



Term	PSHE Theme	Topics to be covered in the half term
Autumn 1	Health and wellbeing SEND links- Healthy lifestyles	Reframing negative thoughts. Sleep and relaxation. Promoting mental health. Signs of ill health. Mental health stigmas. Stress management. (Visitor in for self harm.) Impact of drugs and alcohol.
Autumn 2	Health and wellbeing SEND links- Healthy lifestyles and Self care and safety	Managing peer influence (gangs, substance abuse, crime). Exiting pressurised situations. Seeking help for addiction. Gambling and gaming addictions. Basic first aid. Personal safety. Using emergency services. Lifestyle and links with some cancers.
Spring 1	Living in the wider world SEND links- Self Awareness and The World I live in	Online presence. Overcoming challenges and adversity. Managing debt, credit ratings, pay day lending. Gambling and debt. How data is used and targeted advertising. Opportunities in learning and work. Looking after the environment
Spring 2	Living in the wider world SEND links- The World I live in	Safe online, including cyber crime. Managing time effectively. Recognise personal strengths and values. Setting SMART targets. Influence of social media on self esteem.



		<p>Responding to peer pressure. Stereotypes and their harm.</p>
<p>Summer 1</p>	<p>Relationships and Sexual Health Education SEND links- Managing feelings, and Changing and Growing</p>	<p>Inclusion and respect in relationships. Types of families. Risks online. Challenging myths and misconceptions. Coercion and exploitation. Accessing support in abusive relationships.</p>
<p>Summer 2</p>	<p>Relationships and Sexual Health Education SEND links- Self care and support, and Changing and Growing</p>	<p>Communicating needs and wants. Safe relationships. Respect for genders and sexual orientation. Handling unwanted attention. Social media Consent Impact of pornography on behaviours and expectations. Fertility Pregnancy and birth.</p>