

PRSHE – Personal, Relationships, Sex and Health Education - LONG TERM OVERVIEW – KS4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1 0	MENTAL WELLBEING Managing emotional health, mental health, self-esteem and self- confidence	PHYSICAL HEALTH AND FITNESS Maintaining a healthy lifestyle	FAMILIES Roles and responsibilities of parents with respect to raising children and characteristics of successful parenting	ONLINE AND MEDIA Criminal consequences of viewing and sharing indecent images of children	INTIMATE AND SEXUAL RELATIONSHIPS, INCL. SEXUAL HEALTH Pregnancy facts including miscarriage and contraception.	INTIMATE AND SEXUAL RELATIONSHIPS, INCL. SEXUAL HEALTH LGBT and gender identity
				BEING SAFE Concepts and laws regarding coercion and forced marriage		BEING SAFE Concepts and laws relating to extremism and radicalisation
	CAREERS To develop my presentation skills	MENTAL WELLBEING Living in the Social Media Age	RESPECTFUL RELATIONSHIPS, INCL. FRIENDSHIPS Violent and criminal behaviour in relationships, including coercive control	CAREERS To learn about the local labour market and about the wide range of careers options available to students	INTIMATE AND SEXUAL RELATIONSHIPS, INCL. SEXUAL HEALTH Sexually transmitted diseases including HIV, AIDS, STI's and STD's, impact and treatment	CAREERS To learn about the local labour market and about the wide range of careers options available to students. To learn about a variety of roles within STEM. To interact with a professional about their career.
	HEALTH AND PREVENTION Managing emotional and mental health and developing coping strategies for self-harm and eating disorders	MENTAL WELLBEING The impact of loneliness		MENTAL WELLBEING Managing money, budgeting, banking, interest and loans		RELIGION, INCL. FAITH, RESPECT AND TOLERANCE To visit places of worship
1 1	MENTAL WELLBEING Self-esteem, self- confidence, coping with changes and managing mental health	MENTAL WELLBEING Body image and modesty	BEING SAFE Concepts and laws relating to sexual consent, sexual exploitation, grooming and rape	INTIMATE AND SEXUAL RELATIONSHIPS, INCL. SEXUAL HEALTH Alcohol and drugs and their effect on risky sexual behaviour		
	HEALTH AND PREVENTION Cancer - esp. breast-cancer awareness and prevention.	FAMILIES Pregnancy choices, abortion and adoption				
	HEALTH AND PREVENTION Medical procedures incl. organ, blood and stem cell donations	RESPECTFUL RELATIONSHIPS, INCL. FRIENDSHIPS Sexual harassment				