

Edward Peake C of E VC Middle School

PSHCE Medium Term Overview 2021 – 2022



Year 5

Half Term	Topic	In this unit of work, pupils learn...	Quality Assured resources to support planning
Autumn 1	<p>Valuing Differences</p> <p>Respect & Bullying Listening to others; Raise concerns and challenge; Importance of friendships; Positive friendships and wellbeing; Mutual respect; Sharing points of view; Stereotypes; Types of bullying and how to get help; Discrimination</p> <p>PoS: H42, R19, R20, R21, R29, R30, R31, R32, R33, R34, L8, L9, L10</p>	<ul style="list-style-type: none"> • About mutual respect, being polite and how personal behavior can affect others • How to listen and respond respectfully to people with a range of beliefs, traditions and lifestyles • How to behave respectfully online • About stereotypes and how they influence behavior • About the impact of bullying and hurtful behavior, including online • Strategies for responding to bullying and hurtful behavior witnessed or experienced • How to challenge discrimination, seek help and report concerns 	<p>LCP</p> <p>Barnardo's Primary Resource Pack – Anti-HBT Bullying</p> <p>PSHE Association – Inclusion, Belonging and Addressing Extremism – Lesson 2: Belonging to a community and Lesson 3: Stereotypes</p> <p>Coram Life Education – 'The Belonging Toolkit', upper KS2 double lessons</p> <p>Every Mind Matters Building Connections</p>
Autumn 2	<p>Healthy Lifestyles</p> <p>Mental Wellbeing Taking care of mental health; Managing challenges; Seeking support for themselves and others; What positively and negatively affects health and wellbeing; Making informed choices; That mental health is part of daily life: The importance of taking care of mental health; Strategies and behaviours that support mental health</p>	<ul style="list-style-type: none"> • About mental health, what it means and how to take care of it • How feelings and emotions are affected at changing, challenging or difficult times • Ways of managing these feelings • How to seek support and advice when needed • Strategies and behaviours that support mental health (sleep, exercise, community groups, clubs, hobbies, family & friends) 	<p>PSHE Association – Mental Health and Emotional Wellbeing KS2 Lessons</p> <p>Premier League Primary Stars – Resilience</p>

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	<p>PoS: H15, H16, H17, H18, H19, H20, H21, H22, H24</p> <p>Keeping Active Benefits of a balanced diet; Different influences on food; Skills to make choices; Balancing Internet use; How physical activity affects wellbeing</p> <p>PoS: H1, H2, H3, H7, H12, H13, H16, H38</p>	<ul style="list-style-type: none"> • About the benefits of exercise to mental and physical health • About risks associated with an inactive lifestyle • To identify opportunities for physical activity • About the benefits of the Internet and the importance of balancing time online with other activities • How to stay safe in the sun and reduce the risk of sunburn, heat stroke and skin cancer 	
<p>Spring 1</p>	<p>Environment</p> <p>Careers Career types; Challenging career stereotypes; Different rights, responsibilities and duties</p> <p>PoS: R32, L9, L26, L27, L28, L29, L30, L31, L32</p> <p>Money Importance of finance in people's lives</p>	<ul style="list-style-type: none"> • What living in a community means • Valuing different contributions that people make • Recognize there is a range of different jobs/careers • Stereotypes in the workplace • Influences of people's decisions about a job or career • Skills that will help them carry out jobs in the future (i.e. teamwork, communication, negotiation) • Identify the kind of job they may like to do when older <ul style="list-style-type: none"> • Being a critical consumer • Looking after money, interest, loan • Debt management of money • Ways of paying for things • Attitudes towards saving and spending • People's spending decisions impact on environment and others 	<p>LOUD! Network – Job skills, influences and goals</p> <p>Money and Me</p> <p>Siemens</p> <p>Do You Need It? I Want It! Costing the Earth</p>

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<p>Spring 2</p>	<p>Growing and Changing Recognising what they are good at; setting goals; aspirations</p> <p>PoS:</p> <p>Keeping Safe</p> <p>Emergencies & First Aid Keeping personal information private; Keeping safe online; First aid and techniques for basic injuries</p> <p>PoS:</p>	<ul style="list-style-type: none"> • Intensity of feelings • Managing complex feelings • Coping with change and transition • Bereavement and grief • Personal identity (ethnicity, family, gender, faith, culture, hobbies, likes/dislikes) • Gender identity and biological sex <ul style="list-style-type: none"> • How to respond in an emergency situation • How to deal with increased independence and responsibility • Resisting pressure • Knowing who is responsible for their health and safety • Where to get help and advice 	<p>PSHE Association – Influences and Decisions</p> <p>DEAL – Samaritans – Dealing with feelings</p> <p>Premier League Primary Stars – Roar! For Diversity</p> <p>Red Cross First Aid Champions</p>
<p>Summer 1</p>	<p>Rights and Responsibilities Rules and laws; Respecting and resolving differences</p> <p>PoS:</p>	<ul style="list-style-type: none"> • Changing rules and laws • Anti-social behavior • Recognize ways in which the Internet and social media can be used positively and negatively • Assess reliability of online sources • How information and data is shared and used online 	<p>LCP KS2 PSHE & Citizenship Resource File</p>
	<p>Healthy Relationships</p> <p>Staying Safe Privacy and personal boundaries; Acceptable and unacceptable contact; Permission-seeking and giving; Personal safety; Actions have consequences;</p>	<ul style="list-style-type: none"> • About the role of trust, respect and boundaries in healthy relationships (including friendships and family) • How to recognize if a friendship is making them feel uncomfortable or unsafe 	<p>CEOP – Play, Like, Share</p> <p>Home Office – Disrespect NoBody</p> <p>Google and Parent Zone – Internet Legends</p>

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	<p>Working collaboratively; Negotiation and compromise; A positive, healthy relationship; Recognize different types of relationships; Responding safely to adults whom they do not know; Personal safety</p> <p>PoS: H42, H43, R22, R24, R25, R26, R27, R29, R31, L2, L11</p>	<ul style="list-style-type: none"> • How to maintain and respect privacy and boundaries, including online • How to recognize different types of physical contact and what is, or is not, acceptable • About seeking and giving/not giving permission in different situations • How to seek or report concerns about their personal safety or that of others in a range of contexts 	<p>FPA – Growing up with Yasmine and Tom (9-11), Keeping safe (£)</p>
<p>Summer 2</p>	<p>Feelings and Emotions Responding to feelings of others; Seeking support if feeling lonely; Healthy relationships make people feel included; Impact of bullying, including online; Consequences of hurtful behaviour</p> <p>PoS:</p>	<ul style="list-style-type: none"> • About the role of trust, respect and boundaries in healthy relationships (including friendships and family) • How to recognize if a friendship is making them feel uncomfortable or unsafe • How to maintain and respect privacy and boundaries, including online • How to recognize different types of physical contact and what is, or is not, acceptable • About seeking and giving/not giving permission in different situations • How to seek or report concerns about their personal safety or that of others in a range of contexts 	<p>NSPCC – Underwear Rule</p> <p>CEOP – Play, Like, Share</p> <p>Google and Parent Zone – Internet Legends</p> <p>Medway Years 4-5 Lessons 1-4</p> <p>Betty – It's perfectly natural</p>
	<p>Health & Wellbeing How puberty changes can affect our emotions and feelings and ways to manage this Questions about puberty and change, including periods and wet dreams</p>	<p>Health & Wellbeing</p> <ul style="list-style-type: none"> • How puberty changes can affect our emotions and feelings and ways to manage this • Questions about puberty and change, including periods and wet dreams 	

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Year 6

Half Term	Topic	In this unit of work, pupils learn...	Quality Assured resources to support planning
Autumn 1	<p>Valuing Differences</p> <p>Managing Change Developing friendship skills; Changing and ending friendships; Managing change, loss, bereavement; Sources of support</p> <p>PoS: H16, H23, H24, H36, R30, L4</p>	<ul style="list-style-type: none"> • How positive friendships can support wellbeing • How friendships change (including context such as moving home or schools) • How to manage change in different contexts (including loss and bereavement) • Accessing appropriate support during times of change • About empathy and how people can help to support each other in times of difficulty 	<p>PSHE Association – Mental Health and Emotional Wellbeing</p> <p>NSPCC – Making sense of relationships</p> <p>Every Mind Matters – Transition to secondary school (use aspects of this)</p> <p>Winston’s Wish – loss and bereavement</p>
Autumn 2	<p>Healthy Lifestyles</p> <p>Health & Hygiene Making informed choices regarding a healthy lifestyle, including nutrition; Hygiene and bacteria and viruses; Allergies and getting help in an emergency; Vaccination and immunization</p> <p>PoS: H1, H2, H3, H6, H9</p> <p>Mental Health Strategies to respond to feelings; recognise warning signs of mental</p>	<ul style="list-style-type: none"> • How choices can affect a healthy lifestyle • About what constitutes a healthy diet and how to plan healthy meals • How bacteria and viruses can affect health • Hygiene routines to limit the spread of infection • How to take responsibility for personal hygiene during adolescence • How medicines contribute to health, and how to use them responsibly and safely • How to manage allergies including how to respond in an emergency • About how vaccines and immunisations can prevent some diseases 	<p>PSHE Association – Mental Health and Emotional Wellbeing</p> <p>St John Ambulance: ‘First Aid Training in School’ lesson plans, KS2</p> <p>Lifebuoy – ‘Soaper Heroes’ lesson plans</p> <p>Allergy Adventures</p> <p>e-bug</p> <p>BBC PSHE Clips</p>

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	<p>health and wellbeing and how to seek support</p> <p>PoS: H15, H16, H17, H18, H19, H20, H21, H22, H24</p>	<ul style="list-style-type: none"> Dealing with emotions, challenges and change 	
Spring 1	<p>Environment</p> <p>Personal Identity What contributes to who we are; Personal strengths; Interests; Setting goals; Managing setbacks; New opportunities and responsibilities; Diversity within a society</p> <p>PoS: H25, H26, H27, H28, H29, H35, R32, L25, L26</p>	<ul style="list-style-type: none"> About what contributes to who we are (e.g. ethnicity, family, faith, culture, gender, hobbies, likes/dislikes) How individuality and personal qualities make up someone's identity (including that gender identity is part of personal identity and for some people does not correspond with their biological sex) How to recognize positive things about themselves and their achievements How to set goals to help achieve personal outcomes How to manage setbacks and perceived failures How to reframe unhelpful thinking About new opportunities and responsibilities that come from increasing independence How resources are allocated Why some jobs are paid more than others Influences of people's job choices Skills that will help in future careers Kinds of jobs they might like to do Recognize routes into careers 	<p>Premier League Primary Stars – KS2 Diversity Lesson</p> <p>Metro – KS2 Workshop on Gender – Anti-HBT Bullying</p> <p>Barclays LifeSkills – Staying Positive lesson</p> <p>Barclays LifeSkills – Exploring Personal Strengths lesson</p> <p>Barclays LifeSkills – Recognising and Building Personal Skills lesson</p>
Spring 2	<p>Feelings & Emotions</p> <p>Strategies for recognizing and managing peer influences; how relationships change over time</p> <p>PoS:</p>	<ul style="list-style-type: none"> Strategies for disputes What to do if a friendship is making them feel unsafe, including online 	<p>DEAL: Supporting a friend</p> <p>Childnet – Trust Me Lesson 1: Online Content</p>

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	<p>Healthy Relationships</p> <p>Friendships and Staying Safe Opportunities to connect online; The nature of online-only friendships; Reporting harmful content and contact; Staying safe online</p> <p>PoS: H37, H38, H41, H42, R1, R12, R18, R22, R23, R24, R25, R27, R29, L11, L15, L16</p>	<ul style="list-style-type: none"> • About opportunities to connect with others, including friends, online • About what it means to 'know someone online' and how this differs to knowing someone face to face • About why someone may behave differently online, including pretending to be someone they are not • How to manage the risks of communicating online with others not know face-to-face • Strategies to respond to harmful behavior, including online • How to report concerns and access help or advice 	<p>Childnet: Online content – Can you trust everyone who contacts you online?</p> <p>Google and Parent Zone – Internet Legends Lesson 3: Be Internet Sharp – Think Before You Share</p> <p>CEOP – Play, Like, Share: Block him right Alfie!</p> <p>FPA – Growing up with Yasmine and Tom (9-11) Friendships / Keeping Safe (£)</p>
<p>Summer 1</p>	<p>Rights & Responsibilities</p> <p>Media Literacy How data is shared and used online; Evaluating reliability of sources; Misinformation and targeted information; Choosing age-appropriate TV, games and online content; Influences relating to gambling</p> <p>PoS: H37, H38, H42, R29, L1, L11, L12, L13, L14, L16, L23</p>	<ul style="list-style-type: none"> • About the role of the internet in everyday life • About the positive and negative uses and effects of the Internet and social media • How data is shared and used online, and how information can be targeted • How images and information online can be manipulated or invented • Strategies to evaluate reliability of sources and identify misinformation • How and why to choose age-appropriate media including TV, film, games and online content • About risk in relation to gambling, including online • How to manage influences in relation to gambling 	<p>Google and Parent Zone – Internet Legends: Be Internet Alert – Check It's For Real</p> <p>BBFC – Let's watch a film; Lesson 1: What can we watch?; Lesson 2: Can we choose what to watch?</p> <p>PSHE Association: Exploring risk in relation to gambling Lesson 1 and 2</p> <p>CEOP – Play, Like, Share</p> <p>Childnet – Trust Me</p> <p>Newswise – Lesson 3 Managing feelings about the news; Lesson 5</p>

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			<p>Spotting fake news; Lesson 6 Understanding that news is targeted</p> <p>FPA – Growing up with Yasmine and Tom (9-11), Making babies (£)</p> <p>City of London Police – Cyber Detectives</p>
<p>Summer 2</p>	<p>Growing & Changing</p> <p>Puberty & Reproduction Growing up and developing independence; Managing the changes of puberty; Menstrual wellbeing; How a baby is made - Non-Statutory RSE</p> <p>PoS: H17, H31, H33, H34, L3</p> <p>Keeping Safe</p> <p>Substances Drugs common to everyday life; Risks and effects of alcohol and smoking; Rules and laws</p> <p>PoS: H37, H38, H40, H44, H45, H46, H47, H48, R29, L1</p>	<ul style="list-style-type: none"> • How to manage change – new roles and responsibilities as they grow up • How to manage the physical and emotional changes that happen during puberty • Hygiene routines during puberty • About adult relationships and the human life cycle • About human reproduction; how a baby is made and how it grows <ul style="list-style-type: none"> • Risks and effects of legal drugs (cigarettes, e-cigarettes/vaping, alcohol, medicines) • Impact on health • Laws around use of legal drugs • About why people choose to use or not use substances • About the mixed messages in the media about substances • How to seek help and support organisations • Strategies for managing personal safety in the local environment 	<p>Medway Public Health Directorate relationships and sex education schemes of work for KS2 – Lessons 1-4 for Year 6</p> <p>Rise Above – Puberty</p> <p>Every Mind Matters – Puberty</p> <p>City to Sea – Rethink Periods: Periods: People and Products, KS2; Periods and the Environment, KS2</p> <p>Drug Wise primary school resource (Islington Healthy Schools Team)</p> <p>PSHE Association: Drug & Alcohol Education (Year 5-6) Lessons 1-4</p>

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		<ul style="list-style-type: none">• Predict, assess and manage risk in different situations• Online safety including sharing images, mobile phone safety• Regulations and restrictions (social media, television programmes, films, games and online gaming)	
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Year 7

Half Term	Topic	In this unit of work, pupils learn...	Quality Assured resources to support planning
Autumn 1	<p>Valuing Differences</p> <p>Friendships & Diversity Respectful relationships and conflict resolution, including online; Equality, diversity and tackling prejudice-based bullying and discrimination, including online</p> <p>PoS: R1, R3, R4, R5, R9, R13, R14, R16, R17, R19, R37, R38, R39, R40, R41, R42, L20, L22, L23, L26, L27</p>	<ul style="list-style-type: none"> • How to develop self-worth and confidence to support decision making • To manage influences on beliefs and decisions • Strategies for managing group-think and persuasion • About gender identity, transphobia and gender-based discrimination, homophobia and biphobia, racism and religious discrimination; and disability discrimination through discussion of equality • Strategies to challenge prejudice-based bullying and discrimination • How to access support services in relation to inclusion or discrimination 	<p>#ImWithSam – Anti-disability discrimination</p> <p>Barnardo’s – Secondary Resource Pack – Anti-HBT Bullying</p> <p>Metro – KS3 Sexual Orientation & Gender Identity, Smashing Stereotypes & Feeling Proud</p> <p>PSHE Association – Managing peer influence</p> <p>Every Mind Matters / Rise Above – Bullying and Cyberbullying</p> <p>Every Mind Matters / Rise Above – Forming positive relationships</p> <p>Childnet – Crossing the Line</p> <p>CRESST: Curious about conflict</p> <p>Dove – Self-esteem project</p>
Autumn 2	<p>Healthy Lifestyles</p> <p>Physically and mentally healthy lifestyles; Healthy sleep habits; Dental</p>	<ul style="list-style-type: none"> • How to manage influences on healthy lifestyle choices including diet and physical activity • About the link between sleep and wellbeing 	<p>PSHE Association – The Sleep Factor KS3</p>

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	<p>health; Managing stress; Accessing health services</p> <p>PoS: H3, H5, H13, H14, H15, H16, H17, H18, H20, H21, H34</p>	<ul style="list-style-type: none"> • How to maintain healthy sleep habits • How to balance time between school work, leisure, exercise and time spent outdoors and online • How to manage influences on, and maintain, good oral hygiene and dental health • Strategies to manage stress, puberty and the physical and mental changes that are a part of growing up • How to access health services 	<p>PSHE Association - Mental health and Emotional wellbeing KS3 Lessons 1 and 2</p> <p>Every Mind Matters / Rise Above – Sleep</p> <p>Every Mind Matters / Rise Above – Online Stress and FOMO</p> <p>PSHE Association – Dental Health</p> <p>Dover – Self-esteem project</p> <p>PSHE Association - Health Education KS3 Lessons 1 and 2</p>
<p>Spring 1</p>	<p>Environment</p> <p>Careers Developing enterprise skills; the world of work and young people's employment rights</p> <p>PoS: R15, R16, L1, L4, L5, L11, L13</p>	<ul style="list-style-type: none"> • How to be enterprising • About different types of career and work patterns • How to identify abilities and qualities required for different careers • About young people's employment rights • About ethical and unethical business practices and consumerism 	<p>Barclays Lifeskills</p> <p>Bank of England – econoME: Lessons 1-4</p>
<p>Spring 2</p>	<p>Growing & Changing</p> <p>Substances Social norms regarding drugs, alcohol and tobacco; Myths and misconceptions; Influence and risks relating to substance use</p> <p>PoS: H5, H23, H24, H25, H26, H27, H28, H29</p>	<ul style="list-style-type: none"> • About substance use and misuse, including laws relating to this • About the effects of alcohol, tobacco, nicotine and e-cigarettes • About attitudes and social norms regarding substances • About dependence, including the over-consumption of caffeine-based energy drinks 	<p>Every Mind Matters / Rise Above – Smoking</p> <p>Every Mind Matters / Rise Above – Alcohol</p> <p>PSHE Association – Managing peer influence</p>

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	<p>Keeping Safe</p> <p>How to identify risk and manage personal safety in situations</p> <p>PoS:</p>	<ul style="list-style-type: none"> • How to safely use over the counter and prescription medications • How to manage peer influence in relation to substance abuse • Strategies to manage personal safety in situations, including online • Assessing and reducing the risk in relation to health, wellbeing and personal safety 	<p>PSHE Association – Run, Hide, Tell</p> <p>PSHE Association – Drug and Alcohol Education (Year 7-8)</p> <p>Home Office Lesson 1: Preventing involvement in serious and organized crime</p>
<p>Summer 1</p>	<p>Rights & Responsibilities</p> <p>Challenging career stereotypes and raising aspirations</p> <p>PoS:</p> <p>Money</p> <p>Economic Wellbeing</p> <p>Evaluating value for money; Debt, fraud and personal values around finance; Financial exploitation</p> <p>PoS: L15, L16, L17, L18, L19, L21, L27</p>	<ul style="list-style-type: none"> • Reviewing strengths, interests, skills, qualities and values and how to develop them • Setting realistic but ambitious goals • Safely manage personal information and images online • About financial choices including saving, spending and budgeting • About attitudes and values in relation to finance, including debt and payday loans • How to manage influences over financial decisions • How to manage emotions in relation to finance • To recognize risk and financial exploitation and access help and advice 	<p>Barclays Lifeskills: Money skills lessons 1-4</p> <p>Cifas: Anti-fraud lessons 1 & 2</p> <p>Barclays Lifeskills: The journey to your career lesson</p> <p>Media Smart – Privacy: what’s the big deal?</p>

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<p>Summer 2</p>	<p>Healthy Relationships</p> <p>Relationships Healthy and positive relationships, including intimate relationships; Expectations and stereotypes in relationships; Managing strong feelings; The concept of consent RSE</p> <p>PoS: R1, R2, R5, R9, R10, R11, R14, R16, R18, R27, R37, R39, L21, L25</p>	<ul style="list-style-type: none"> • About different types of relationships and the qualities and behaviours associated with positive relationships • About media stereotypes and their effect on relationship expectations • How to manage expectations for romantic relationships • How to manage strong feelings in relationships • How to identify unhealthy relationships and seek support when necessary • About the concept of consent • How to seek and give/not give consent in a variety of contexts 	<p>PSHE Association: Gathering Students' Views Lesson Plan KS3-4</p> <p>PSHE Association: Guidance on teaching about consent in PSHE education – Lesson 1</p> <p>Medway Public Health Directorate relationships and sex education schemes of work for KS3 – Lessons 2 & 3 Year 7</p> <p>NSPCC – Making sense of relationships – Mickey's Story</p> <p>Disrespect NoBody</p> <p>BBFC – Making Choices: Sex, Relationships and BBFC Age ratings – Lesson 2</p>
	<p>Growing & Changing</p> <p>Puberty To develop further knowledge around the emotional & physical changes during puberty</p> <p>Conception & Reproduction Explore how puberty enables reproduction RSE</p>	<ul style="list-style-type: none"> • Consolidation and reinforcement of KS2 puberty, human reproduction, pregnancy and the physical and emotional changes of adolescence • Explore how puberty enables reproduction 	<p>Every Mind Matters Puberty KS3 lesson</p> <p>Advocates for Youth Lesson 2 – Myths and</p> <p>NCA-CEOP – Send me a pic?</p> <p>FASTN KS3 relationship resource – Commitment: what does it mean?</p> <p>Home Office – Something's Not Right (abuse disclosure)</p>

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Year 8

Half Term	Topic	In this unit of work, pupils learn...	Quality Assured resources to support planning
Autumn 1	<p>Valuing Differences</p> <p>Friendships & Managing Influences Managing social influence, peer pressure and peer approval; Strategies to manage pressure to conform within a group and in relation to substance abuse</p> <p>PoS: H30, H31, R1, R2, R9, R13, R14, R16, R23, R42, R44, R45, R46</p> <p>Feelings & Emotions</p> <p>Tackling racism and religious discrimination; Promoting human rights</p>	<ul style="list-style-type: none"> • How to manage group friendships • How to manage social influences, peer pressure and the desire for peer approval in a range of contexts, including in relation to substance use and anti-social behavior • How to manage personal safety in social situations • How to access support and advice in relation to friendship and peer influence issues • About why young people may join gangs and the consequences of gang behavior • How to access support in relation to gangs • Exit strategies for pressurized situations 	<p>Every Mind Matters / Rise Above – Exploring Social Media</p> <p>Childnet – Trust Me Lesson 1-3</p> <p>Childnet – Crossing the Line</p> <p>Home Office - #knifefree</p> <p>NCA: Exploring Cybercrime Lesson 1</p> <p>BBFC – Making Choices: Sex, Relationships and BBFC Age ratings Lesson 1</p> <p>PSHE Association – Drug and Alcohol Education (Year 7-8)</p>
Autumn 2	<p>Healthy Lifestyles</p> <p>Mental Health & Wellbeing Attitudes to mental health and emotional wellbeing; Digital resilience; Body image; Healthy and unhealthy coping strategies; Seeking support for themselves and others</p> <p>PoS: H1, H2, H3, H4, H5, H6, H7, H8, H9, H10, H11, H12, H21, H31, R43, L21, L22, L24, L27</p>	<ul style="list-style-type: none"> • About attitudes to mental health and how to challenge stigma and misconceptions • Ways to promote and maintain emotional wellbeing • How to build resilience and reframe disappointments and setbacks • About the impact of social media on mental health and emotional wellbeing • Strategies to develop digital resilience • Managing influences, including the media, on body image 	<p>PSHE Association – Mental Health and Emotional Wellbeing Lessons 3-5</p> <p>Media Smart – Body Image and Advertising 11-14 year olds</p> <p>Every Mind Matters – Body image in a digital world</p> <p>Pressure for Perfection</p>

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		<ul style="list-style-type: none"> • About unhealthy coping strategies, including self-harm and eating disorders • About healthy ways to manage difficult feelings, challenging circumstances, stress and anxiety • Why, when and how to access support for themselves or others 	<p>Keep Calm and Stay in Control lesson</p> <p>Diana Award & ASOS - #MySenseOfSelf</p> <p>Cornwall Healthy School: STOP Stigma</p> <p>Samaritans: DEAL</p> <p>Winston's Wish – Lessons on loss and bereavement</p> <p>Dove – Self-esteem project</p>
Spring 1	<p>Environment / Money</p> <p>Careers Life and career aspirations; Personal strengths and skills for employment; Stereotypes; Routes into careers; Progression routes; Online presence</p> <p>PoS: H1, R15, R16, R39, L2, L4, L6, L8, L10, L11, L12, L14, L20, L21, L22, L24</p> <p>Young Leaders' Award</p>	<ul style="list-style-type: none"> • How to identify their life and career aspirations • How to identify personal strengths and skills for employment • How to challenge stereotypes and expectations that limit aspirations • About routes into different careers • How to evaluate progression routes • About how a person's online presence can affect employability • How to manage online presence including on social networking sites • How to manage emotions in relation to future employment 	<p>Barclays LifeSkills</p>
Spring 2	<p>Keeping Safe</p>	<ul style="list-style-type: none"> • How to manage personal safety, including when out, travelling, at home and online 	<p>British Heart Foundation: Call Push Rescue</p>

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	<p>First Aid and Keeping Safe First aid including CPR and defibrillator use; Personal safety including travel safety</p> <p>PoS: H30, H31, H33</p>	<ul style="list-style-type: none"> • How to respond in an emergency situation • How to perform basic first aid, including CPR • When and how to safely use defibrillators 	<p>NaCTSO – Run, Hide, Tell</p> <p>Home Office - #knifefree</p> <p>British Red Cross: First aid learning for young people</p> <p>St John Ambulance: 'First Aid Training in School' lesson plans, KS3</p> <p>Home Office – Something's Not Right (abuse disclosure)</p> <p>Speak Up lesson</p> <p>THINK! KS3 lessons</p>
<p>Summer 1</p>	<p>Rights & Responsibilities</p> <p>Moving Forward Personal strengths, celebrating successes and setting goals; Moving on to a new school; Managing change</p> <p>PoS: R22, L2, L3, L6, L7, L9</p> <p>*Tenner Challenge*</p>	<ul style="list-style-type: none"> • How to review personal strengths and targets • How to identify opportunities to develop strengths and skills • How to set realistic yet ambitious goals for the future • About options available in senior school • How to manage change and transition, including feelings 	<p>Every Mind Matters / Rise Above – Dealing with change</p> <p>Every Mind Matters / Rise Above – Exam Stress</p> <p>Barclays LifeSkills: Setting goals; Recognising and building personal skills; Staying positive; Adaptability</p>
<p>Summer 2</p>	<p>Healthy Relationships</p> <p>Relationship norms; Stereotypes and expectations of gender roles, behaviour and intimacy; Gender</p>	<ul style="list-style-type: none"> • About relationship norms and expectations • About forming new partnerships and developing relationships • The impact of stereotypes on expectations of gender roles, behaviour and intimacy 	<p>Guidance on teaching about consent in PSHE education – Lesson 1-4</p> <p>Medway Public Health Directorate relationships and sex education</p>

Edward Peake C of E VC Middle School

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	<p>identity and sexual orientation; Consent in intimate situations;</p> <p>Contraception and sexual health (links to Health & Wellbeing) RSE</p> <p>PoS: H19, H22, H35, H36, R1, R2, R3, R4, R5, R6, R7, R8, R9, R10, R11, R12, R13, R14, R16, R23, R28, R29, R31, R33, R39, L24, L25, L27</p>	<ul style="list-style-type: none"> • About gender identity and sexual orientation • About the choice to delay sex and the right to enjoy intimacy without sex • Effective communication strategies and consent in intimate situations • The law in relation to relationships, sex, consent (including sharing of sexual images) • About contraception, its role in preventing pregnancy and sexually transmitted infections • How condoms and the pill are used safely • About the HPV vaccination programme 	<p>schemes of work for kS3 – Lessons 1-6 Year 8</p> <p>NCA-CEOP – Send me a pic?</p> <p>FASTN KS3 relationship resource – ‘Commitment: what does it mean?’</p> <p>Something’s Not Right KS3 lesson</p> <p>Home Office – Disrespect NoBody</p> <p>Metro – Sexual Orientation and Gender Identity – Anti-HBT Bullying</p> <p>BBFC – Making Choices: Sex, Relationships and BBFC Age ratings – Lesson 1 and 3</p>
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