

The Basildon Academies PSHE 5 Year Planner – Updated with changes that occurred 2020-21

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Life Beyond School - Managing Change <ul style="list-style-type: none"> • Introduction to PSHE • Getting to know people • What is community? • Careers and your future • Sleep and relaxation • Financial education • Transition points in your life 	Health and Wellbeing – Puberty and body development <ul style="list-style-type: none"> • Introduction to puberty • Puberty – girls focus • Puberty – boys focus • Personal hygiene • Growing up (inc FGM) • Assertiveness, consent and hormones • Self-esteem and empowerment 	Relationships and sex education – Friendships, respect and relationships <ul style="list-style-type: none"> • Consent and boundaries • Respect and relationships • What makes a good friend? • Managing friendships • Pressure and influence • What does it mean to be a man? 	Staying safe online and offline – staying safe <ul style="list-style-type: none"> • Staying safe online • Avoiding gangs • What is alcohol and smoking? • E-Cigs and vaping • Energy drinks 	Celebrating diversity and equality – celebrating differences <ul style="list-style-type: none"> • Multi-cultural Britain • What is identity? • Nature vs Nurture • Equality Act 2010 • Breaking down stereotypes • Prejudice and discrimination • Challenging islamophobia 	Rights, Responsibilities and British Values – Politics, Parliament and me <ul style="list-style-type: none"> • Why is politics important? • How is our country run? • Who is our Prime Minister? • Exploring inside Parliament? • Elections and campaigning • Politics and debating
Year 8	Celebrating diversity and equality – LGBTQ Explored <ul style="list-style-type: none"> • Intro to year 8 • LGBT – What is it? • LGBT – Homophobia • Supporting those who are LGBT • Challenging homophobia • Transphobia • Coming out 	Staying safe online and offline – Dangerous society online and offline <ul style="list-style-type: none"> • County lines – what is it? • County lines – who is at risk? • Substance misuse • Online safety – cyber bullying • Grooming boys and girls • Drugs and alcohol safety • Child exploitation and online protection 	Health and Wellbeing – Physical health and mental wellbeing <ul style="list-style-type: none"> • Physical and mental health • Positive body image • Child abuse • Types of bullying • Healthy eating • Stress management 	Life beyond school – Proud to be me <ul style="list-style-type: none"> • Employability skills • Proud to be me – career choices • Self-esteem and the media • Career interests and jobs • Exploring careers and option choices 	Relationships and sex education – Identity, relationships and sex education <ul style="list-style-type: none"> • Introduction to RSE • Healthy relationships • Dealing with conflict • Sexual orientation • Gender identity • Intro to contraception • What is love? 	Rights, responsibilities and British values – Law, Crime and society <ul style="list-style-type: none"> • Desert island living • Building a community • Making decisions and prioritising • Criminals, laws and society • Law making in the UK
Year 9	Health and wellbeing – Body confidence	Relationships and sex education – Sex, the law and consent	Staying safe online and offline – Legal and illegal drugs	Rights, responsibilities and British Values –	Relationships and sex education – Contraception and STI's	Life beyond school – Essential life skills

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	<ul style="list-style-type: none"> Self-esteem changes What is a penis? What is a vulva? Bullying in all its forms Dealing with grief and loss Media and airbrushing Cancer prevention and healthy lifestyles 	<ul style="list-style-type: none"> Sexual consent and the law FGM and the law Delaying sexual activity Why have sex? Relationships and partners Pleasure and masturbation What are STI's? 	<ul style="list-style-type: none"> Introduction to drugs and different types of addiction Cannabis products Drug classifications The dangers of party drugs Exploring illegal drugs and their effects 	Combating extremism and terrorism <ul style="list-style-type: none"> Extremism in all its forms What is terrorism? The radicalisation process Counter terrorism Anti-Semitism 	<ul style="list-style-type: none"> Contraception The condom Exploring the realities of contraception Sexual harassment and stalking HIV and AIDS AIDS – Prejudice and discrimination 	<ul style="list-style-type: none"> From failure to success Importance of happiness What is anger? Money management Social media and online stress Essential first aid
Year 10	Staying safe online and offline – Violence, crimes and seeking safety <ul style="list-style-type: none"> Honour based violence Forced marriages Online gambling Social media validation Keeping data safe Modern day slavery Preventing knife crime 	Life beyond school – rights and responsibilities <ul style="list-style-type: none"> Instagram generation Targeted advertising What is marriage? Rights and responsibilities Consumer rights Employment rights Understanding a payslip 	Celebrating diversity and equality – Exploring world issues <ul style="list-style-type: none"> International organisations Aid and supporting other countries Fair trade Peace, War and conflict Women's rights and equality #metoo and Times up 	Rights, responsibilities and British values – Exploring British Values <ul style="list-style-type: none"> Critical thinking and fake news What is a cult? Exploring Britishness and British Values LGBT rights and British Values What are human rights? Exploring human rights? 	Relationships and sex education – Exploring relationships and sex education <ul style="list-style-type: none"> Campaign against FGM Sexting nudes and 'dick pics' Porn life vs Real life Porn materials and attitudes Domestic abuse and violence Sexualisation of the media 	Health and wellbeing – Mental health and wellbeing <ul style="list-style-type: none"> Child abuse Screen time and safe mobile phone use Common types of mental health issues Self-harm and suicide support Promoting emotional wellbeing
Year 11	Life beyond school – Your future and beyond <ul style="list-style-type: none"> Time management How to revise Dealing with anxiety and exam stress Writing a CV 	Health and wellbeing – Adult health and looking after yourself <ul style="list-style-type: none"> Organ donation and donating blood Teenage pregnancy choices 	Life beyond school – rights and responsibilities <ul style="list-style-type: none"> Instagram generation Targeted advertising What is marriage? Rights and responsibilities 	Staying safe online and offline – Staying safe in life <ul style="list-style-type: none"> Virtual reality and live streaming Online reputation and digital footprints War on drugs (inc festivals) 	Relationships and sex education – Sexual health <ul style="list-style-type: none"> Fertility and what impacts it Alcohol and bad choices Importance of sexual health Revisiting contraception 	

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	<ul style="list-style-type: none">• LGBTQ+ Rights across the world• Instalife vs real life	<ul style="list-style-type: none">• Abortion – morals, laws, thoughts• Testicular and prostate cancer• Cervical, breast and ovarian cancer• Parenthood• Love and abuse are not the same thing	<ul style="list-style-type: none">• Consumer rights• Employment rights• Understanding a payslip	<ul style="list-style-type: none">• Cosmetic and Aesthetic procedures• BA Top tips for life	<ul style="list-style-type: none">• Revisiting STIs• Respect and relationships	
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