

Teignmouth Community School PSHE EDUCATION: LONG-TERM OVERVIEW

	Autumn 1 <i>Health & wellbeing</i>	Autumn 2 <i>Living in the wider world</i>	Spring 1 + Enrichment Day <i>Relationships</i>	Spring 2 <i>Health & wellbeing</i>	Summer 1 <i>Relationships</i>	Summer 2 <i>Living in the wider world</i>
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Employability skills Employability and online presence	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Work experience Preparation for and evaluation of work experience and readiness for work
Year 11	Building for the future Self-efficacy, stress management, and future opportunities	Next steps Application processes, and skills for further education, employment and career progression	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Independence Responsible health choices, and safety in independent contexts	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	

PSHE at Teignmouth Community School is the subject through which students develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepared for life and work both now and in the future. Students will be given opportunities to develop themselves in a well-balanced way, beyond the academic and to move from childhood to adolescence with support and guidance to encourage both an awareness of others and the growth of responsible independence.

From making responsible decisions about alcohol to succeeding in their first job, **PSHE** education at Teignmouth Community School helps students to manage many of the most critical opportunities, challenges and responsibilities they will face.

Lastly, **PSHE** education contributes to our schools' statutory duties to provide a balanced and broadly-based curriculum and is essential to Ofsted judgements in relation to personal development, behaviour and attitudes, welfare and safeguarding.