Logo, company name

Description automatically generated**PRSHE – Personal, Relationships, Sex and Health Education - LONG TERM OVERVIEW – KS4**

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|  | | | **Autumn 1** | | **Autumn 2** | | **Spring 1** | | **Spring 2** | | **Summer 1** | | **Summer 2** | |
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| **10** |  | **MENTAL WELLBEING**  Developing self-awareness, goal-setting, adaptability and organisation skills. Managing transition to KS4 incl. learning skills. | | **ONLINE AND MEDIA**  Attitudes to mental health and emotional wellbeing; Digital resilience; Body image, Healthy and unhealthy coping strategies. | | **RESPECTFUL RELATIONSHIPS, INCL. FRIENDSHIPS**  Violent and criminal behaviour in relationships, including coercive control | | **FINANCIAL EDUCATION**  The impact of financial decisions, debt and fraud | | **HEALTH AND PREVENTION**  Pregnancy facts including miscarriage and contraception.  Sexually transmitted diseases including HIV, AIDS, STI’s and STD’s, impact and treatment. | | **FAITH, RESPECT AND TOLERANCE**  Concepts and laws relating to extremism and radicalisation | |
| **HEALTH AND PREVENTION**  Coping strategies for illnesses like  self-harm, cutting, binge and purge. Mental health incl. self-harm and eating disorders. | | **HEALTH AND WELLBEING**  Making informed choices regarding a healthy lifestyle, incl. nutrition, physical activity, sleep and spending time with family and friends. | | **FAMILIES**  Roles and responsibilities of parents with respect to raising children and characteristics of successful parenting. | | **INTIMATE RELATIONSHIPS**  LGBT+ inclusivity and gender identity | |
| **MENTAL AND EMOTIONAL WELLBEING**  The impact of loneliness. Managing challenges and taking care of mental and emotional wellbeing. | | **ONLINE AND MEDIA**  Criminal consequences of viewing and sharing indecent images of children | | **INTIMATE RELATIONSHIPS**  Concepts and laws regarding coercion and forced marriage | |
|  | **CAREERS**  Developing skills and aspirations | | **CAREERS**  Developing skills and aspirations | | **CAREERS**  Equality of opportunity in careers and life choices. | | **CAREERS**  Different types and patterns of work.  Work experience | | **CAREERS**  Different types and patterns of work | |
| **FAITH, RESPECT AND TOLERANCE**  Communities belonging and challenging extremism | |
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| **11** |  | **MENTAL AND EMOTIONAL WELLBEING**  Managing challenges and taking care of mental and emotional wellbeing incl. stress, anxiety and depression. | | **MENTAL AND EMOTIONAL WELLBEING**  Body image and modesty | | **INTIMATE RELATIONSHIPS**  Concepts and laws relating to sexual consent, sexual exploitation, grooming and rape. | | **HEALTH AND PREVENTION**  Alcohol and drugs misuse and pressures relating to substance use | |  | |  | |
| **HEALTH AND PREVENTION**  Cancer - esp. breast-cancer awareness, self-examination and prevention. | | **FAMILIES**  Pregnancy choices, fertility, abortion, fostering and adoption | |
| **CAREERS**  CV writing, Personal statement | | **INTIMATE RELATIONSHIPS**  Sexual harassment | | **HEALTH AND PREVENTION**  Medical procedures incl. organ, blood and stem cell donations | | **FINANCIAL EDUCATION**  Money management  Fraud and cybercrime  Preparing for adult life | |