



## Ashington Academy PSHE – 5 year plan #World Ready

	Autumn 1 Health and Wellbeing	Autumn 2 Relationships	Spring 1 Living in the Wider World	Spring 2 Health and Wellbeing	Summer 1 Relationships	Summer 2 Living in the Wider World
Year 7	<b>Transition and Safety</b> <ul style="list-style-type: none"> <li>Transition to secondary school</li> <li>personal safety in and outside school, including first aid.</li> </ul>	<b>Diversity</b> <ul style="list-style-type: none"> <li>Diversity</li> <li>Prejudice</li> <li>Bullying</li> </ul>	<b>Developing Skills and Aspirations</b> <ul style="list-style-type: none"> <li>Careers</li> <li>Teamwork</li> <li>Enterprise skills</li> <li>Raising aspirations</li> </ul>	<b>Health and Puberty</b> <ul style="list-style-type: none"> <li>Healthy routines</li> <li>Influences on personal health</li> <li>Puberty</li> <li>Unwanted contact</li> <li>FGM</li> </ul>	<b>Building Relationships</b> <ul style="list-style-type: none"> <li>Self-worth</li> <li>Romance</li> <li>Friendships (including online)</li> <li>Relationship boundaries</li> </ul>	<b>Financial decision making</b> <ul style="list-style-type: none"> <li>Saving</li> <li>Borrowing</li> <li>Budgeting</li> <li>Making financial choices</li> </ul>
Year 8	<b>Drugs and Alcohol</b> <ul style="list-style-type: none"> <li>Alcohol and drug misuse</li> <li>pressures relating to drug use.</li> </ul>	<b>Discrimination</b> Discrimination in all its forms, including: <ul style="list-style-type: none"> <li>racism</li> <li>religious discrimination</li> <li>disability discrimination</li> <li>sexism</li> <li>homophobia</li> <li>biphobia and transphobia</li> </ul>	<b>Community and Careers</b> <ul style="list-style-type: none"> <li>Equality of opportunity in careers and life choices</li> <li>Different types and patterns of work</li> </ul>	<b>Emotional Wellbeing</b> <ul style="list-style-type: none"> <li>Mental health and emotional wellbeing</li> <li>Body image</li> <li>Coping strategies</li> </ul>	<b>Identity and relationships</b> <ul style="list-style-type: none"> <li>Sexual orientation</li> <li>Consent</li> <li>'sexting'</li> <li>introduction to contraception</li> </ul>	<b>Digital Literacy</b> <ul style="list-style-type: none"> <li>Online safety</li> <li>Digital literacy</li> <li>Media reliability</li> <li>Gambling hooks</li> </ul>
Year 9	<b>Peer influence, substance use and gangs</b> <ul style="list-style-type: none"> <li>Healthy and unhealthy friendships</li> <li>Assertiveness</li> <li>Substance misuse</li> <li>Gang exploitation.</li> </ul>	<b>Respectful Relationships</b> <ul style="list-style-type: none"> <li>Families and parenting</li> <li>Healthy relationships</li> <li>Conflict resolution</li> <li>Relationship changes</li> </ul>	<b>Setting Goals</b> <ul style="list-style-type: none"> <li>Learning strengths</li> <li>Career options</li> <li>Goal setting as part of the GCSE options process</li> </ul>	<b>Healthy Lifestyle</b> <ul style="list-style-type: none"> <li>Diet</li> <li>Exercise</li> <li>Lifestyle balance and healthy choices</li> <li>First aid</li> </ul>	<b>Intimate relationships</b> <ul style="list-style-type: none"> <li>Sex education</li> <li>Consent</li> <li>Contraception</li> <li>Risks of STIs</li> </ul>	<b>Employability Skills</b> <ul style="list-style-type: none"> <li>Employability</li> <li>Online presence</li> </ul>
Year 10	<b>Mental Health</b> <ul style="list-style-type: none"> <li>Mental health and ill health,</li> <li>Safeguarding health including during periods of transition or change.</li> </ul>	<b>Healthy Relationships</b> <ul style="list-style-type: none"> <li>Relationships and sex expectations</li> <li>Pleasure and challenges, including the impact of the media and pornography</li> </ul>	<b>Financial Decision Making</b> <ul style="list-style-type: none"> <li>The impact of financial decisions</li> <li>Debt</li> <li>Gambling</li> <li>The impact of advertising on financial choices</li> </ul>	<b>Exploring influence</b> <ul style="list-style-type: none"> <li>Influence and impact of drugs</li> <li>Gangs</li> <li>Role models and the media</li> </ul>	<b>Addressing radicalisation and extremism</b> <ul style="list-style-type: none"> <li>Community cohesion</li> <li>Challenging extremism</li> </ul>	<b>Work Experience</b> <ul style="list-style-type: none"> <li>Preparation for and evaluation of work</li> <li>Experience</li> <li>Readiness for work</li> </ul>
Year 11	<b>Building for the future</b> <ul style="list-style-type: none"> <li>Self-efficacy</li> <li>Stress management</li> <li>Future opportunities.</li> </ul>	<b>Communication in relationships</b> <ul style="list-style-type: none"> <li>Personal values</li> <li>Assertive communication (including in relation to contraception and sexual health)</li> <li>Relationship challenges and abuse</li> </ul>	<b>Next Steps</b> <ul style="list-style-type: none"> <li>Application processes</li> <li>Skills for further education, employment and career progression</li> </ul>	<b>Independence</b> <ul style="list-style-type: none"> <li>Responsible health choice</li> <li>Maintaining sexual health</li> <li>Sexual Health Services</li> <li>Safety in independent contexts</li> </ul>	<b>Families</b> <ul style="list-style-type: none"> <li>Different families</li> <li>Parental responsibilities</li> <li>Pregnancy</li> <li>Marriage and forced marriage</li> <li>Changing relationships</li> </ul>	<b>Relationship education</b>  <b>Sex education</b> - Parents have the right to withdraw their child from anything highlighted in green