol</li> <li>Assertive communication</li> </ul>  | <b>Developing empathy, compassion and strategies to access support:</b> <ul style="list-style-type: none"> <li>Mental health (including self-harm and eating disorders)</li> <li>Change, loss and bereavement</li> <li>Healthy coping strategies</li> </ul>         | <b>Developing analytical skills and strategies to identify bias and manage influence:</b> <ul style="list-style-type: none"> <li>Financial decisions</li> <li>Saving and borrowing</li> <li>Gambling, financial choices and debt</li> </ul>                                 | <b>Developing assertive communication, clarifying values and strategies to manage influence:</b> <ul style="list-style-type: none"> <li>Healthy/unhealthy relationships</li> <li>Consent</li> <li>Relationships and sex in the media</li> </ul>  | <b>Developing decision making, risk management and support-seeking skills:</b> <ul style="list-style-type: none"> <li>Sexually transmitted infections (STIs)</li> <li>Contraception</li> <li>Cancer awareness</li> <li>First aid</li> </ul> |
| <b>Year 10</b> | <b>Developing self-awareness, goal-setting, adaptability and organisation skills:</b> <ul style="list-style-type: none"> <li>Managing transition to key stage 4 including learning skills</li> <li>Managing mental health concerns</li> </ul> | <b>Developing empathy and compassion, strategies to manage influence and assertive communication:</b> <ul style="list-style-type: none"> <li>Relationship expectations</li> <li>Impact of pornography</li> <li>Identifying and responding to abuse and harassment</li> </ul>                       | <b>Developing agency and decision making, strategies to manage influence and access support:</b> <ul style="list-style-type: none"> <li>First aid and life-saving</li> <li>Personal safety</li> <li>Online relationships</li> </ul>                                 | <b>Developing goal setting, leadership and presentation skills:</b> <ul style="list-style-type: none"> <li>Skills for employment</li> <li>Applying for employment</li> <li>Online presence and reputation</li> </ul>  | <b>Developing respect for diversity, risk management and support-seeking skills:</b> <ul style="list-style-type: none"> <li>Nature of committed relationships</li> <li>Forced marriage</li> <li>Diversity and discrimination</li> <li>Extremism</li> </ul>                                     | <b>Developing motivation, organisation, leadership and presentation skills:</b> <ul style="list-style-type: none"> <li>Preparation for, and reflection on, work experience</li> </ul>   |
| <b>Year 11</b> | <b>Developing resilience and risk management skills:</b> <ul style="list-style-type: none"> <li>Money management</li> <li>Fraud and cybercrime</li> <li>Preparing for adult life</li> </ul>   | <b>Developing communication and negotiation skills, risk management and support-seeking skills:</b> <ul style="list-style-type: none"> <li>Relationship values</li> <li>Maintaining sexual health</li> <li>Sexual health services</li> <li>Managing relationship challenges and endings</li> </ul> | <b>Developing confidence, agency and support-seeking skills:</b> <ul style="list-style-type: none"> <li>Making safe and healthy lifestyle choices</li> <li>Health promotion and self-examination</li> <li>Blood, organ, stem cell donation</li> </ul>               | <b>Developing empathy and compassion, clarifying values and support-seeking skills:</b> <ul style="list-style-type: none"> <li>Families and parenting</li> <li>Fertility, adoption, abortion</li> <li>Pregnancy and miscarriage</li> <li>Managing grief and loss</li> </ul> | <b>Developing confidence, self-worth, adaptability and decision making skills:</b> <ul style="list-style-type: none"> <li>Recognising and celebrating successes</li> <li>Transition and new opportunities</li> <li>Aligning actions with goals</li> </ul>                                      |   |