



PSHE Long Term Plan Mixed Year Group

Green = Health and Wellbeing

Blue = Living in the Wider World

Pink = Relationships

Weeks	Subject	Topic Area	Content to Cover	Linked Qualifications	Teaching Notes
1-3	Relationships	Healthy Relationships	<p>The risks of forming relationships online</p> <p>The risks of pornography and the link to consent, manipulation, coercion and capacity to consent</p> <p>Zara McDermott's Revenge Porn</p> <p>Asexuality, abstinence and celibacy</p>		
4-8	Health and Wellbeing	Exploring Influence	<p>Gangs including peer pressure</p> <p>Organised crime and county lines</p> <p>Knife Crime</p>	<p>AQA Credit 113512 Level Three Certificate</p> <p>Grooming, County Lines and Gangs</p>	<p>Students will look at case studies of young people who have been the victims of knife crime and the impact this has on the families and friends.</p>

			<p>Drugs and alcohol including peer pressure</p> <p>Exit strategies for pressurised or dangerous situations</p>		<p>Students will discover the legal consequences of carrying and/or using a knife</p>
9-11	Relationships	Addressing Extremism and Radicalisation	<p>The Equality Act, diversity and values</p> <p>How social media can influence thinking in relation to diversity</p> <p>How to safely challenge discrimination, including online</p> <p>How to recognise and respond to extremism and radicalisation</p>		<p>Students should consider the benefits of living in a diverse and multicultural society. This can include different religions, food, music and clothes.</p> <p>Students should consider the impact of discrimination such as that in the media about immigration. They will then consider the benefits of migration such as the positive impact on organisations such as the NHS.</p> <p>Students will look at the impact of extremism and radicalisation with examples from the news.</p>
12-14	Living in the Wider World	Next Steps	<p>Effective revision techniques and strategies</p> <p>Post-16 options and career pathways</p> <p>Application processes, including writing CVs, personal statements and interview technique</p>	<p>ASDAN Certificate in Careers Module 3 Section A Career Management</p> <ul style="list-style-type: none"> • Application Forms • Job Vacancies • Interviews • Personal Expense 	<p>During this topic students will have the chance to look for jobs, fill out mock application forms, take part in a mock interview and work out how much it would cost to go to university and how this could be funded.</p> <p>Students will have the opportunity to visit a post 16 college and university.</p>
15-17	Relationships	Communication in Relationships	<p>How to communicate assertively including wants and needs</p>		<p>Students will watch extracts from TV and films of relationships that have turned abusive and will</p>

			<p>How to handle unwanted attention, including online</p> <p>How to challenge harassment and stalking including online</p> <p>Abusive relationships including where to seek support</p>		<p>consider the consequences of this including recognising the signs and where to seek support.</p> <p>Students may look at examples of famous people who have been victim to stalking and harassment such as Holly Willoughby.</p>
18-24	Health and Wellbeing	Independence	<p>Personal safety when out and about including road safety</p> <p>First Aid and Emergency Services</p> <p>Cancer and lifestyle</p> <p>Screening and self-examination</p> <p>My Balls and Me documentary</p> <p>Registering with and accessing doctors, sexual health clinics, opticians and other health services</p> <p>How to manage influences and risks relating to cosmetic and aesthetic body alterations</p> <p>Blood, organ and stem cell donation</p>	<p>AQA Credit 121804 Level Two Certificate in PSHE: First Aid Unit 1</p> <ul style="list-style-type: none"> • DRABC • Recovery Position • Choking • Asthma • Allergies • Bleeding <p>AQA Credit 121806 Level Two Certificate in PSHE: First Aid Unit 2</p> <ul style="list-style-type: none"> • DRABC • Breathing • Recovery Position • Defibrillator • Chest Pains • Heart Attack • Common Injuries • Emergency Services 	<p>Students will receive a visit from First Aid Doncaster. They will then complete AQA Credits.</p> <p>Students will receive a visit from the Transport Police on road safety.</p> <p>Students will watch the documentary My Balls and Me and discuss and learn how to self-examine.</p> <p>Students will also watch The Price of Perfection by Olivia Atwood when looking at cosmetic surgery.</p>
25-30	Living in the Wider World	Financial Decision Making	<p>How to prevent and manage debt including understanding credit rating and pay day lending</p>	<p>ASDAN Certificate in Life Skills Module 2 Section A Keeping Track of your Money</p> <ul style="list-style-type: none"> • Payment Methods 	<p>Whilst studying their ASDAN Certificates students should gain an understanding of how to save and look after money. They will use websites such as</p>

			<p>The relationship between gambling and debt</p> <p>Fraud and cybercrime</p>	<ul style="list-style-type: none"> • Savings • Bills • Budgeting <p>ASDAN Certificate in Life Skills Module 4 Section A A Place of your Own</p> <ul style="list-style-type: none"> • Finding Suitable Housing • Dealing with Household Bills • Staying Safe at Home <p>Using Household Appliances</p>	<p>Rightmove to find housing they would aspire to live in and will consider the cost of this and how much they will need to earn. Students will look at the cost of household bills and how to stay safe in the home. Lastly students will consider what household appliances they will need to use and will have chance to practise using some of these whilst in college.</p>
31-33	Health and Wellbeing	Emotional Wellbeing	<p>How to develop positive mental health</p> <p>Roman Kemp's Silent Emergency</p> <p>How to develop digital resilience</p> <p>Unhealthy coping mechanisms – self harm, eating disorders</p> <p>How to develop positive coping strategies</p>	<p>AQA Credit 116895 Level Two Certificate in Exploring Good Mental Health</p>	<p>Students will start this topic by watching Roman Kemp's Silent Emergency.</p> <p>They will then go on to study the impact of poor mental health and how to develop more positive strategies.</p> <p>Students will look at the zones of emotional regulation and associated strategies. They may practice some of these strategies such as exercise, drawing, meditating etc..</p>
34-35	Relationships	Identity and Relationships	<p>Sexual orientation</p> <p>The law and consent</p> <p>Sexting</p> <p>Basic forms of contraception – condom and pill</p>		

36-39	Health and Wellbeing	Drugs and Alcohol	<p>Medical and recreational drugs</p> <p>Energy drinks</p> <p>The risks of alcohol, tobacco, nicotine and E-cigarettes</p>	<p>ASDAN Certificate in PSHE Module 5 Section A Tobacco and Drugs</p> <ul style="list-style-type: none"> • Smoking • Support • Vaping • Drugs <p>ASDAN Certificate in PSHE Module 4 Section A Alcohol</p> <ul style="list-style-type: none"> • Alcohol • Effects of Alcohol • Alcohol Poisoning <p>Emotional Health and Wellbeing</p>	<p>Students will receive a talk from staff at the Flying Scotsman.</p>
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