

		Preparation for Adulthood at Park View
Year	Term	PSHE Academic
7	Autumn	Health and Wellbeing - Healthy Lifestyles, Mental Health, Ourselves, Growing and Changing, Keeping Safe, Drugs, alcohol and tobacco
	Spring	Relationships - Families and close, positive relationships, Friendships, Managing hurtful behaviour and bullying, Safe relationships, Respecting self and others
	Summer	
8	Autumn	Health and Wellbeing - Puberty and sexual health, Self-concept, mental and emotional wellbeing, Healthy lifestyles, drugs, alcohol and tobacco, managing risk and personal safety
	Spring	Relationships : Diversity, prejudice and bullying (inc cyber bullying) Discrimination in all its forms - racism, religious discrimination; disability, sexism, homophobia, biphobia and transphobia Identity and Relationships Gender identity, sexual orientation, Introduction to sexuality and consent and contraception, romance and friendships
	Summer	Living in the wider world : Community and careers: Equality of opportunity. Online safety, the reliability of the media. Gambling hooks
9	Autumn	Health and Wellbeing: Peer Influence, substance use and gangs peer pressure; assertiveness and risk, gang crime. Healthy Lifestyle assess the risks of drug and alcohol use and addiction, drugs and the law
	Spring	Respectful Relationships - managing conflict at home and dangers of running away. Intimate relationships - STI's, sexting and pornography. Relationships and sex education - healthy relationships, consent and attitudes to pornography. Discrimination review
	Summer	
10	Autumn	Health and Wellbeing - Self Concept, Mental Health and emotional wellbeing, Sexual Health and Fertility
	Spring	Relationships - myths and expectations, managing romantic relationship changes, pleasure, impact of the media and pornography. Addressing extremism and radicalisation : Communities, belonging and challenging extremism
	Summer	Financial decision making - impact of financial decision making, debt, gambling, advertising - use opportunity to teach debt management and budgeting skills
11	Autumn	H&W: Building for the future - self efficacy, stress management and future opportunities. Independence : Responsible health choices and safety in independent contexts
	Spring	Next Steps - applications Relationships sexual health, families and pregnancy
	Summer	Transition