

**PSHE Lesson Overviews that includes Health, Relationships and Sex Education
Prep School Years 3-6**

PRIMARY PSHE EDUCATION: LONG-TERM OVERVIEW

Relationships	Living in the Wider World	Health and Wellbeing
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PREP-PREP AND PREP SCHOOL PSHE EDUCATION: LONG-TERM OVERVIEW

	AUTUMN			SPRING			SUMMER		
Y I	<i>TEAM</i> Families and friendships Roles of different people; families; feeling cared for	<i>THINK POSITIVE</i> Growing and changing Recognising what makes them special; feelings; managing when things go wrong	<i>DIVERSE BRITAIN</i> Money and Work Strengths and interests; jobs in the community Belonging to a community What rules are; caring for others; looking after the environment	<i>BE YOURSELF</i> Respecting ourselves and others How behaviour affects others; being polite and respectful	<i>IT'S MY BODY</i> Physical health and mental wellbeing Keeping healthy; food and exercise, hygiene routines; sun safety	<i>IT'S MY BODY</i> Safe relationships Recognising privacy; staying safe; seeking permission	<i>AIMING HIGH</i> Growing and changing Recognising what makes them unique and special; feelings; managing when things go wrong	<i>AIMING HIGH</i> Money and work Strengths and interests; jobs in the community	

Y 2	VIPs	<i>SAFETY FIRST</i>	<i>SAFETY FIRST</i>	<i>ONE WORLD</i>	<i>DIGITAL WELLBEING</i>	<i>DIGITAL WELLBEING</i>	<i>MONEY MATTERS</i>	<i>GROWING UP</i>	<i>GROWING UP</i>
	Families and friendships Making friends, feeling lonely and getting help Respecting ourselves and others Recognising things in common and differences; playing and working cooperatively; sharing opinions	Keeping Safe Safety in different environments; risk and safety at home; emergencies	Safe relationships Managing secrets, resisting pressure and getting help; recognising hurtful behaviour	Belonging to a community Belonging to a group; roles and responsibilities; being the same and different in the community	Media literacy and digital resilience The internet in everyday life; online content and information	Keeping Safe Safety in different environments	Money and Work What money is; needs and wants; looking after money	Growing and Changing Growing older; naming body parts; moving class or year	Safe Relationships Managing secrets, resisting pressure and getting help
	AUTUMN			SPRING			SUMMER		
Y 3	<i>TEAM</i>	<i>THINK POSITIVE</i>	<i>DIVERSE BRITAIN</i>	<i>BE YOURSELF</i>		<i>IT'S MY BODY</i>		<i>AIMING HIGH</i>	
	Teamwork and responsibilities	Taking responsibility for decisions and developing a growth mindset.	British people, rules, the law, liberty and what living in a democracy means	Having confidence, how to express thoughts and feelings respectfully, the influence of the media and learning from mistakes.		Making safe choices about their bodies, sleep, exercise, diet, cleanliness and substances		Goals and aspirations	
Y 4	VIPs	<i>SAFETY FIRST</i>	<i>ONE WORLD</i>	<i>DIGITAL WELLBEING</i>		<i>MONEY MATTERS</i>		<i>GROWING UP</i>	
	Friendships, disputes and bullying	Peer pressure, risks, hazards and dangers	Inequality, stereotypes and how to make the world a	What we use the internet for and the benefits and risks of online activities.		Where money comes from and how it can be used		How we grow and change, both physically and	

			fairer place			emotionally
Y 5	<i>TEAM</i> How to disagree respectfully and communicate effectively	<i>THINK POSITIVE</i> Exploring the links between thoughts, feelings and emotions	<i>DIVERSE BRITAIN</i> Making positive contributions to community	<i>BE YOURSELF</i> Being proud of individuality; recognising peer pressure	<i>IT'S MY BODY</i> Consent, autonomy, body image and stereotypes	<i>AIMING HIGH</i> Achievements, aspirations and opportunities
Y 6	<i>VIPs</i> Kindness, respect, conflicts and resolutions	<i>SAFETY FIRST</i> Emergencies, safe use of roads, railways, water and fireworks	<i>ONE WORLD</i> Responsibility for the environment and living things throughout the world	<i>DIGITAL WELLBEING</i> Online relationships, social media and fake news	<i>MONEY MATTERS</i> Financial risks and being a critical consumer	<i>GROWING UP</i> Different types of relationships, positive body image and stereotypes

SENIOR SCHOOL PSHE EDUCATION: LONG-TERM OVERVIEW

Senior School Years 7-11

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact.	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse,	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Employability skills Employability and online presence

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