

Long Term Plan KS5 PSHE

Term	PSHE Theme	Topics to be covered in the half term
Autumn 1	Health and wellbeing SEND links- Healthy lifestyles	Emotional wellbeing Stress management and compulsive behaviours Healthy Eating, Exercise + Obesity Personal health and wellbeing monitoring (cancer screening, sun and sunbed safety, dental health)
Autumn 2	Health and wellbeing SEND links- Healthy lifestyles and Self care and safety	Personal Safety- travel Substance misuse- Drugs Alcohol Festivals, Clubbing and Parties
Spring 1	Living in the wider world SEND links- Self Awareness and The World I live in	Aspirations for the future Link to Careers lessons- career possibilities in the global economy Living with Climate Change Personal privacy, in life and online
Spring 2	Living in the wider world SEND links- The World I live in	Negative influences and manipulation Challenging online content- not believing everything on the internet Online presence- maintaining a professional presence Radicalisation and extremism Prejudice and Stereotyping
Summer 1	Relationships and Sexual Health Education SEND links- Managing feelings, and Changing and Growing	Healthy relationships Relationship values Domestic violence Sex and media representations Personal safety in new relationships
Summer 2	Relationships and Sexual Health Education SEND links- Self care and support, and Changing and Growing	Intimacy and pleasure Respect and consent Responsibility for sexual health Date Rape and Sexual Assault Feminism and Gender based attitudes