

Long Term Plan PSHRE 2025-2026 Green

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS3 Green	Emotional Wellbeing 1) Promoting emotional wellbeing 2) Unhealthy coping strategies – self harm 3) Unhealthy coping strategies – eating disorders 4) Feeling overwhelmed and suicidal ideation 5) Healthy coping strategies 6) Change, loss and grief 7) <i>Catch up, consolidation and stretch</i>	Respectful Relationships 1) Different types of families and parenting 2) Positive relationships in the home 3) Conflict and its causes 4) Conflict resolution strategies 5) Respect 5) Managing change in relationships 6) Catch up, consolidation and stretch	Intimate Relationships 1) Readiness for sexual activity 2) Consent 3) STIs, effective use of condoms and negotiating safer sex 4) Contraception choices and consequences 5) Portrayal of sex in the media, pornography and sharing sexual images 6) Consolidation, catch up and stretch	Transition and Safety 1) Manage the challenges of moving on to new things 2) Establish and manage friendships 3) How to identify personal strengths and areas for development 4) Personal safety, travel safety and how to respond in an emergency situation 5) Consolidation, catch up and stretch	Discrimination 1) Manage influences on beliefs and decisions, group-think and persuasion 2) Develop self-worth and confidence 3) Gender identity, transphobia and gender-based discrimination 4) Recognise and challenge homophobia and biphobia 5) How to recognise and challenge racial and religious discrimination 6) Consolidation, catch up and stretch	Peer Influence, Substance Misuse and Gangs 1) Distinguish between healthy and unhealthy friendships 2) 'group think' and how it affects behaviour 3) Recognise passive, aggressive and assertive behaviour, and how to communicate assertively 4) Manage risk in relation to gangs 5) Legal and physical risks of carrying a knife. 6) Legal and health risks in relation to county lines 7) Consolidation, catch up and stretch
Y10	ASDAN PSHE M1 Emotional wellbeing A1 Talking about emotions A2 Importance of connecting with others A3 Mental ill health A4 Early signs of mental ill health A6 Triggers for mental ill health A5 Positive emotional wellbeing <i>Consolidation, catch up and stretch</i>	ASDAN PSHE M2 Keeping safe and healthy 1 A4 (1) Illness prevention 2 A4 (2) Responding to injury 3 A5 Healthy eating 4 A6 Local Health Improvement Services 5 A6 Risks to personal safety including using taxis <i>6 Consolidation, catch up and stretch</i>	ASDAN PSHE M7 Respectful relationships 1 A1 Healthy relationships across cultures and society 2 A2 Emotions in different relationships 3 A3 Healthy and unhealthy relationships 4 A4 Consent in various contexts 5 A6 Coercion and control <i>6 Consolidation, catch up and stretch</i>	ASDAN PSHE M5 Tobacco and drugs 1 A1 Laws relating to supply and possession 2 A2 Harmful effects of smoking tobacco and vaping. Benefits of quitting smoking & vaping. 3 A5 Drugs and mental health 4 A6 Short and long term effects of drug misuse 5 <i>6 Consolidation, catch up and Stretch</i>	ASDAN PSHE M4 Alcohol A1 What is alcohol and the laws related to it B3 + A3 Alcohol and physical health including weight gain and alcohol poisoning A4 Alcohol and emotional health A5 Social pressure and peer pressure in relation to alcohol <i>6 Consolidation, catch up and Stretch</i>	ASDAN PSHE M3 Social media A1 Digital resilience A2 How manipulated images affect body image and self esteem A3 Harmful online behaviour A4 Online reputations A5 cyberstalking B1 Positive and negative impacts of social media A6 Careers related to social media <i>8) Consolidation, catch up and stretch</i>

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Y11	ASDAN PSHE M8 Families and parenting A1 Different concepts of families & legal status A4 Roles and responsibilities of parenting & Family support worker A5 Pregnancy, Parenthood and lifestyle A7 Options for an unplanned pregnancy A8 How families have changed through history A8 Families seeking asylum Consolidation, catch up and stretch	Lawful and unlawful actions towards others 1) Forced marriage & FGM 2) Radicalisation 3) Sexual images and pornography 4) Domestic abuse 5) Criminal exploitation and gangs 6) Consolidation, catch up and stretch	ASDAN PSHE M6 Sexual Health 1 Intro What do you know about sex? 2 A6 Pregnancy 3 A1 STI's 4 A2 Contraception 5 A3 Emergency contraception 6 A4 Consent – Moral and legal issues 7 Consolidation, catch up and stretch	Current affairs 1) Local Issues 2) National issues 3) International issues 4) Media Coverage of current affairs 5 Consolidation, catch up and stretch	Personal Development Menu 1) Living independently 2) Learning to drive 3) Driving Theory 4) Planning holidays 5) Buying a car 6) Furnishing a house 7) Football hooliganism 8) Activities for relaxation 9) Applications for college & apprenticeships 10) DFS exam preparation	Personal Development Menu 1) Living independently 2) Learning to drive 3) Driving Theory 4) Planning holidays 5) Buying a car 6) Furnishing a house 7) Football hooliganism 8) Activities for relaxation 9) Applications for college & apprenticeships 10) DFS exam preparation

Half Termly Career Focus

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Green	Mental Health Nurse	Family mediator	Sexual Health advisor	Train Crew	Equalities officer	Victim Support Worker
Year 10	Mental Health Nurse	Paramedic Taxi Driver	Safeguarding Officer	Substance Misuse Outreach Worker	Cognitive behavioural therapist	Cyber Intelligence Officer
Year 11	Family support worker	Victim Care Officer	Sexual health advisor	Media Researcher	Driving Instructor	Menu of Options