



CROSFIELDS SENIOR SCHOOL

PSHE OVERVIEW 2022 – 2023

Year 7

September - October	November - December	January - February	February - March	April - May	June - July
Being Me	Celebrating Differences	Changing Me	Healthy Me	Relationships	Dreams and Goals
How do I fit into the world I live in?	Do we need to feel 'the same as' to belong?	What changes are happening to prepare me for adulthood?	To what extent am I responsible for my mental and physical health?	What can make a relationship healthy or unhealthy?	Can my choices affect my dreams and goals?
<p>Identity – what makes a person?</p> <p>Is fitting in more important than being unique?</p> <p>Influences/ peer pressure</p> <p>Maintaining positive relationships with people who are different to me</p> <p>Online identity and relationships</p>	<p>Challenging prejudice and Discrimination</p> <p>Protected characteristics</p> <p>Assertiveness</p> <p>Role of a bystander</p> <p>Stereotypes</p> <p>Bullying</p> <p>Relationship skills</p>	<p>Puberty and body development (re-cap from primary)</p> <p>Conception and childbirth (Re-cap from primary)</p> <p>Choices with pregnancy (IVF, surrogacy, contraception)</p> <p>Different types of parenting and families</p> <p>Self and body-image</p> <p>FGM, breast ironing</p> <p>Brain changes in adolescence</p> <p>Emotional changes in adolescence</p>	<p>Recognising and describing emotions</p> <p>Strategies for positivity</p> <p>Managing stress</p> <p>Link between mental health and Activity</p> <p>Taking responsibility for health</p> <p>Substances and their effects</p> <p>Nutrition</p> <p>Vaccinations</p> <p>Sleep</p>	<p>Identifying my relationships</p> <p>Values and qualities in healthy Relationships</p> <p>Relationship change</p> <p>Managing my responses to keep my relationships healthy and safe</p> <p>Discernment</p> <p>Media portrayal of relationships</p> <p>Assertiveness</p> <p>Sexting</p> <p>Rights and responsibilities (including consent)</p>	<p>Identifying personal dreams and goals</p> <p>Skills for the 21st century workplace</p> <p>Steps to achievement</p> <p>Managing set-backs</p> <p>Basic first aid in emergency situations</p> <p>Responsible choices and keeping safe e.g. gang culture, knife crime, coercion and exploitation, drugs and alcohol</p>



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Year 8

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Being Me	Celebrating Differences	Changing Me	Healthy Me	Relationships	Dreams and Goals
Can I choose how I fit into the world?	How different are we really?	What factors can make an intimate relationship happy and healthy?	Can I become more responsible for my health and happiness?	Because I'm worth it...or am I?	Can the choices I make now influence my future?
<p>How have I changed?</p> <p>Planning for the year ahead</p> <p>Family, what does that mean to me?</p> <p>Different types of committed stable Relationships</p> <p>Does my family influence me?</p> <p>Active listening</p> <p>Stereotyping (in families)</p> <p>What do I choose to 'hear' about myself?</p> <p>Faith and beliefs</p> <p>Cultural diversity</p>	<p>Recognising similarities</p> <p>Prejudice and discrimination</p> <p>Protected characteristics</p> <p>Social injustice and inequality</p> <p>Hate crime</p> <p>Making a positive contribution to Community</p> <p>Making a difference and links to Wellbeing</p> <p>Blood and organ donation</p>	<p>Boyfriends and girlfriends</p> <p>Different types of committed stable and loving relationships/partnerships</p> <p>Positive aspects of healthy intimate Relationships</p> <p>Negative factors that can make an intimate relationship unhealthy e.g. power and control/STIs</p> <p>Choosing to 'come out'</p> <p>Pornography</p> <p>Alcohol and relationships</p> <p>Accessing support</p>	<p>Taking personal responsibility for Health</p> <p>Stress triggers</p> <p>Managing stress</p> <p>Substances and their effects</p> <p>Drug supply and possession</p> <p>County lines/exploitation/gang Culture</p> <p>Role of medicines and vaccines</p> <p>Dental health</p>	<p>Negative self-thoughts</p> <p>Body-image including online and in media</p> <p>Competing relationships and how to manage these demands</p> <p>Personal space including online</p> <p>Media portrayal of relationships</p> <p>Media Manipulation</p> <p>Personal space</p> <p>Social media and online safety</p> <p>Illegal aspects of social media</p> <p>Recognising negative relationships and skills to manage them</p>	<p>Short-, medium- and long-term goals</p> <p>Resilience</p> <p>Employability skills</p> <p>Career choices</p> <p>My online 'footprint'</p> <p>Budgeting</p> <p>Debt</p> <p>Gambling including links to mental health</p> <p>Positive and negative role of money in society including links to mental health</p>



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Year 9

September - October	November - December	January - February	February - March	April - May	June - July
Being Me	Celebrating Differences	Changing Me	Healthy Me	Relationships	Dreams and Goals
To what extent does the world I live in affect my identity?	Is being different a good thing?	How can change affect mental health?	How can substances impact on wellbeing?	Is choice important within intimate relationships?	Who do I dream of becoming?
Personal identity and intimate relationships Peer approval Social media Self-identity Perceptions/misperceptions e.g. sexual exploitation, grooming, risk within sexual relationships, consent, risky experimentation	Sexism and homophobia Perception of others Positive and negative language, banter and verbal bullying Types of bullying Recognising prejudice Stereotyping	Changing perceptions and opinions Mental health Common mental health issues Skills for change and 'pressure' Adapting to change Self-reflection and evaluation Transition (to next year group) Sleep	What does the media say about teenagers? Dental health Alcohol and decision making Drugs and decision making Emergency first-aid Substances and mental health	Power and control in relationships Consent and assertiveness Contraception Sexually Transmitted Infections Am I normal? Common concerns around adolescence	Personal strengths and weaknesses SMART planning Mental health and body image Recognising mental ill-health self-harm & suicide, eating disorders, depression, anxiety pressure (peep, online, media) Maintaining mental health Accessing mental health support



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Year 10

September - October	November - December	January - February	February - March	April - May	June - July
Being Me	Celebrating Differences	Changing Me	Healthy Me	Relationships	Dreams and Goals
Is managing my online and off-line world within my control?	Does everyone in society have the right to equality?	Can all change be positive in some way?	When it comes to health to what extent am I in control?	Is love all you need?	Is success only possible when physical and emotional needs are in balance?
<p>Freedom and safety</p> <p>Human rights</p> <p>Grief</p> <p>Safe relationships</p> <p>Online safety and cultural norms</p> <p>Personal safety with technology</p> <p>Staying safe offline</p> <p>Managing threats to safety in the wider world</p>	<p>What does equality mean to me?</p> <p>Equality in the workplace</p> <p>Equality in society</p> <p>Equality in relationships</p> <p>Equality and vulnerable groups</p> <p>Power and control</p>	<p>How does social change affect me?</p> <p>Managing relationship changes e.g. loss, bereavement, break-ups, blended families, divorce</p> <p>Gender identity</p> <p>Spectrum of sexuality</p> <p>Managing the challenges in the year ahead</p>	<p>Physical health; screening, vaccination, personal hygiene</p> <p>Health MOT</p> <p>Achieving mental health</p> <p>Threats to health e.g. addiction, substance and alcohol use, lifestyle choices, loneliness, diseases, cancer, heart disease, infection</p>	<p>What makes a happy relationship</p> <p>Relationship breakdown</p> <p>Social influences on relationships, e.g. stereotypes, pornography, media, peer perception</p> <p>Friendships and peer support</p> <p>Challenging relationships, e.g. domestic abuse, coercive relationships, exploitation</p>	<p>Dreams for myself and the world; balance and perspective, relationships and community</p> <p>Jobs - legislation around work for young people</p> <p>Managing setbacks/ resilience building</p> <p>Planning for success</p>