



PSHE Long-Term Plan

In PSHE throughout KS3 our curriculum aims to support students in building the key knowledge, skills and understanding they need to support them during their teenage years and beyond when they enter the adult world.

Key Stage 3 Long-Term Plan

Year 7

Year 8

Year 9

Autumn 1

- Identity
- Influences
- Peer Pressure and Belonging
- Online Identity and consequences of being online
- Prejudice and Discrimination
- Stereotyping

- Identity
- Influence
- Family
- First Impressions
- Faith and Belief
- Prejudice and Persecution
- LGBT+ phobia/ bullying
- Social Injustice and Hate Crimes.

- Identity – differences within social groups
- Expectations and perceptions of relationships
- Peer Pressure and Grooming
- Risks
- Consent
- Positive Language
- Banter and Bullying

Autumn 2

- Human Rights and Protected Characteristics
- Bullying
- Dreams and Goals
- Achieving our Dreams and Goals

- Mutual Respect and Tolerance
- Making a Difference in our Community
- Long Term Goals
- The Relationship between Money and Happiness

- Understanding and Tolerance
- Promoting Equality
- Bullying, Online Harassment and Mental Health
- Bias and Stereotyping

Spring 1	- Coping Strategies - Building Skills for the Future and Teamwork - Risky and Unsafe Choices	- Online Safety - Money and Earnings - Spending and Saving - Supporting our Health	- Planning and SMART goals - Body Image, Cosmetic Procedures and Weight Loss Products - Mental Health and Illness - Media Manipulation and Impact on Health and Wellbeing.
Spring 2	- Nutrition and Exercise - Sleep - Stress - Health Protection and Healthcare Systems - Substances – Nicotine and Caffeine	- Risks and Substances - Protecting Physical Health - Vaccination - Peer Pressure and Vaping	- Deepfakes and AI - Teenage Brain – Impact on Life - Impact of Substances (Alcohol and Drugs) - Social Groups and Fitting In - Life Saving Skills (CPR and Defibrillator)
Summer 1	- Consent in Relationships - Changing Supportive Relationships - Getting on and Falling Out - Being Authentic (Online and Offline) - Understanding Boundaries and Online Safety	- Fake, Manipulated and AI generated Content and Online Safety - Confidence, Self-Esteem - Traits of Positive and Less Positive Relationships - Sexting and Sextortion - Physical Safety - Coercion - Knife Crime	- Equality in Relationships – Power Dynamics and Respect in Relationships - Consent, The Law and Assertiveness in Relationships - The Impact of Pornography - Contraception - Consequences of Unprotected Sex

Summer 2	- Puberty - Having a Baby - Family Relationships and Choices - Image and Self-Esteem - FGM	- Different Types of Relationship - Physical Attraction - Positive Relationships - Seeking Support - Pornography vs Reality - Alcohol and Sexual Behaviour	- Changing Emotions and Resilience - Self-Expression and Identity - Masculinity and Online Influence - Incel Culture and Building Healthy Relationships - Mental Health and Addiction
What will a student know by the end of each year? Why?	Students will understand: • How to maintain a healthy lifestyle and make positive choices. • The importance of respectful relationships and effective communication. • Their own identity, values and place within the school and wider community. Why? This provides students with the knowledge and skills to manage the transition to secondary school, build positive relationships, make informed decisions and develop	Students will understand: • How lifestyle choices can impact physical and mental wellbeing. • The characteristics of healthy and unhealthy relationships. • Their responsibilities as members of diverse communities and society. Why? This helps students develop greater independence, understand the impact of their choices, strengthen relationships and become responsible, respectful and informed members of	Students will understand: • How to manage risks and make informed decisions about their health and wellbeing. • The complexities of relationships, respect and personal responsibility. • Their role in an increasingly diverse and interconnected world. Why? This prepares students for Key Stage 4 and adulthood by developing the knowledge, confidence and critical thinking skills needed to navigate challenges, maintain positive relationships and contribute positively to

	confidence, resilience and self-awareness.	society.	society.
Extra-Curricular Opportunities Keep Safe Month External visitors e.g., CE Hubs, Eastern Education Group, Suffolk Police/Fire and Rescue			



PSHE Long-Term Plan

In PSHE throughout KS4 our curriculum aims to build upon the support provided in KS3. Students continue to build the key knowledge, skills, and understanding they need to support them during their teenage years and beyond when they enter the adult world.

Key Stage 4 Long-Term Plan	Year 10	Year 11
Autumn 1	- Personal Freedoms and Liberty - Grief, Loss and Bereavement - Social Media and Online Safety - Personal Data and Associated Risk	- Becoming an Adult - Relationships and the Law - County Lines - Gambling and Gaming
Autumn 2	- Rights and Responsibilities - Equality and Multiculturalism - Inequality - Power in Relationships	- Managing Anxiety - Money and Budgeting - Long Term Family Goals - Managing When Things go Wrong
Spring 1	- Resilience and Relationships - Me, My Goals and My Health - Social Media and My Future - Health and Helping Others	- Staying Safe in Relationships - Contraception and Sexual Health - Reproductive Health and Fertility - Pregnancy, Health and Choice
Spring 2	- Health MOT and Health Protection - Substances and Mental Health - STIs - Safer Sex	- Intimate Romantic Relationships - Gender Diversity, Sexuality and Coming Out as LGBT+ - Power and Imbalance of Power in Relationships - Harmful and Illegal Social and Cultural

		Practices
Summer 1	- Healthier Long-Term Relationships - Ending Relationships Safely - Healthy Relationships and Social Media - Unhealthy Relationships – Stalking and Harrassment	GCSE EXAMS
Summer 2	- Changing Society - Personal Safety – Rail, Water, Roads and Managing Risk - Stereotypes and Exploring Relationships - Virginity Testing and Hymneoplasty	GCSE EXAMS
What will a student know by the end of each year? Why?	Students will understand: • How to make informed decisions about their physical and mental health. • The importance of healthy, respectful and safe relationships. • Their rights, responsibilities and role within society. • How to manage risks, influences and challenges they may face as young adults. Why? This helps students develop the knowledge, confidence and resilience needed to make responsible decisions, maintain positive relationships and prepare for the increased independence of Key Stage 4 and life beyond	Students will understand: • How to manage their health, wellbeing and personal safety independently. • The qualities of healthy relationships and the importance of respect and consent. • Their responsibilities as active citizens in a diverse society. • How to make informed decisions about their future education, careers and adult life. Why? This prepares students for post-16 education, employment and adulthood by developing the knowledge, skills and confidence needed to lead

	school.	healthy lives, build positive relationships and contribute positively to society.
Extra-Curricular Opportunities Keep Safe Month External visitors e.g., CE Hubs, Eastern Education Group, Suffolk Police/Fire and Rescue		