

Term	PSHE Theme	Topics to be covered in the half term
Autumn 1	Health and wellbeing SEND links- Healthy lifestyles	Rest and relaxation benefits Work-life balance, including exercise and leisure. Signs of emotional ill health Accessing support for mental health. Body image. Cosmetic and aesthetic body alterations. Personal health and wellbeing monitoring.
Autumn 2	Health and wellbeing SEND links- Healthy lifestyles and Self care and safety	First aid Emergency services. Making independent health choices. Screening and self examination. Substance abuse. Alcohol dangers and risks. Toxic masculinity
Spring 1	Living in the wider world SEND links- Self Awareness and The World I live in	Evaluate strengths and skills. Assess strengths, values and interests Voluntary work and work experience, Bullying and harassment. Privacy. Options beyond Weatherfield. Good work ethic and motivation.
Spring 2	Living in the wider world SEND links- The World I live in	Carrying a weapon- consequences. Consumer rights. Payday loans and financial risks. Maintain a positive online presence.

		<p>Dealing with cyber crime and bullying. Online content- manipulation, propaganda, fake news. Social media management. Writing a CV</p>
Summer 1	<p>Relationships and Sexual Health Education SEND links- Managing feelings, and Changing and Growing</p>	<p>Rights, roles and responsibilities in a diverse society. Dealing with difficult social situations. Accessing support. Relationship expectations. Signs of abuse, including FGM and forced marriage. Consent- seek, give, withdraw. Issues around 'nudes'. Love and lust.</p>
Summer 2	<p>Relationships and Sexual Health Education SEND links- Self care and support, and Changing and Growing</p>	<p>Personal safety in new relationships. Different kinds of relationships (inc. LGBT) Sexual health services. Contraception. Delaying conception. Unintended pregnancy. Relationship challenges.</p>