

Manor High School PSHE Curriculum Plan Overview 2024-25

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid.	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Diversity Diversity, prejudice, and bullying.	Health and puberty Healthy routines, mental health, puberty, unwanted contact, and FGM	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Emotional wellbeing Mental health stigma, body image and coping strategies	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	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	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Employability skills Employability and online presence
Year 10	Exploring influence The influence and impact of drugs, gangs, role models and the media	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Work experience Preparation for and evaluation of work experience and readiness for work
	Term 1	Term 2	Term 3	Term 4	Term 5	

Year 11	Next steps Application processes, and skills for further education, employment and career progression	Independence Responsible health choices, and safety in independent contexts	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	Building for the future Self-efficacy, stress management, and future opportunities	
---------	---	---	---	---	--	--

YEAR 7 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson titles – all are fully up to date and resourced
Term 1 Health & wellbeing	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid PoS refs: H1, H2, H30, H33, R13, L1, L2	<ul style="list-style-type: none"> • how to identify, express and manage their emotions in a constructive way • how to manage the challenges of moving to a new school • how to establish and manage friendships • how to improve study skills • how to identify personal strengths and areas for development • personal safety strategies and travel safety, e.g. road, rail and water • how to respond in an emergency situation • basic first aid 	<ul style="list-style-type: none"> • CHS introduction • How can we manage our anger • Mental health – difference between mental health and mental illness • First aid and CPR • Fire safety
Term 2 Relationships	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries PoS refs: H1, R2, R9, R11, R13, R14, R16, R24	<ul style="list-style-type: none"> • how to develop self-worth and self-efficacy • about qualities and behaviours relating to different types of positive relationships • how to recognise unhealthy relationships • how to recognise and challenge media stereotypes • how to evaluate expectations for romantic relationships • about consent, and how to seek and assertively communicate consent 	<ul style="list-style-type: none"> • Self-esteem (relationship with ourselves) • Negative vs Positive relationships • Expectations, boundaries, consent introduction
Term 3 Health and wellbeing	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM PoS refs: H5, H13, H14, H15, H16, H17, H18, H20, H22, H34	<ul style="list-style-type: none"> • how to make healthy lifestyle choices including diet, dental health, physical activity and sleep • how to manage influences relating to caffeine, smoking and alcohol • how to manage physical and emotional changes during puberty • about personal hygiene • how to recognise and respond to inappropriate and unwanted contact about FGM and how to access help and support 	<p>**Puberty and periods taught in science</p> <ul style="list-style-type: none"> • What do we mean by a healthy lifestyle • How can I keep healthy • How can I eat responsibly – labels and nutrients • Consequences of not eating healthily • Healthy living exercise • The dangers of smoking and second hand smoking • Dental health • The sleep factor • FGM

<p>Term 4</p> <p>Relation- ships</p>	<p>Diversity</p> <p>Diversity, prejudice, and bullying</p> <p>PoS refs: R3, R38, R39, R40, R41</p>	<ul style="list-style-type: none"> • about identity, rights and responsibilities • about living in a diverse society • how to challenge prejudice, stereotypes and discrimination • the signs and effects of all types of bullying, includingonline • how to respond to bullying of any kind, includingonline • how to support others 	<ul style="list-style-type: none"> • bullying or banter • cyberbullying • social media – safe and private • keeping safe and positive relationships • personal identitiy – BV • prejudice and discrimination – racism • what are radicalisation and extremism
---	---	---	--

Term 5 Living in the wider world	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations PoS refs: R15, R39, L1, L4, L5, L9, L10, L12	<ul style="list-style-type: none"> • how to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity • about a broad range of careers and the abilities and qualities required for different careers • about equality of opportunity • how to challenge stereotypes, broaden their horizons and how to identify future career aspirations • about the link between values and career choices 	<ul style="list-style-type: none"> • how can we be aspirational students • how does self esteem help us to achieve • what are wants and needs • being a resilient student
Term 6 Living in the wider world	Financial decision making Saving, borrowing, budgeting and making financial choices PoS refs: H32, L15, L16, L17, L18	<ul style="list-style-type: none"> • how to make safe financial choices • about ethical and unethical business practices and consumerism • about saving, spending and budgeting • how to manage risk-taking behaviour 	<ul style="list-style-type: none"> • creating a personal budget plan • how can we manage our money • savings, loans and interest rates • what are different financial products for • how can we shop ethically

YEAR 8 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson titles – all are fully up to date and resourced
Term 1 Living in the Wider World	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work PoS refs: R39, R41, L3, L8, L9, L10, L11, L12	<ul style="list-style-type: none"> about equality of opportunity in life and work how to challenge stereotypes and discrimination in relation to work and pay about employment, self-employment and voluntary work how to set aspirational goals for future careers and challenge expectations that limit choices 	<ul style="list-style-type: none"> Prejudice and stereotypes – disability Homophobia Self confidence and goals Personal development and target setting Managing my behaviour to achieve Careers focus – entrepreneurs Careers focus – teamwork skills Careers focus – communication skills
Term 2 Health & wellbeing	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies PoS refs: H3, H4, H6, H7, H8, H9, H10, H11, H12, L24	<ul style="list-style-type: none"> about attitudes towards mental health how to challenge myths and stigma about daily wellbeing how to manage emotions how to develop digital resilience about unhealthy coping strategies (e.g. self-harm and eating disorders) about healthy coping strategies 	<ul style="list-style-type: none"> Attitudes towards MH What is mindfulness Digital resilience Internet safety – online grooming Promoting emotional wellbeing Emotional literacy and self awareness Unhealthy coping strategies Healthy coping strategies Change, loss, grief
Term 3 Relationships	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception PoS refs: H35, H36, R4, R5, R10, R16,	<ul style="list-style-type: none"> the qualities of positive, healthy relationships how to demonstrate positive behaviours in healthy relationships about gender identity and sexual orientation about forming new partnerships and developing relationships about the law in relation to consent 	<ul style="list-style-type: none"> Relationship values Influences of relationship expectations Sexual orientation and gender identification Avoiding assumption Intro to contraception Consent Sexting and image sharing

R18, R24, R25, R26, R27, R29, R30, R32

- that the legal and moral duty is with the seeker of consent
- how to effectively communicate about consent in relationships
- about the risks of 'sexting' and how to manage requests or pressure to send an image
- about basic forms of contraception, e.g. condom and pill

- Dangers of pornography
- STIs
-

Term 4 Relation- ships	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia PoS refs: R39, R40, R41, R3, R4, R42, R43	<ul style="list-style-type: none"> • how to manage influences on beliefs and decisions • about group-think and persuasion • how to develop self-worth and confidence • gender ID, transphobia, gender based discrimination • how to recognise and challenge homophobia and biphobia • how to recognise/ challenge racism/religious discrimination 	<ul style="list-style-type: none"> • Who are the extreme groups • Tolerance and racism – BV • Where does extremism come from – leaders • How do extreme leaders attract converts • How can we prevent radicalisation and extremism • Prejudice and discrimination
Term 5 Health & wellbeing	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use PoS refs: H23, H24, H25, H26, H27, H29, H31, H5, R42, R44	<ul style="list-style-type: none"> • about medicinal and reactional drugs • about the over-consumption of energy drinks • about the relationship between habit and dependence • how to use over the counter and prescription medications safely • how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes • how to manage influences in relation to substance use • how to recognise and promote positive social norms and attitudes 	<ul style="list-style-type: none"> • Tobacco, nicotine, vaping and addiction • Alcohol and risks • Energy drinks – what is the big deal • What are drugs class a, b, c
Term 6 Living in the wider world	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks PoS refs: H3, H30, H32, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27	<ul style="list-style-type: none"> • about online communication • how to use social networking sites safely • how to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation • how to respond and seek support in cases of online grooming • how to recognise biased or misleading information online • how to critically assess different media sources • how to distinguish between content which is publicly and privately shared • about age restrictions when accessing different forms of media and how to make responsible decisions • how to protect financial security online • how to assess and manage risks in relation to gambling and chance-based transactions 	

YEAR 9 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson overviews / Teacher notes / resources (See regularly-updated pdf. version for latest Quality Assured resources)
Term 1 Health & wellbeing	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation PoS refs: H24, H25, H27, H28, H29, R1, R20, R37, R42, R44, R45, R46, R47	<ul style="list-style-type: none"> • how to distinguish between healthy and unhealthy friendships • how to assess risk and manage influences, including online • about 'group think' and how it affects behaviour • how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively • to manage risk in relation to gangs • about the legal and physical risks of carrying a knife • about positive social norms in relation to drug and alcohol use • about legal and health risks in relation to drug and alcohol use, including addiction and dependence 	<ul style="list-style-type: none"> • CHS introduction • Alcohol awareness • Behaving to achieve – rules • Developing interpersonal skills • Discrimination and the Equality Act 2010 • Drugs and the law • Knife crime • Child exploitation – how does it happen • Vaping
Term 2 Healthy Lifestyles	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid PoS refs: H3, H14, H15, H16, H17, H18, H19, H21	<ul style="list-style-type: none"> • about the relationship between physical and mental health • about balancing work, leisure, exercise and sleep • how to make informed healthy eating choices • how to manage influences on body image • to make independent health choices • to take increased responsibility for physical health, including self-examination 	<ul style="list-style-type: none"> • Making choices about diet and exercise • Maintaining physical health • Healthy sleep • Lets talk about testicular cancer • Testicular cancer health • Keeping the vulva healthy • Lets talk about mental health • Body image
		<ul style="list-style-type: none"> • • 	

Term 3	Respectful relationships		
Relationships	<p>Families and parenting, healthy relationships, conflict resolution, and relationship changes</p> <p>PoS refs: H2, R1, R6, R19, R21, R22, R23, R35, R36</p>	<ul style="list-style-type: none">• about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering• about positive relationships in the home and ways to reduce homelessness amongst young people• about conflict and its causes in different contexts, e.g. with family and friends• conflict resolution strategies• how to manage relationship and family changes, including relationship breakdown, separation and divorce• how to access support services	<ul style="list-style-type: none">• Different families and relationships• Domestic conflict – running way form home• Domestic violence and abusive relationships• Tackling homelessness• Living independently

Term 4 Relationships	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography PoS refs: R7, R8, R11, R12, R18, R24, R26, R27, R28, R29, R30, R31, R32, R33, R34, L21	<ul style="list-style-type: none"> • about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex • about myths and misconceptions relating to consent • about the continuous right to withdraw consent and capacity to consent • about STIs, effective use of condoms and negotiating safer sex • about the consequences of unprotected sex, including pregnancy • how the portrayal of relationships in the media and pornography might affect expectations • how to assess and manage risks of sending, sharing or passing on sexual images • how to secure personal information online 	<ul style="list-style-type: none"> • Respectful relationship behaviour • Freedom and capacity to consent • Sexual health • Contraception • Managing the ending of a relationship • Teen pregnancy • Relationship abuse • Consent • Sharing sexual images
Term 5 Living in the Wider World	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process PoS refs: L2, L3, L6, L7, L8, L9, L11, L12, L13, L14	<ul style="list-style-type: none"> • about transferable skills, abilities and interests • how to demonstrate strengths • about different types of employment and career pathways • how to manage feelings relating to future employment • how to work towards aspirations and set meaningful, realistic goals for the future • about GCSE and post-16 options • skills for decision making 	
Term 6 Living in the wider world	Employability skills Employability and online presence PoS refs: R13, R14, L2, L4, L5, L8, L9, L14, L21, L24, L27	<ul style="list-style-type: none"> • about young people's employment rights and responsibilities • skills for enterprise and employability • how to give and act upon constructive feedback • how to manage their 'personal brand' online • habits and strategies to support progress • how to identify and access support for concerns relating to life online 	

YEAR 10 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson overviews / Teacher notes / resources (See regularly-updated pdf. version for latest Quality Assured resources)
Term 1 Health and wellbeing	Exploring influence The influence and impact of drugs, gangs, role models and the media PoS refs: H19, H20, H21, R20, R35, R36, R37	<ul style="list-style-type: none"> • about positive and negative role models • how to evaluate the influence of role models and become a positive role model for peers • about the media's impact on perceptions of gang culture • about the impact of drugs and alcohol on individuals, personal safety, families and wider communities • how drugs and alcohol affect decision making • how to keep self and others safe in situations that involve substance use • how to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime • exit strategies for pressurised or dangerous situations • how to seek help for substance use and addiction 	<ul style="list-style-type: none"> • CHS introduction • Drugs and alcohol assessing the risk • Substance use and managing influence • Help seeking and sources of support drugs and alcohol • How harmful is binge drinking • How it might start – gangs • Consequences and risks of gangs • Getting out – gangs • Crimes, gangs and county lines • Money laundering • Anti social behaviour • How does the criminal justice system work • Fake news
Term 2 Health and Wellbeing	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change PoS refs: H2, H5, H6, H7, H8, H9, H10	<ul style="list-style-type: none"> • how to manage challenges during adolescence • how to reframe negative thinking • strategies to promote mental health and emotional wellbeing • about the signs of emotional or mental ill-health • how to access support and treatment • about the portrayal of mental health in the media • how to challenge stigma, stereotypes and misinformation 	

<div><div>Term 3</div><div>Relationships</div></div>	<div><div>Healthy relationships</div><div>Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography</div><div>PoS refs: R1, R2, R3, R6, R7, R8, R14, R15, R18, R19, R22, R28, R29, R30, R31</div></div>	<ul style="list-style-type: none">about relationship values and the role of pleasure in relationshipsabout myths, assumptions, misconceptions and social norms about sex, gender and relationshipsabout the opportunities and risks of forming and conducting relationships onlinehow to manage the impact of the media and pornography on sexual attitudes, expectations and behavioursabout the ethical and legal implications in relation toconsent, including manipulation, coercion, and capacity to consenthow to recognise and respond to pressure, coercion and exploitation, including reporting and accessingappropriate supporthow to recognise and challenge victim blamingabout asexuality, abstinence and celibacy	<ul style="list-style-type: none">The role of intimacy and pleasureThe impact of pornographyPressure, persuasion and coercionManaging relationship conflict and breakupsAddressing relationship abuseRevenge pornSexism and gender prejudiceGender and trans identitySame sex relationshipsForced and arranged marriages
<div><div>Term 4</div><div>Relationships</div></div>	<div><div>Addressing extremism and radicalisation</div><div>Community cohesion and challenging extremism</div><div>PoS R5, R6, R9, R10, R14, R28, R29, R30, R31, R34, L24, L26, L27, L28, L29</div></div>	<ul style="list-style-type: none">about communities, inclusion, respect and belongingabout the Equality Act, diversity and valuesabout how social media may distort, mis-represent or target information in order to influence beliefs and opinionshow to manage conflicting views and misleading informationhow to safely challenge discrimination, including onlinehow to recognise and respond to extremism andradicalisation	

Term 5 Living in the Wider World	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices PoS refs: H25, R38, L16, L17, L18, L19, L20, L25	<ul style="list-style-type: none"> • how to effectively budget and evaluate savings options • how to prevent and manage debt, including understanding credit rating and pay day lending • how data is generated, collected and shared, and the influence of targeted advertising • how thinking errors, e.g. gambler's fallacy, can increase susceptibility to gambling • strategies for managing influences related to gambling, including online • about the relationship between gambling and debt • about the law and illegal financial activities, including fraud and cybercrime • how to manage risk in relation to financial activities 	
Term 6 Living in the wider world	Work experience Preparation for and evaluation of work experience and readiness for work PoS refs: H1, L1, L2, L3, L5, L7, L8, L9 L10, L11, L12, L13, L14, L15, L23	<ul style="list-style-type: none"> • how to evaluate strengths and interests in relation to career development • about opportunities in learning and work • strategies for overcoming challenges or adversity • about responsibilities in the workplace • how to manage practical problems and health and safety • how to maintain a positive personal presence online • how to evaluate and build on the learning from workexperience 	

YEAR 11 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson overviews / Teacher notes / resources (See regularly-updated pdf. version for latest Quality Assured resources)
Term 1 Living in the wider world	Next steps Application processes, and skills for further education, employment and career progression PoS refs: L1, L2, L3, L4, L6, L7, L8, L11, L12, L21	<ul style="list-style-type: none"> • how to use feedback constructively when planning for the future • how to set and achieve SMART targets • effective revision techniques and strategies • about options post-16 and career pathways • about application processes, including writing CVs, personal statements and interview technique • how to maximise employability, including managing online presence and taking opportunities to broaden experience • about rights, responsibilities and challenges in relation to working part time whilst studying • how to manage work/life balance 	<ul style="list-style-type: none"> • CHS introduction • PS reminder • Post 16 options • Applying to college and university • GCSE revision and study skills • Health and safety at work • How do trade unions protect us at work • How do we prepare for job interviews • Independent living
Term 2 Relationships	Independence Responsible health choices, and safety in independent contexts PoS refs: H3, H4, H11, H13, H14, H15, H16, H17, H18, H22, H23, H24	<ul style="list-style-type: none"> • how to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads) • emergency first aid skills • how to assess emergency and non-emergency situations and contact appropriate services • about the links between lifestyle and some cancers • about the importance of screening and how to perform self examination • about vaccinations and immunisations • about registering with and accessing doctors, sexual health clinics, opticians and other health services 	<ul style="list-style-type: none"> • Healthy and unhealthy relationships • Relationships • Managing unwanted attention • Reducing inappropriate behaviours • Safe sex and chem sex • What is good sex • Consent, rape and sexual abuse • Harrassment and stalking

		<ul style="list-style-type: none"> • how to manage influences and risks relating to cosmetic and aesthetic body alterations • about blood, organ and stem cell donation 	
--	--	---	--

Term 3 Relationships	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse PoS refs: H26, H27, H28, H29, R16, R17, R21, R23, R32	<ul style="list-style-type: none"> • about core values and emotions • about gender identity, gender expression and sexual orientation • how to communicate assertively • how to communicate wants and needs • how to handle unwanted attention, including online • how to challenge harassment and stalking, including online • about various forms of relationship abuse • about unhealthy, exploitative and abusive relationships • how to access support in abusive relationships and how to overcome challenges in seeking support 	
Term 4 Relationships	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships PoS refs: H30, H31, H32, H33, R4, R11, R12, R13, R24, R25, R26, R27, R33	<ul style="list-style-type: none"> • about different types of families and changing family structures • how to evaluate readiness for parenthood and positive parenting qualities • about fertility, including how it varies and changes • about pregnancy, birth and miscarriage • about unplanned pregnancy options, including abortion • about adoption and fostering • how to manage change, loss, grief and bereavement • about 'honour based' violence and forced marriage and how to 	

		safely access support	
--	--	-----------------------	--

Term 5 Health & wellbeing	Building for the future Self-efficacy, stress management, and future opportunities PoS refs: H2, H3, H4, H8, H12, L22	<ul style="list-style-type: none">• how to manage the judgement of others and challenge stereotyping• how to balance ambition and unrealistic expectations• how to develop self-efficacy, including motivation, perseverance and resilience• how to maintain a healthy self-concept• about the nature, causes and effects of stress• stress management strategies, including maintaining healthy sleep habits• about positive and safe ways to create content online and the opportunities this offers• how to balance time online	
-------------------------------------	--	---	--