

# Personal Development: PSHE - Long Term Plan

	Topic	Overview	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
HT 1.1 <i>Choices and influences</i>	<b>Year 12</b>  -Online safety  - Managing wellbeing & mental health concerns	<ul style="list-style-type: none"> <li>• Online safety</li> <li>• Mental health and emotional wellbeing</li> <li>• Managing stress</li> <li>• Healthy coping strategies</li> </ul>	<b>Digital footprints</b> Create a digital footprint and understand the marks your online behaviour leaves.  Challenge online behaviour which can affect your reputation.	<b>Social Media &amp; how we use it</b> Identify the ways we use social media. Discuss the issues and dangers we might come across when using social media.	<b>Tiktok &amp; its dangers</b> Identify the ways we use social media.  Discuss the issues and dangers we might come across when using social media.	<b>Emotional Wellbeing</b> Demonstrate an understanding of strategies for maintaining positive mental health.	<b>Stress and Wellbeing</b> Demonstrate an understanding of strategies for maintaining positive mental health.  Understand the importance of a healthy lifestyle on stress and wellbeing.	<b>Sleep and Wellbeing</b> Understand the importance of a work-life balance, including sleep.  <b>Assessment – Homework</b>	<b>REACTIVE LESSON</b>	<b>Flashback Lesson</b>
	<b>Year 13</b>  <b>Developing risk management skills</b>  <b>Supporting key mental health concerns</b>	Online safety Managing change Health and wellbeing inc. Anxiety and depression	<ul style="list-style-type: none"> <li>•skills to improve adaptability and resilience during periods of change and strategies to manage change</li> </ul>	<b>Managing your online presence</b> Build and maintain a positive professional online presence.	<b>Social media and the Law</b> Be a critical consumer of online information . Effectively challenge online content.	<b>Common Types of Mental Ill Health</b> Recognise common mental health issues such as anxiety, depression, eating disorders and self-harm.	Supporting Anxiety Recognise common mental health issues such as anxiety.  Demonstrate a range of strategies for building an maintaining positive mental health.	<b>Supporting Depression</b> Recognise common mental health issues such as depression.  Demonstrate a range of strategies for building an maintaining positive mental health.	<b>REACTIVE LESSON</b>	<b>Flashback Lesson</b>

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HT 1.2 <i>Autoonomy and Avocady</i>	<b>Year 12</b>  <b>Living in a diverse society</b>	<ul style="list-style-type: none"> <li>•Living in a diverse society</li> <li>•Challenging prejudice and discrimination</li> </ul>	<ul style="list-style-type: none"> <li>•how to communicate personal values in different types of relationships</li> <li>•strategies to challenge prejudice and discrimination in relation to</li> </ul>	<ul style="list-style-type: none"> <li>•rights, roles and responsibilities in a diverse society and how to respect and advocate for them</li> </ul>	<ul style="list-style-type: none"> <li>•to celebrate cultural diversity and promote inclusion</li> <li>•the ways different faith or cultural views can influence relationships, and how to</li> </ul>	<ul style="list-style-type: none"> <li>•how to safely challenge prejudice and discrimination, including online</li> <li>•extremism and radicalisation, how to reduce the risks and when, where</li> </ul>	<ul style="list-style-type: none"> <li>•Forced marriage and honour based violence</li> <li>•How to seek help</li> </ul>	<ul style="list-style-type: none"> <li>•Equality and Equity in relationships</li> </ul>	<b>Flashback lesson</b>	

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			inclusion and any of the protected characteristics of the Equality Act (2010)		challenge these if appropriate	and how to seek help				
	<b>Year 13</b>  <b>Intimate relationships</b>	Intimate relationships •Personal values, including in relation to contraception and sexual health •Fertility •Pregnancy	<ul style="list-style-type: none"> <li>•how to assertively communicate relationship expectations</li> <li>•how to recognise manipulation and coercion, how to seek and assertively give, not give, or withdraw consent</li> </ul>	<ul style="list-style-type: none"> <li>•how to effectively evaluate and use the most appropriate methods of contraception in different circumstances (including emergency contraception) and communicate about use with a sexual partner</li> <li>• sexual health services, locally, nationally and online, and how to access and use them</li> <li>•to recognise how fertility changes over time and evaluate the implications of this</li> </ul>	<ul style="list-style-type: none"> <li>•to access appropriate advice and support in relation to pregnancy, including miscarriage</li> </ul>	<ul style="list-style-type: none"> <li>•unintended pregnancy and young parenthood</li> <li>•pathways available in the event of an unintended conception</li> </ul>	<ul style="list-style-type: none"> <li>•Relationships and Consent</li> </ul>	<b>REACTIVE SLOT</b>	<b>Flashback lesson</b>	

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<p><b>HT 2.1</b> <i>Independence and Aspirations</i></p>	<p><b>Year 12</b> <b>Communities and care</b></p>	<p>Challenging stereotypes, rights and responsibilities in post 16 and workplace.</p> <p>Readiness for work • Career opportunities • Preparing for the world of work</p>	<ul style="list-style-type: none"> <li>•Preparing for responsibility-groupthink and modes of behaviour</li> </ul>	<ul style="list-style-type: none"> <li>•Evaluating strengths, skills and interests in relation to future roles and opportunities.</li> <li>•Transferrable skills</li> </ul>	<ul style="list-style-type: none"> <li>•Career opportunities in a global economy.</li> <li>•Rights and responsibilities in different types of employment, including full-time, part-time, and jobs in the 'gig economy'</li> </ul>	<ul style="list-style-type: none"> <li>•Professional conduct, including following health and safety protocols.</li> <li>•Workplace confidentiality and security, including cyber-security and data protection. When, why and how to seek or provide support in response to bullying and harassment in the workplace</li> <li>Strategies for overcoming challenges or adversity in the workplace.</li> <li>About the role of trade unions and professional organisations</li> </ul>	<p><b>REACTIVE SLOT</b></p>	<p><b>Flashback lesson</b></p>		
	<p><b>Year 13</b> <b>Identity and values</b></p>	<p>Aligning ambition with personal values. Developing a career identity and values in relation to work, whilst pursuing next steps</p>	<ul style="list-style-type: none"> <li>•Developing self-efficacy and self concept in line with future aspirations</li> <li>•Identifying appropriate 'next steps' post-18, such as higher education, further training or apprenticeships, and gap year opportunities</li> </ul>	<ul style="list-style-type: none"> <li>•Evaluating strengths, skills and interests in relation to future opportunities and career development</li> <li>•The implications of the global market for future choices in education and employment.</li> </ul>	<ul style="list-style-type: none"> <li>•Building and maintaining a positive professional identity and online presence</li> </ul>	<ul style="list-style-type: none"> <li>•How social media can expand, limit or distort perspectives</li> <li>Setting and maintaining boundaries around personal privacy</li> <li>•Managing online safety in all its forms, including seeking help when appropriate</li> </ul>	<ul style="list-style-type: none"> <li>•how to show you are right for the job</li> <li>•CV writing and presenting yourself to employers</li> </ul>	<p><b>Flashback lesson</b></p>		

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HT 2.2 Choices and influences	Year 12 Health choices and safety	Health choices and safety <ul style="list-style-type: none"> <li>Independence and keeping safe</li> <li>Travel</li> <li>First aid</li> <li>The impact of substance use</li> </ul>	<ul style="list-style-type: none"> <li>how to assess and manage risk and personal safety in new independent situations, including online</li> <li>how to manage personal safety in relation to travel, including cycle safety, young driver safety, passenger safety, using licensed taxis and getting home safely</li> </ul>	<ul style="list-style-type: none"> <li>safety, rights and responsibilities when travelling in the UK and abroad, including passport, visa and insurance requirements</li> </ul>	<ul style="list-style-type: none"> <li>how to perform first aid</li> <li>how to evaluate when to summon emergency services and about the importance of giving accurate information, even in cases where there may be legal consequences</li> </ul>	<ul style="list-style-type: none"> <li>to identify and manage the impact of substance use on health, personal safety, decision making and sexual behaviour</li> <li>the consequences of substance use, and how to manage use of alcohol and other drugs</li> </ul>	<ul style="list-style-type: none"> <li>the risks of being a passenger with an intoxicated driver and how to manage this</li> <li>the impact of substance use on road safety, work-place safety, reputation and career</li> </ul>	Flashback lesson		
	Year 13 Financial Choices	Financial choices <ul style="list-style-type: none"> <li>Managing money</li> <li>Financial contracts</li> <li>Budgeting</li> <li>Saving</li> <li>Debt</li> <li>Influences on financial choices</li> </ul>	<ul style="list-style-type: none"> <li>how to effectively plan expenditure and budget for changes in circumstances (e.g. when moving out or going to university)</li> <li>how to evaluate savings options</li> <li>salary deductions, including taxation, national insurance, student loan repayments and pensions, and how to manage these</li> </ul>	<ul style="list-style-type: none"> <li>how to evaluate the potential gains and risks of different debt arrangements and repayment implications</li> <li>the risks involved in different financial ventures, including illegal schemes (e.g. illegal money transfers)</li> </ul>	<ul style="list-style-type: none"> <li>consumer rights, how to resolve disputes and access support</li> <li>how to manage financial contracts, including mobile phone services and renting items and accommodation, and identify appropriate advice</li> <li>how to critically evaluate different media sources, online content and recognise propaganda, manipulation, biased or misleading information</li> </ul>	<ul style="list-style-type: none"> <li>Pay day loans, Klarna and other forms of credit agreements</li> <li>The implications of these on financial decision making</li> </ul>	<ul style="list-style-type: none"> <li>Influence on financial choices</li> <li>Understanding of credit cards and debt management.</li> </ul>	Flashback Lesson		

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