

JMS PSHE EDUCATION: LONG-TERM OVERVIEW

	Autumn 1 Health & wellbeing	Autumn 2 Relationships	Spring 1 Living in the wider world	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
	<b>Transition and safety</b> Transition to secondary school. Self Efficacy Stress management	<b>Diversity</b> Prejudice Bullying	<b>Digital literacy</b> Online safety Media reliability and gambling hooks	<b>Health and puberty</b> Healthy routines Influences on health Unwanted contact FGM	<b>Building relationships</b> Self-worth Romance and friendships (including online) Relationship boundaries	<b>Financial decision making</b> Saving Borrowing Budgeting and making good financial choices
	<b>Drugs and alcohol</b> Alcohol and drug misuse Pressures relating to drug use	<b>Identity and relationships</b> Gender identity Sexual orientation Consent 'Sexting' Introduction to contraception	<b>Community and careers</b> Equality of opportunity in careers and life choices. Different types and patterns of work Work law and human rights	<b>Emotional wellbeing</b> Mental health and emotional wellbeing. Body image and self esteem	<b>Discrimination</b> Discrimination in all its forms, including: racism, religious discrimination, disability, sexism, homophobia, biphobia and transphobia	<b>Setting goals</b> Learning strengths, career options and goal setting as part of the GCSE options process
	<b>Peer influence, substance use and gangs</b> Healthy and unhealthy friendships. County Lines. Assertiveness, substance misuse, and gang exploitation	<b>Intimate relationships</b> Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography.	<b>Developing skills and aspirations</b> Careers, teamwork and enterprise skills, Raising aspirations	<b>Healthy lifestyle</b> Diet, exercise, lifestyle balance and healthy choices,	<b>Respectful relationships</b> Families and parenting, healthy relationships, conflict resolution, and relationship changes	<b>Work experience</b> Applying for work experience. Readiness for work
	<b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change future opportunities	<b>Healthy relationships</b> Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	<b>Financial decision making</b> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	<b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media. County Lines.	<b>Addressing extremism and radicalisation</b> Communities, belonging and challenging extremism	<b>Employability skills</b> Evaluation of work experience. Employability and online presence
	<b>Building for the future</b> Building for the future Self-efficacy, stress management, and future opportunities	<b>Next Steps</b> Application processes, and skills for further education, employment and career progression	<b>Communication in relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	<b>Independence</b> Responsible health choices, and safety in independent contexts	<b>Families</b> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	