

Year 7	Autumn Term	Spring Term	Summer Term
PSHE in PDC Time 2x 20 mins sessions weekly	Mental and Emotional Health Session 1: Transition: change and loss <ul style="list-style-type: none"> Session 2: Transition: managing feelings. Session 3: Transition: finding support. Session 4: Bullying Session 5: Cyberbullying Session 6: Circle of support Session 7: Online safety and trolls Session 8: Online safety relationships Session 9: Thoughts, feelings, strengths Session 10: What is self-esteem? Session 11: My goals and ambitions Session 12: Self-esteem and the internet 	Living in the wider world Session 1: Saving Session 2: Borrowing Session 3: Finance Session 4: Types of debt Session 5: Enterprise skills Session 6: Enterprise project Session 7: Careers Session 8: Future Choices Session 9: Sectors Session 10: Reflections	Keeping Safe Session 1: What to do in an emergency. Session 2: Treatments for Common injuries Session 3: Assessing a causality Session 4: Recovery position Session 5: CPR Session 6: First Aid skills practise Session 7: Accidents Session 8: Risks Session 9: Water safety: cold water Session 10: Water safety: those left behind. Session 11: Road safety Session 12: Dangerous habits
Social Science lessons 1 x 60 mins weekly	Citizenship Lesson 1: Introduction to citizenship Lesson 2: British Values Lesson 3: Rights and responsibilities Lesson 4: Characteristics of a democratic society Lesson 5: Democracy in action' Lesson 6: Types of Govt Lesson 7: Assessment Lesson 8: Charities Lesson 9: Key terminology Lesson 10: Causes Lesson 11: Primary research Lesson 12: Internet searches Lesson 13: Secondary source Lesson 14: Assessment	Religious Education Lesson 1: World religions and beliefs. Lesson 2: What are beliefs? Lesson 3: Holy books (Action Activity) Lesson 4: Sanctity of life: Creation stories Lesson 5: Is the world sacred? Environmental issues. Lesson 6: Beliefs about the afterlife - Euthanasia Lesson 7: Assessment Lesson 8: Why are there different types of Christians? Lesson 9: Religious leaders Lesson 10: What is the soul? Lesson 11: What is evil? Lesson 12: Does God exist?	Relationship and Sex education Lesson 1: What is puberty and reproduction? Lesson 2: Menstrual cycle and pregnancy Lesson 3: What do healthy relationships look like? Lesson 4: Parenting Lesson 5: What are the factors of stable long-term relationships? Lesson 6: What is forced marriage and honour-based violence? Healthy Lifestyles Lesson 1: What does it mean to be 'healthy'? Lesson 2: Why is sleep so important? Lesson 3: Why is personal hygiene important? Lesson 4: What is oral hygiene Lesson 5: What are the benefits of exercise? Lesson 6: How can we maintain good habits?

Year 8	Autumn Term	Spring Term	Summer Term
PSHE in PDC Time 2x 20 mins sessions weekly	Mental and Emotional Health Session 1: assertiveness Session 2: Behaviour types Session 3: Assertive response Session 4: Change and Loss: Loneliness Session 5: Change and loss: emotions Session 6: change and loss: support Session 7: Mental health misconceptions Session 8: Challenging discriminatory language Session 9: Factors that affect emotional health Session 10: Resilience and emotional health Session 11: Managing disappointment and set backs Session 12: My 5	Living in the wider world Session 1: Spending influences Session 2: How to be a critical consumer Session 3: Online content public and impersonal Session 4: Propaganda Session 5: Trust Session 6: Risk and Harm Session 7: Lifelong learning Session 8: Developing knowledge, skills and experience Session 9: Role of a costume leader Session 10: Values and reflections	Healthy Lifestyles Session 1: Immunisation and Vaccination why are they important Session 2: Immunisation and Vaccination why are they important Session 3: Heathy diet Session 4: Influences in diet choices Session 5: The importance of sleep Session 6: Seeking health advice Session 7: What is discrimination and prejudice? Session 7: Prejudice and discrimination Session 8: Diversity Session 9: Disablist language and bullying Session 10: Challenging disablism Session 11: Religious discrimination Session 12: Challenging Islamophobia
Social Science lessons 1 x 60 mins weekly	Citizenship Lesson 1: Role of the police Lesson 2: Stop and Search Lesson 3: The courts Lesson 4: Making laws Lesson 5: Getting involved Lesson 6: Hillsborough Lesson 7: Assessment Lesson 8: Inside Parliament Lesson 9: National Government Lesson 10: Election Process Lesson 11: Government spending Lesson 12 & 13: Mock Election Lesson 15: Assessment	Religious Education Lesson 1: Forgiveness Lesson 2: Wealth and poverty Lesson 3: Equality: MLK and Malcolm X Lesson 4: Pacifism (Action Activity) Lesson 5: The Just War Theory Lesson 6: Jihad Lesson 7: Assessment Lesson 8: Extremism Lesson 9: Prejudice and discrimination Lesson 10: Religious freedom Lesson 11: Was the world created? Lesson 12: The design argument	Relationship and sex education Lesson 1: What is female genital mutilation (FGM)? Lesson 2: The reasons FGM is performed? Lesson 3: How can we understand gender and sexuality? Lesson 4: What is exploitation? Lesson 5: What is sexting and what are the laws surrounding it? Lesson 6: What is the potential impact of sexting? Keeping safe Lesson 1: What do we know about drugs and their risk? Lesson 2 What are the laws surrounding drug use and misuse? Lesson 3: How can we deal with situations when drugs and alcohol is on offer? Lesson 4: Risks and effects of caffeine consumption Lesson 5: Managing influence s related to Tobacco products Lesson 6: What are the possible risks and consequences of alcohol use and misuse?

Year 9	Autumn Term	Spring Term	Summer Term
PSHE in PDC Time	Mental and Emotional Health Session 1 Recognising emotions Session 2 Negative emotions Session 3 Solutions Session 4 Intro body image Session 5 Adverts Session 6 Big conversation Session 7 Intro' online stress Session 8 Online vs real friends Session 9 Peer Approval Session 10 Resisting peer pressure Session 11 Challenging unhelpful thoughts Session 12 Managing worry	Living in the wider world Session 1 What are GCSEs Session 2 What comes after GCSEs Session 3 Interests, skills, qualities and interviews Session 4 Know yourself Session 5 Careers Session 6 Fraud Session 7 Impact of fraud Session 8 Money Mules	Healthy Lifestyles Session 1: Introduction to donation Session 2: The donation process Session 3: Views and evaluation of donation Session 4: What is cancer? Session 5: How can I protect myself? Session 6: Sun safety Session 7: Gangs: Signs Session 8: gangs: How it starts Session 9: Gangs: Risks Session 10: Gangs: Consequences Session 11: Gangs getting out Session 12: Gangs: Seeking help
2x 20 mins sessions weekly	Citizenship Lesson 1: Action and consequences Lesson 2: Human Rights Lesson 3: How do Human Rights work Lesson 4 Human rights in the Media Lesson 5: Balancing Human Rights Lesson 6: Taking action Lesson 7 Assessment Lesson 8: Britishness Lesson 9: Immigration Lesson 10: Stereotypes Lesson 11: Discrimination Lesson 12: Extremism Lesson 13: Prevent Assessment Lesson 14-15: Speeches	Religious Education Lesson 1: What is ethics? Lesson 2: Morality Lesson 3: Situation ethics Lesson 4: Sexual ethics Lesson 5: Abortion (action activity) Lesson 6: Euthanasia Lesson 7: Assessment Lesson 8: What is justice? Lesson 9: Social justice Lesson 10: Equality BLM Lesson 11: Do we have free will? Lesson 12: The free will defence	Relationship and Sex education Lesson 1: How can we give and recognise consent? Lesson 2: What are different types of contraception and why is it used? Lesson 3: Recognising the risk and how to identify the symptoms of an STI Lesson 4 What are the facts surrounding pregnancy? Lesson 5: what are the options when someone is pregnant? Lesson 6: What is public sexual harassment, why is it a problem and what can we do? Keeping Safe Lesson 1: What are the effects and risks of drugs and alcohol use? Lesson 2: Exploring attitudes to drug use Lesson 3: How can thinking errors impact on decision making? Lesson 4: What could be the legal consequences of using and/or supplying drugs Lesson 5: The effects of alcohol and cannabis Lesson 6: Managing influences

Year 10	Autumn Term	Spring Term	Summer Term
2x 20 mins sessions weekly	Mental and emotional health Session 1 Starting Key Stage 4 Session 2 Coping with changes Session 3 Managing stress Session 4 Exercise and sleep Developing learning skills	Healthy lifestyles Session 1 Cancer awareness Session 2 Organ donation Session 3 Stem cells Session 4 Work life balance Session 5 Increased independence	Healthy Lifestyles Session 1 Recognising mental ill health Session 2 Film influences Session 3 Mental health and media Session 4 Loss and bereavement Session 5 Strategies for dealing with bereavement Session 6 Forced marriage
	Living in the Wider World Session 5 Financial wellbeing Session 6 Payslips Session 7 Taxation Session 8 Future finances Session 9 Cybercrime Session 10 Gambling	Keeping safe Session 6 CPR Session 7 money mule Session 8 social engineering Session 9 Fact vs Fiction Session 10 Three sides to every story Session 11 Us vs Them Session 12 Speaking up	Living in the wider world Session 7 Growing careers for change Session 8 PSHE careers education Session 9 Skills and Qualities Session 10 Employability skills Session 11 Choices at 16 (T levels) Session 12 Exploring the job market
Lessons 1 X60 minutes fortnightly	Healthy lifestyles <ol style="list-style-type: none"> 1. Diversity 2. Extremism 3. Incel 4. Far right extremism <ol style="list-style-type: none"> 1. Organised crime 2. Knife crime 3. County lines 4. Dangerous situations 	Relationship and sex education <ol style="list-style-type: none"> 1. Positive relationships 2. Relationship abuse 3. Unwanted attention <ol style="list-style-type: none"> 1. Sharing images 2. Online relationships 3. Reasons for sex 4. Pornography 	Relationship and sex education <ol style="list-style-type: none"> 1. Impact of media and pornography 2. Family life 3. Parenthood keeping safe <ol style="list-style-type: none"> 1. Drug use 2. Impact of drugs 3. Managing influence 4. Seeking support

Year 11	Autumn Term	Spring Term	Summer Term
2x 20 mins sessions weekly	Healthy lifestyle Session 1 Coping with stress Session 2 sleeping well Session 3 food fads Session 4 food fads Session 5 Life goals Session 6 revision techniques Session 7 first aid Session 8 first aid Session 9 first aid Session 10 first aid Session 11 first aid	Mental and emotional health Session 1 What is mental health? Session 2 Emotional wellbeing Session 3 Negative thinking Session 4 Dealing with change Session 5 Staying positive Session 6 Extremism adaptability? Session 7 depression and self injury Session 8 eating disorders Session 9 self care Session 10 Where to get help Living in the Wider World Session 11 money safety Session 12 insurance and pensions	Relationships and Sex Education Session 1 Y11 assembly video Session 2 Modern families Session 3 Parenthood Session 4 fertility Session 5 pregnancy outcomes Session 6 pregnancy options
Lessons 1 X60 minutes fortnightly	Living in the Wider World 1. Skills and writing a CV 2. Personal statement for job application 3. Interview techniques 4. Exam stress 5. Career planning 6. Employment rights 7. Online reputation	Relationships and Sex Education 1. Consent 2. Reproductive health 3. STI and safer sex 4. Sexual misconceptions 5. Online blackmail 6. Revenge porn	Living in the Wider World 1. Financial planning 2. Credit and debit 3. Consumer rights