

**PREP-PREP AND PREP SCHOOL PSHE EDUCATION: LONG-TERM OVERVIEW**

Relationships	Living in the Wider World	Health and Wellbeing
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	AUTUMN			SPRING			SUMMER		
<b>Y 1</b>	<i>TEAM</i> <b>Families and friendships</b> Roles of different people; families; feeling cared for	<i>THINK POSITIVE</i> <b>Growing and changing</b> Recognising what makes them special; feelings; managing when things go wrong	<i>DIVERSE BRITAIN</i> <b>Money and Work</b> Strengths and interests; jobs in the community  <b>Belonging to a community</b> What rules are; caring for others; looking after the environment	<i>BE YOURSELF</i> <b>Respecting ourselves and others</b> How behaviour affects others; being polite and respectful	<i>IT'S MY BODY</i> <b>Physical health and mental wellbeing</b> Keeping healthy; food and exercise, hygiene routines; sun safety	<i>IT'S MY BODY</i> <b>Safe relationships</b> Recognising privacy; staying safe; seeking permission	<i>AIMING HIGH</i> <b>Growing and changing</b> Recognising what makes them unique and special; feelings; managing when things go wrong	<i>AIMING HIGH</i> <b>Money and work</b> Strengths and interests; jobs in the community	
<b>Y 2</b>	<i>VIPs</i> <b>Families and friendships</b> Making friends, feeling lonely and getting help  <b>Respecting ourselves and</b>	<i>SAFETY FIRST</i> <b>Keeping Safe</b> Safety in different environments; risk and safety at home; emergencies	<i>SAFETY FIRST</i> <b>Safe relationships</b> Managing secrets, resisting pressure and getting help; recognising hurtful behaviour	<i>ONE WORLD</i> <b>Belonging to a community</b> Belonging to a group; roles and responsibilities; being the same and different in the community	<i>DIGITAL WELLBEING</i> <b>Media literacy and digital resilience</b> The internet in everyday life; online content and information	<i>DIGITAL WELLBEING</i> <b>Keeping Safe</b> Safety in different environments	<i>MONEY MATTERS</i> <b>Money and Work</b> What money is; needs and wants; looking after money	<i>GROWING UP</i> <b>Growing and Changing</b> Growing older; naming body parts; moving class or year	<i>GROWING UP</i> <b>Safe Relationships</b> Managing secrets, resisting pressure and getting help

	<b>others</b> Recognising things in common and differences; playing and working cooperatively; sharing opinions								
	<b>AUTUMN</b>			<b>SPRING</b>			<b>SUMMER</b>		
<b>Y 3</b>	<b>TEAM</b> Teamwork and responsibilities	<b>THINK POSITIVE</b> Taking responsibility for decisions and developing a growth mindset.	<b>DIVERSE BRITAIN</b> British people, rules, the law, liberty and what living in a democracy means	<b>BE YOURSELF</b> Having confidence, how to express thoughts and feelings respectfully, the influence of the media and learning from mistakes.	<b>IT'S MY BODY</b> Making safe choices about their bodies, sleep, exercise, diet, cleanliness and substances	<b>AIMING HIGH</b> Goals and aspirations			
<b>Y 4</b>	<b>VIPs</b> Friendships, disputes and bullying	<b>SAFETY FIRST</b> Peer pressure, risks, hazards and dangers	<b>ONE WORLD</b> Inequality, stereotypes and how to make the world a fairer place	<b>DIGITAL WELLBEING</b> What we use the internet for and the benefits and risks of online activities.	<b>MONEY MATTERS</b> Where money comes from and how it can be used	<b>GROWING UP</b> How we grow and change, both physically and emotionally			
<b>Y 5</b>	<b>TEAM</b> How to disagree respectfully and communicate effectively	<b>THINK POSITIVE</b> Exploring the links between thoughts, feelings and emotions	<b>DIVERSE BRITAIN</b> Making positive contributions to community	<b>BE YOURSELF</b> Being proud of individuality; recognising peer pressure	<b>IT'S MY BODY</b> Consent, autonomy, body image and stereotypes	<b>AIMING HIGH</b> Achievements, aspirations and opportunities			

<b>Y 6</b>	<b>VIPs</b> Kindness, respect, conflicts and resolutions	<b>SAFETY FIRST</b> Emergencies, safe use of roads, railways, water and fireworks	<b>ONE WORLD</b> Responsibility for the environment and living things throughout the world	<b>DIGITAL WELLBEING</b> Online relationships, social media and fake news	<b>MONEY MATTERS</b> Financial risks and being a critical consumer	<b>GROWING UP</b> Different types of relationships, positive body image and stereotypes
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### SENIOR SCHOOL PSHE EDUCATION: LONG-TERM OVERVIEW

Senior School Years 7-11

	<b>Autumn 1</b> Health & wellbeing	<b>Autumn 2</b> Living in the wider world	<b>Spring 1</b> Relationships	<b>Spring 2</b> Health & wellbeing	<b>Summer 1</b> Relationships	<b>Summer 2</b> Living in the wider world
<b>Year 7</b>	<b>Transition and safety</b> Transition to secondary school and personal safety in and outside school, including first aid	<b>Developing skills and aspirations</b> Careers, teamwork and enterprise skills, and raising aspirations	<b>Diversity</b> Diversity, prejudice, and bullying	<b>Health and puberty</b> Healthy routines, influences on health, puberty, unwanted contact.	<b>Building relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries	<b>Financial decision making</b> Saving, borrowing, budgeting and making financial choices

<p><b>Year 8</b></p>	<p><b>Drugs and alcohol</b></p> <p>Alcohol and drug misuse and pressures relating to drug use</p>	<p><b>Community and careers</b></p> <p>Equality of opportunity in careers and life choices, and different types and patterns of work</p>	<p><b>Discrimination</b></p> <p>Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p>	<p><b>Emotional wellbeing</b></p> <p>Mental health and emotional wellbeing, including body image and coping strategies</p>	<p><b>Identity and relationships</b></p> <p>Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</p>	<p><b>Digital literacy</b></p> <p>Online safety, digital literacy, media reliability, and gambling hooks</p>
<p><b>Year 9</b></p>	<p><b>Peer influence, substance use and gangs</b></p> <p>Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation</p>	<p><b>Setting goals</b></p> <p>Learning strengths, career options and goal setting as part of the GCSE options process</p>	<p><b>Respectful relationships</b></p> <p>Families and parenting, healthy relationships, conflict resolution, and relationship changes</p>	<p><b>Healthy lifestyle</b></p> <p>Diet, exercise, lifestyle balance and healthy choices, and first aid</p>	<p><b>Intimate relationships</b></p> <p>Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</p>	<p><b>Employability skills</b></p> <p>Employability and online presence</p>

<p><b>Year 10</b></p>	<p><b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change.  Cancer talks.</p>	<p><b>Financial decision making</b> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p>	<p><b>Healthy relationships</b> Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography. FGM</p>	<p><b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media</p>	<p><b>Addressing extremism and radicalisation</b>  Communities, belonging and challenging extremism</p>	<p><b>Work experience</b>  Preparation for and evaluation of work experience and readiness for work</p>
<p><b>Year 11</b></p>	<p><b>Building for the future</b> Self-efficacy, stress management, and future opportunities</p>	<p><b>Next steps</b> Application processes, and skills for further education, employment and career progression</p>	<p><b>Communication in relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p>	<p><b>Independence</b> Responsible health choices, and safety in independent contexts</p>	<p><b>Families</b> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p>	

**Further information**

- The resources used for teaching these sections are available on the Duke of Kent School Google Drive.
- The School Nurse, PSHE co-ordinator and Deputy Head are all available to lead PSHE sessions or to support teachers in their work in this area.