

PSHE & SRE- Long term plan

	Cycle 1 Health and wellbeing	Cycle 2 Living in the wider world Relationships	Cycle 3 Health and wellbeing Relationships
Year 7	Wellbeing support package (6 sessions) Personal safety in and outside school, including first aid	Developing skills and aspirations Financial decision making Diversity and Discrimination	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM Building relationships- Self-worth, romance and friendships (including online) and relationship boundaries
	Cycle 1 Health and wellbeing Relationships	Cycle 2 Living in the wider world	Cycle 3 Health and wellbeing Relationships
Year 8	Wellbeing support package (6 sessions) LGBTQ+	Financial Decision Making Community and careers: equal opportunities Online safety and digital literacy	Consent, 'sexting' and introduction to contraception Mental health and emotional wellbeing, including body image and drug misuse
	Cycle 1 Health and wellbeing	Cycle 2 Living in the wider world Relationships	Cycle 3 Relationships Health and wellbeing
Year 9	Wellbeing support package (6 sessions) Dieting, lifestyle balance and unhealthy coping strategies	Understanding careers and future aspirations Identifying learning strengths and setting goals as part of the GCSE options process Managing conflict at home and the dangers of running away from home	Tackling homophobia, transphobia and sexism Assessing the risk of drug and alcohol abuse and addiction Relationships and sex education including healthy relationships, consent, STIs
	Cycle 1 Health and wellbeing	Cycle 2 Living in the wider world Relationships	Cycle 3 Relationships
Year 10	Wellbeing support package (6 sessions) Mental health and ill health, tackling stigma	Understanding the causes and effects of debt Understanding the risks associated with gambling Tackling relationships myths and expectations Managing romantic relationships challenges including break ups	Tackling domestic abuse and forced marriage Understanding different families and learning parenting skills Personal values and assertive communication in relationships
	Cycle 1 Health and wellbeing Living in the wider world	Cycle 2 Health and wellbeing Living in the wider world Relationships	Cycle 3
Year 11	Wellbeing support package (6 sessions) Learning and revision skills to maximize potential Understanding the college application process and plans beyond school	Planning your finances Independence – Responsible health choices Contraception and sexual health	