

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
7	For 1 – Who am I? 3 – Peer pressure and belonging 5 – What are the consequences of what I say and do online? 6 - Assessment PSHCE Lesson 2 - My influences 4 – My online identity Careers session - Unifrog	Form 2 – Bubbles of influence 5 – Bullying 6 – Assessment PSHCE lesson 1 – Prejudice and Discrimination 4 – Human rights and protected characteristics 3 -Challenging stereotypes	Form 4 – Building skills for the future and teamwork 5 – How making risky or unsafe choices can affect someone’s dreams and goals 6 – Assessment PSHCE lesson 1 – What are my dreams and goals? 2 - Achieving my dreams and goals 3 - Coping strategies	Form 1 – Nutrition and exercise 2 - Sleep 6 - Assessment PSHCE lesson 3 – Stress 4 – Health Protection and healthcare systems 5 – Substances – Nicotine and caffeine	Form 1 – Consent in My Relationships 4 – How to be Authentic Online and Offline 6 - Assessment PSHCE lesson 2 – My changing supportive relationships 3 – Getting on and falling out 5 – My Space, My rules, understanding boundaries and Online safety	Form 2 – Having a baby 5 – My body, my rights - FGM 6 - Assessment PSHCE 1 – Puberty 3 - Family relationships and choices 4 - Image and self-esteem
8	Form 2 – My ‘family’ 4 - The power of first impressions 5 - Faith and beliefs 6 - Assessment PSHCE Lesson 1 – Identity and influence? 3 – Family Factors Careers Session - Unifrog	Form 2 – LGBT+ Phobia 3 – Social injustice and Hate crimes 6 - Assessment PSHCE lesson 1 – When Prejudice becomes Persecution 4 – Mutual Respect and Tolerance 5 - How I can make a difference?	Form 1 – Your goals - long-term 2 – What money can’t buy 6 - Assessment PSHCE lesson 3 –Online Safety 4 - Money and earnings 5 - The price of life	Form 3 – Protecting my physical health 4 - Vaccination 6 - Assessment PSHCE lesson 1 - Supporting myself and my health 2 - Risks and substances 5 - Peer Pressure and Vaping	Form 1 – Me, myself and I 3 – Assertiveness and Staying Safe in Relationships 6 - Assessment PSHCE lesson 2 – Maintaining Relationships 4 – Staying safe in the Physical world 5 - Staying safe in the Online world	Form 4 – Pornography and understanding relationships 5 – Alcohol 6 - Assessment PSHCE 1 - Different types of relationship 2 – What’s in a relationship? 3 - Looks and smiles

9	Form 3 – Peer approval 4 - Risks 5 Consent PSHCE Lesson 1 – Being ‘Me’ in a group 2 – Expectations and perceptions of relationships Careers session 6 - Assessment	Form 2 – Banter and Bullying 3 – The Power of Understanding: Reducing Fear and Promoting Equality 6 - Assessment PSHCE lesson 1 – The Power of Positive Language 4 – More Than Words: Bullying, Online Harassment and Mental Health 5 - Looking Beyond Assumptions: Challenging Bias and Stereotypes	Form 1– The power of planning 3 – Mental health and illness 6 - Assessment PSHCE lesson 2 - Body image and future goals 4- Media manipulation and mental health 5 Deepfakes and AI	Form 2 – Protecting the teenage brain 3 – Belonging and group behaviour 6 - Assessment PSHCE lesson 1 - The amazing teenage brain 4 - Life saving skills 5 - Mental health first aid	Form 2 – Assertiveness and saying no 3 - Pornography and its impact 6 - Assessment PSHCE lesson 1 - Equality in relationships 4 – Contraception 5 Consequences of unprotected sex	Form 3 – Masculinity and Online influence 2 - Changing and Growing 6 - Assessment PSHCE 1- Change and our emotions 4 - Misogyny, incel culture and building healthy relationships 5. Mental Health and Addiction

Being Me in My World

Puzzle Being Me in My World	Piece 1 – Form Time Who am I?	PSHE Learning Intentions I can recognise that identity is affected by a range of factors
		Social and Emotional Skills Learning Intentions I know that I am a unique individual, and I can think about myself on many different levels (e.g. physical characteristics, personality, attainments, attitudes, values, etc.)
Puzzle Being Me in My World	Piece 2 My influences	PSHE Learning Intentions I can understand that identity is affected by a range of factors
		Social and Emotional Skills Learning Intentions I can identify what or who influences my life
Puzzle Being Me in My World	Piece 6 Assessment	PSHE Learning Intentions I can maintain positive on and offline relationships
		Social and Emotional Skills Learning Intentions I understand that what I say and do online can have consequences for myself and others
Puzzle Being Me in My World	Piece 4 – PSHCE LESSON My online identity	PSHE Learning Intentions I can recognise how I present myself online
		Social and Emotional Skills Learning Intentions I understand how my online identity can affect what others think and feel about me
Puzzle Being Me in My World	Piece 5 What are the consequences of what I say and do online?	PSHE Learning Intentions I understand what can influence my behaviour online
		Social and Emotional Skills Learning Intentions I understand that what I say and do online can have consequences for myself and others

Puzzle Being Me in My World	Piece 3	PSHE Learning Intentions
	Peer pressure and belonging	I understand how peer pressure operates within groups
		Social and Emotional Skills Learning Intentions I can achieve an appropriate level of independence from others while maintaining positive relationships with them