

ALSAGER SCHOOL SPIRIT (PSHE) EDUCATION: LONG-TERM OVERVIEW

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Transition & Personal skills Introducing our SPIRIT values including how to regulate emotions and identify personal skills.	Health & Puberty Managing emotions and physical symptoms around puberty, alongside having a healthy lifestyle.	Relationships & Stereotypes Revisiting basic consent and what consent means within relationships including what a healthy relationship looks like.	Relationships & Stereotypes What a stereotype is and how to avoid them.	Personal Safety How to stay safe in the community including around roads and railway crossings. Introduction to substance abuse including smoking.	Changing Friendships What do when a friendship group changes and how we maintain healthy relationships online.
	Pride in Work / Intro to Careers How to take pride in your work and the importance of a growth mindset. The importance of careers and the role they play in our education.	Introduction to Citizenship How to be an informed, active citizen by critically evaluating different sources of news and information.	Protected Characteristics What protected characteristics are and why we should treat everyone.	Equal Opportunities in Careers What discrimination looks like in the workplace and how to avoid it.	Financial Literacy How maths fits in every day life and the importance of problem solving.	Keeping Yourself Safe During The Holidays Local Democracy Information on local government, elections, councillors, voting, and youth involvement.
	Wellbeing Assembly					
Year 8	Personal Safety How to stay safe in the community including around roads and railway crossings. Introduction to peer pressure and energy drinks.	Personal Safety Building on issues around substance abuse including the use of recreational (as well as prescribed) drugs and alcohol. Substance Abuse Assembly	Education & Choices Evaluating and assessing skills and qualities and what might be needed for a future, and assessing their post 16 options ready to make informed GCSE option choices. Options Assembly	Government and Society The role of the government in society including migration and how the law works. Magistrate Assembly	Relationships & Protected Characteristics Looking at key protected characteristics including gender, sexuality, and race.	Relationships & Protected Characteristics Linking relationships to intimacy including sending and receiving images and forms of contraceptions.
	Environment The effect on how we live on the environment and the world we live in.	How does the media affect us? Shaping opinions and wellbeing through news, social media, and platforms.	Financial Literacy / Gambling How to manage money responsibly including the risks associated with gambling.	Digital Literacy The importance of our digital footprint and how to stay safe online.	Online Grooming What to look out for online and spot the signs of being groomed online.	Keeping Yourself Safe During The Holidays How do citizens take action? The use of voting, using social media, online petitions, lobbying elected officials, organizing peaceful demonstrations, or engaging in boycotts.
	Wellbeing Assembly					
Year 9	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Respectful relationships Families and parenting, conflict resolution, and relationship changes	Peer influence, substance use Substance misuse, risk taking, effects on the community	Healthy Relationships Domestic abuse, coercion, consent, sexual bullying. FGM (Female Genital Mutilation)	Health and Puberty Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and
	Addressing extremism and radicalisation Hate crime, incel,	Identity and relationships Gender identity, sexual orientation,	Healthy relationships Assertive communication	Digital Literacy AI, Echo chambers/algorithms, Deepfake	Identity and relationships Gender identity, sexual orientation, gender expression	Relationships & Protected Characteristics Protected characteristics Equality Act 2010
	Well being					
Year 10	Healthy Technology Attitudes to pornography, digital footprint, social media	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, consent, sharing indecent images	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Next steps Application processes, and skills for further education, employment and career progression Employability and online presence	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships, misogyny, incels
	Exploring influence The influence and impact of drugs, gangs, role models and the media	Exploring influence The influence and impact of drugs, gangs, role models and the media gang exploitation	Financial decision making Online fraud and Gambling	Communication in relationships Consent, gaslighting, coercion, victim blaming	Living in the Wider World STEM cell, organ donation and blood doanti	Work experience Preparation for and evaluation of work experience and readiness for work
						Exploring influence The influence and impact of drugs, gangs, role models and the media gang exploitation

Year 11	Personal Safety Self-efficacy, stress management, and future opportunities, hello yellow, well being	Independence Responsible health choices, and safety in independent contexts Heathy lifestyle cancers, ant bullying week	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change Body image		
	Next Steps Application processes, and skills for further education, employment and career progression	Next Steps Application processes, and skills for further education, employment and career progression	Healthy Relationships Consent healthy body contraception access to drs and STI clinics			
6 th form	Health and Wellbeing Mental and Wellbeing- how to positively manage wellbeing including sleep and stress management - Monitoring health including breast and testicular health and sun safety Guest speaker- Izzy Chadwick- Mental Health support team- Wellbeing	Health and Wellbeing - Body enhancement- issues and consideration including safety of procedures - Responsible health choices Managing change - Health and wellbeing, including sexual health, into adulthood Enrichment talk-Axess on sexual health Enrichment talk- Evolve- Drug misuse Enrichment talk- Police- Road safety	Relationships - New friendships and relationships, including in the workplace - Personal safety - Intimacy - Conflict resolution - Relationship changes	Relationships - Respectful relationships - Consent - Assertive communication - Positive relationships and recognising abuse - Strategies for managing dangerous situations or relationships Enrichment talk- Cheshire without abuse	Health and wellbeing -Health choices and safety - Independence and keeping safe -- Travel -First aid -The impact of substance use	Living in the Wider World -Financial choices -Managing money -Financial contracts -Budgeting -Saving -Debt -Influences on financial choices
	Living in the Wider World Careers and destinations is run every Tuesday during form time. Students have access to Unifrog and work through a range of tasks to help them prepare for a range of Post 16 pathways	Sessions from Pledge - Students wishing to pursue and Apprenticeship will have 3 sessions to support the application process, including having local business people in to give them a mock interview	Careers spotlight sessions - We invite a range of guests in to talk about their careers and spotlight different industries			

Health and wellbeing
Relationships
Living in the wider world

