

Personal Development - Yearly PSHE plan

	Year 7	Year 8	Year 9	Year 10
Half term 1 PSHE	Mental Wellbeing What is mental health? Social Media and mental health Sexual Health week Self Esteem Online Stressl Radicalisation	Values and rights Respect Respecting others Sexual Health week Tolerance Free speech Individual liberty Student voice	Identity + relationships Resilience Body Shaming Sexual Health week LGBT rights Stereotypes and diversity Healthy relationships Risk	PSHE - RSE Positive relationships Boundaries and consent Sexuality + Identity Sexual Health week Sexting - keep yourself safe Relationship changes
Half Term 2 Careers 1	Careers Who am I? Why is career education important? Achievement Skills and Qualities Likes and dislikes Mental Health Anti Bullying week	Careers - The Workplace Work satisfaction Labour Market Information LMI Discrimination in the workplace Rights and responsibilities Mental Health Anti Bullying week	Careers - My Options Resilience in careers Goal Setting Routes Higher Education Mental Health Anti Bullying week	Careers - Post 16 planning Career paths CV's Covering letters Choosing a career using LMI Mental Health Anti Bullying week
Half term 3 Citizenship 1	Citizenship - UK Politics Democracy Elections Political Parties MP's Public Institutions Volunteering Mental Health Week	Citizenship - Law and Justice Laws Justice System Police Punishment Change of Law Mental Health Week	Citizenship - Finance and the Economy Economy Budgeting Saving Public Money Cl;imate change and the economy Mental Health Week	Citizenship - UK politics Local/national government Devolved government Structures Councils Elections NGO's Mental Health Week

Half term 4 PSHE 2	PSHE - Personal Safety Basic First Aid Alcohol Drugs Caffeine Online Safety National Careers Week	PSHE - SRE Healthy Relationships Dealing with Conflicts Sexuality What is love? Gender identity National Careers Week	PSHE - E Safety Digital footprint Using online positively Online chatting Gaming Digital health National Careers Week	PSHE - Personal Finance Making money work Financial Planning Managing debt The Economy Financial help + support National Careers Week
Half term 5 Careers 2	Careers - What could I be? Aspirations Career profile Types of work Online careers County Lines	Careers - Enterprise Skills - finding a route Entrepreneur Self employed Work life balance Preparation	Careers - Employability Behaviours What are they looking for? Personal skills Interviews Future jobs	Careers - The workplace Job Satisfaction Volunteering Future of work Employability skills Workplace discrimination
Half term 6 Citizenship 2	Citizenship - Community Action Community Being a good citizen How can we improve our community Volunteering Local charities	Citizenship - Digital Democracy Influences Media in elections Fake news Media, good and bad Digital Democracy	Citizenship - UK and the wider world UK political system Voting The monarchy British Values Positive change our role	Citizenship - International Politics UK, Europe and the Commonwealth Democracy United Nations Human Rights World Aid