

# Ringwood School

## SECONDARY PSHE EDUCATION: OVERVIEW 2021/2022



	Autumn 1 <i>Health &amp; wellbeing</i>	Autumn 2 <i>Living in the wider world</i>	Spring 1 <i>Relationships</i>	Spring 2 <i>Health &amp; wellbeing</i>	Summer 1 <i>Relationships</i>	Summer 2 <i>Living in the wider world</i>
Year 7	<b>Transition and safety</b> Transition to secondary school, personal safety in and outside school, first aid	<b>Developing skills and aspirations</b> Careers, teamwork 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, friendships (including online) and relationship boundaries	<b>Financial decision making</b> Saving, borrowing, budgeting and making financial choices
Year 8	<b>Drugs and alcohol</b> Alcohol and drug misuse and pressures relating to drug use	<b>Community and careers</b> Equality of opportunity in careers and life choices, and different types and patterns of work	<b>Discrimination</b> Including: racism, religious discrimination, disability, sexism, homophobia, biphobia and transphobia	<b>Emotional wellbeing</b> Mental health and emotional wellbeing, including body image, puberty and coping strategies	<b>Identity and relationships</b> Gender identity, sexual orientation, consent and 'sexting'	<b>Digital literacy</b> Online safety, digital literacy, media reliability, and gambling hooks
Year 9	<b>Peer influence, substance use and gangs</b> Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	<b>Setting goals</b> Learning strengths, career options and goal setting as part of the GCSE options process	<b>Respectful relationships</b> Families and parenting, healthy relationships, conflict resolution, and relationship changes	<b>Healthy lifestyle</b> Healthy choices in terms of diet and exercise, FGM awareness and first aid	<b>Intimate relationships</b> Relationships and sex education including consent, contraception, the risks of STIs, and unwanted pregnancy	<b>Employability skills</b> Employability and online presence
Year 10	<b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	<b>Financial decision making</b> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	<b>Healthy relationships</b> Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	<b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media	<b>Addressing extremism and radicalisation</b> Communities, belonging and challenging extremism	<b>Work experience</b> Preparation for and evaluation of work experience and readiness for work

<b>Year 11</b>	<b>Building for the future</b> Self-efficacy, stress management, and future opportunities	<b>Next steps</b> Application processes, and skills for further education, employment and career progression	<b>Communication in relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	<b>Independence</b> Responsible health choices, substance awareness and safety in independent contexts	<b>Families</b> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	

### Year 9 Weekly Lesson Overview

<b>Autumn 1 Relationships</b>	<b>Autumn 2 Living in the Wider World</b>	<b>Spring 1 Living in the Wider World</b>	<b>Spring 2 Relationships</b>	<b>Summer 1 Living in the Wider World</b>	<b>Summer 2 Health and Well-Being</b>
<b>Discrimination</b> Including: racism, ageism, religious discrimination, disability, sexism, homophobia, biphobia and transphobia	<b>Sustainability</b> Including fast fashion, plastics, water, energy and endangered animals	<b>Careers</b> Including: enterprise, job sectors, recruitment and employability, personality quiz, volunteering/enrichment, transferable skills, CVs, post 16 choices and decision making	<b>Gender</b> Education and marriage around the world, LGBTQ, and Mens Mental Health	<b>Personal finance</b> Understanding credit and debt, budgeting, buying a house and household bills and financial fraud/identity theft	<b>Healthy choices</b> Including screen time, sleep, diet, exercise, mental health and intimate relationships

### PSHE Off Timetable Events Calendar

<b>Year 7</b>	<b>Tuesday 22<sup>nd</sup> march 2022</b>	<b>Citizenship</b>
<b>Year 8</b>	<b>Weds 17<sup>th</sup> November 2021</b>	<b>Law and Order</b>
<b>Year 9</b>	<b>Thurs 7<sup>th</sup> July 2022</b>	<b>Health and Well-Being</b>
<b>Year 10</b>	<b>Tues 18<sup>th</sup> January 2022</b>	<b>Health and Well-Being</b>