

## KS5 PSHE EDUCATION: LONG-TERM OVERVIEW

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Diversity	Spring 2 Relationships	Summer 1 Health & wellbeing	Summer 2 Health and Wellbeing
Year 12	<b>Mental health and emotional wellbeing</b> <ul style="list-style-type: none"> <li>Mental health and emotional wellbeing</li> <li>Managing stress</li> <li>Body image</li> <li>Healthy coping strategies</li> </ul>	<b>Readiness for work</b> <ul style="list-style-type: none"> <li>Career opportunities</li> <li>Preparing for the world of work</li> </ul>	<b>Diversity and inclusion</b> <ul style="list-style-type: none"> <li>Living in a diverse society</li> <li>Challenging prejudice and discrimination</li> </ul>	<b>Respectful relationships</b> <ul style="list-style-type: none"> <li>Consent</li> <li>Assertive communication</li> <li>Positive relationships and recognising abuse</li> <li>Strategies for managing dangerous situations or relationships</li> </ul>	<b>Health choices and safety</b> <ul style="list-style-type: none"> <li>Independence and keeping safe</li> <li>Travel</li> <li>First aid The impact of substance use</li> </ul>	<b>Internet safety</b> <ul style="list-style-type: none"> <li>Staying safe online</li> <li>Setting boundaries</li> <li>Misinformation online</li> <li>Preparing for work experience in the last 2 weeks of CAPE</li> </ul>
Year 13	<b>Independence</b> <ul style="list-style-type: none"> <li>Responsible health choices</li> <li>Managing change</li> <li>Health and wellbeing, including sexual health, into adulthood</li> </ul>	<b>Next steps</b> <ul style="list-style-type: none"> <li>Application processes</li> <li>Future opportunities and career development</li> <li>Maintaining a positive professional identity</li> </ul>	<b>Intimate relationships</b> <ul style="list-style-type: none"> <li>Personal values, including in relation to contraception and sexual health</li> <li>Fertility</li> <li>Pregnancy</li> </ul>	<b>Financial choices</b> <ul style="list-style-type: none"> <li>Managing money</li> <li>Financial contracts</li> <li>Budgeting</li> <li>Saving</li> <li>Debt</li> <li>Influences on financial choices</li> </ul>	<b>Building and maintaining relationships</b> <ul style="list-style-type: none"> <li>New friendships and relationships, including in the workplace</li> <li>Personal safety</li> <li>Intimacy</li> <li>Conflict resolution</li> <li>Relationship changes</li> </ul>	-