

| Lesson No | Area of study | Topic | Learning Objectives | Activities (extension task in brackets) | New Key Terms | Resources |
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| 1 2 | Misc | Introduction to PSHE | To understand how PSHE will be split into different areas of study To view the topics which will be taught over the year To look at class rules and expectations To explain informal assessment | Q and A Discussion Video clips Question time activity PSHE reading list | Health and wellbeing Relationships and sex education Futures Living in the wider world Informal assessment | PPT Introductory booklet |
| 3 4 | Health and Wellbeing | Mental Health | To recognise that mental health is on a spectrum To explore common myths To review real life figures/examples related to mental health | Spectrum Q and A Discussion Quiz Video clips | Spectrum Diagnosis Bipolar Disorder Schizophrenia Paranoid Deprived | PPT HWB booklet |
| 5 6 | Health and Wellbeing | Body Confidence | To understand appearance ideals and the pressures they can cause To be able to identify media messages, realise their purpose and how they can be manipulated To learn how to change our responses to appearance ideals and media messages | Worksheets Discussion TPS Reflection Reply chain activity Video clips Q and A Top tips task | Appearance ideals Inherent contradictions Dwelling | PPT HWB booklet |
| 7 8 | Health and Wellbeing | Drugs, reasons why and the law | To gain a wider knowledge on the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions. To discuss the law relating to the supply and possession of illegal substances. | Group presentations Q and A Post it note task | Amphetamines Ecstasy Cannabis New psychoactive substances (NPS) Cocaine Nitrous oxide LSD Magic mushrooms Ketamine Heroin Curiosity and experimentation | PPT HWB booklet Post it notes |

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| | | | | | Defensive mechanism Legal Illegal Illicit Penalties | |
| 9 10 | Health and Wellbeing | Vaping | Learn about different influences and consequences that might affect decisions relating to vaping. Assess the potential impact of influences and marketing on young people's behaviour related to vaping Explain the consequences of vaping, including the environmental cost Analyse ways to challenge influences and misconceptions about vaping | Q and A Discussion Video clips Worksheet | Lithium-ion batteries Cigalike Pens Podkits Mods Shisha | PPT HWB booklet |
| 11 12 | Relationships and Sex Education | Consent and the law | To describe what we mean by consent To explain under which circumstances consent might not be given To apply our understanding to a set of scenarios | Discussion Q and A Scenarios Video clips (Small group statement task) | Sexual Offences Act 2003 Prostitution Assault Exploitation Violence Grooming Prosecution | PPT RSE booklet |
| 13 14 | Relationships and Sex Education | Sex – When? Contraception | To consider when is the right time to start having sex To understand the issues surrounding contraceptive choices To be more confident with contraception decision making To understand where to get information and advice | Inbuilt ppt activity Discussion Small group activity Video clips Info source | Contraception Responsibility Reliability Implant IUD Sterilisation Injection Pill Patch Vaginal ring Diaphragm Cervical cap Sponge Male/female condom | PPT RSE booklet |

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| | | | | | Fertility based awareness methods Spermicide Emergency contraception | |
| 15 16 | Relationships and Sex Education | Sexual Health STIs | To investigate sexual health To increase awareness of the different types of STIs To be aware of the common symptoms of STIs To discuss the importance of testing To explain how to use a condom correctly | Symptom checker Case study Discussion Video clips Link the description Phrase order 12 common mistakes (Quiz) | Chlamydia Trichomoniasis Genital warts Hepatitis Mycoplasma genitalium Candidiasis Cystitis Vaginitis Proctitis Bacterial Vaginosis Urethritis Pelvic inflammatory disease BSI kite mark | PPT Sexual health quiz RSE booklet |
| 17 18 | Relationships and Sex Education | LGBTQ+ | To increase our awareness of homophobia To discuss discrimination, relationships and sexual orientation To discuss acceptance | BBC iPlayer Q and A Discussion Sources of help | Stereotypical Discriminative | PPT RSE booklet 'Jamie Drag Queen at 16' |

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| | | | | | | documentary BBC iPlayer |
| 19 20 | Relationships and Sex Education | Sharing sexual images | To understand the risks associated with sharing sexual images To consider ways to manage pressure to share sexual images | Brainstorm Video clips TPS Speech bubble activity Scenario activity Group work | Explicit image Legal implications Inappropriate images Protection of Children Act 1978 Criminal Justice Act 1988 Sexual Offences Act 2003 Subject's permission Consensual | PPT RSE booklet |
| 21 22 | Relationships and Sex Education | Transgender | To understand what the term transgender means To develop an awareness of how individuals who are transgender feel and identify themselves | Q and A Discussion Fact sharing Video clips Help source | Gender identity Umbrella term Reassignment Transition | PPT RSE booklet |
| 23 24 | Relationships and Sex Education | Pornography | To explain what pornography is To identify ways in which pornographic material is not representative of real sex and how it can give misleading information about consent and gender roles in sexual relationships To evaluate the possible impact of this on sexual relationships and the expectations people have of relationships To describe some strategies and identify sources of support for anyone who is worried about porn | Q and A Discussion Fact sharing Fact or fiction activity Diamond 9 task Match the pairs TPS | Misleading information Erotic behaviour Consensual Expectations Digital Economy Act Dopamine | PPT RSE booklet Post it notes |
| 25 26 | Futures | Employability skills (leadership & problem solving) | See HUT for more details of SOW | | | |
| 27 28 | Futures | Employability skills (teamwork and communications) | See HUT for more details of SOW | | | |

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| 29 30 | Futures | Enterprise project | See HUT for more details of SOW | | | |
| 31 32 | Futures | Enterprise project | See HUT for more details of SOW | | | |
| 33 34 | Living in the Wider World | Gambling | Consider your opinions about gambling and listen and recognise the views of others. Better understand the effects of problem gambling and how adverts can manipulate their audiences. | Q and A Discussion Video clips Quiz Worksheet Fact sharing Case studies Support sources Group activity | Arcades Betting Casinos Lotteries Gaming machines Skins Quasi | PPT LWW booklet |
| 35 36 | Living in the Wider World | Gangs and knives | Differentiate between the features of healthy friendships and those associated with gang membership Explain why the need to belong is important for young people and its significance in influencing behaviour and attitudes Explain why some young people may want to join a gang but most others do not Explain the risks and consequences of carrying knives Explain knives and the law | Drawing activity Video clips Scenario statement activity Discussion Myth/fact statement Support sources | Gang membership Correlation between violence and drug dealing Risky behaviours | PPT LWW booklet |

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| 37 38 | Living in the Wider World | Smashed Online (alcohol) | <p>To look at the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.</p> <p>To discuss the physical and psychological consequences of addiction, including alcohol dependency.</p> <p>To discover the causes, consequences and key health facts relating to underage drinking</p> <p>To understand how to make positive, responsible and informed decisions under pressure</p> <p>To be made aware of information, advice and guidance surrounding alcohol</p> | <p>Sign up to course</p> <p>Complete course</p> <p>Print of certificate</p> | <p>Alcohol consumption</p> <p>Physical and psychological consequences</p> <p>Informed decisions</p> | <p>PPT</p> <p>Computer</p> |
| 39 40 | Misc | Catch up lesson | | Completion of booklet gaps | | PSHE folders |