

## Upper School PSHE overview 8/23

	Autumn 1 Independence and aspirations	Notes	Autumn 2 Autonomy and advocacy	Notes	Spring 1 Choices and influences	Notes
<b>Year 8/9</b>	Developing goal-setting, analytical skills and decision making: <ul style="list-style-type: none"> <li>Certificate options</li> <li>Sources of careers advice</li> <li>Employability</li> </ul>		Developing self-confidence, risk management and strategies to manage influence: <ul style="list-style-type: none"> <li>Friendship challenges</li> <li>Gangs and violent crime</li> <li>Drugs and alcohol</li> <li>Assertive communication</li> </ul>		Developing empathy, compassion and strategies to access support: <ul style="list-style-type: none"> <li>Mental health (including self-harm and eating disorders)</li> <li>Change, loss and bereavement</li> <li>Healthy coping strategies</li> </ul>	
<b>Year 9/10</b> <b>MAPLE</b>	Developing self-awareness, goal-setting, adaptability and organisation skills: <ul style="list-style-type: none"> <li>Managing transition to the certificate pathway including learning skills</li> <li>Managing mental health concerns</li> </ul>		Developing empathy and compassion, strategies to manage influence and assertive communication: <ul style="list-style-type: none"> <li>Relationship expectations</li> <li>Impact of pornography</li> <li>Identifying and responding to abuse and harassment</li> </ul>		Developing agency and decision making, strategies to manage influence and access support: <ul style="list-style-type: none"> <li>First aid and life-saving</li> <li>Personal safety</li> <li>Online relationships</li> </ul>	
<b>Year 10/11</b> <b>MAPLE</b>	Developing resilience and risk management skills: <ul style="list-style-type: none"> <li>Money management</li> <li>Fraud and cybercrime</li> <li>Preparing for adult life</li> </ul>		Developing communication and negotiation skills, risk management and support-seeking skills: <ul style="list-style-type: none"> <li>Relationship values</li> <li>Maintaining sexual health</li> <li>Sexual health services</li> <li>Managing relationship challenges and endings</li> </ul>		Developing confidence, agency and support-seeking skills: <ul style="list-style-type: none"> <li>Making safe and healthy lifestyle choices</li> <li>Health promotion and self-examination</li> <li>Blood, organ, stem cell donation</li> </ul>	
	Health and wellbeing		Living in the wider world		Relationships	
<b>Year 11/12</b> <b>SEQUOIA</b>	Mental health and emotional wellbeing: <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>		Readiness for work: <ul style="list-style-type: none"> <li>Career opportunities</li> <li>Preparing for the world of work</li> </ul>		Diversity and inclusion: <ul style="list-style-type: none"> <li>Living in a diverse society</li> <li>Challenging prejudice and discrimination</li> </ul>	
<b>Year 12/13</b>	Independence: <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>		Next steps: <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>		Intimate relationships: <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>	

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	Spring 2 Independence and aspirations	Notes	Summer 1 Autonomy and advocacy	Notes	Summer 2 Choices and influences	Notes
<b>Year 8/9</b>	Developing analytical skills and strategies to identify bias and manage influence: <ul style="list-style-type: none"> <li>Financial decisions</li> <li>Saving and borrowing</li> <li>Gambling, financial choices and debt</li> </ul>		Developing assertive communication, clarifying values and strategies to manage influence: <ul style="list-style-type: none"> <li>Healthy/unhealthy relationships</li> <li>Consent</li> <li>Relationships and sex in the media</li> </ul>		Developing decision making, risk management and support-seeking skills: <ul style="list-style-type: none"> <li>Sexually transmitted infections (STIs)</li> <li>Contraception</li> <li>Cancer awareness</li> <li>First aid</li> </ul>	
<b>Year 9/10</b> <b>MAPLE</b>	Developing goal setting, leadership and presentation skills: <ul style="list-style-type: none"> <li>Skills for employment</li> <li>Applying for employment</li> <li>Online presence and reputation</li> </ul>		Developing respect for diversity, risk management and support-seeking skills: <ul style="list-style-type: none"> <li>Nature of committed relationships</li> <li>Forced marriage</li> <li>Diversity and discrimination</li> <li>Extremism</li> </ul>		Developing motivation, organisation, leadership and presentation skills: <ul style="list-style-type: none"> <li>Preparation for and reflection on work experience</li> </ul>	
<b>Year 10/11</b> <b>MAPLE</b>	Developing empathy and compassion, clarifying values and support-seeking skills: <ul style="list-style-type: none"> <li>Families and parenting</li> <li>Fertility, adoption, abortion</li> <li>Pregnancy and miscarriage</li> <li>Managing grief and loss</li> </ul>		Developing confidence, self-worth, adaptability and decision making skills: <ul style="list-style-type: none"> <li>Recognising and celebrating successes</li> <li>Transition and new opportunities</li> <li>Aligning actions with goals</li> </ul>			
	Living in the wider world		Relationships		Health and wellbeing	
<b>Year 11/12</b> <b>SEQUOIA</b>	Planning for the future: <ul style="list-style-type: none"> <li>Exploring future opportunities</li> <li>Post-18 options</li> <li>The impact of financial decisions</li> </ul>		Respectful relationships: <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>		Health choices and safety: <ul style="list-style-type: none"> <li>Independence and keeping safe</li> <li>Travel</li> <li>First aid</li> <li>The impact of substance use</li> </ul>	
<b>Year 12/13</b>	Financial choices: <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>		Building and maintaining relationships: <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>			