**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 likeself-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 managementFraud and cybercrimePreparing for adult life |