













## Two Rivers High School

### PSHE Overview







Explorers - Year 7 and 8

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>2022-2023</b>	<b>Health and wellbeing</b>  Emergency situations, road safety, peer pressure, self-esteem, body image.		<b>Relationships</b>  Managing friendships, relationship complexities and stereotypes.		<b>Living in the wider world</b>  Careers, advertising, discrimination, products, financial wants and needs.	
<b>2023-2024</b>	<b>Health and wellbeing</b>  Balanced diet, exercise, alcohol, smoking, puberty, hygiene, consent.		<b>Relationships</b>  Hygiene, diversity, discrimination, bullying, racism, healthy relationships.		<b>Living in the wider world</b>  Understanding careers and employment sectors, equal opportunities, spending wisely.	







Explorers - Year 9 and 10

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
2022-2023	<div>Health and wellbeing</div> <div></div> <div>Well-being, mental health, stigmas around ill health, illegal substances, positive and negative role models.</div>	<div>Relationships</div> <div></div> <div>Romantic relationships, controlling behavior, relationship breakdowns, adoption, grief.</div>	<div>Living in the wider world</div> <div></div> <div>Living in the wider world Debt, gambling, future careers, employers, work experience.</div>			
2023-2024	<div>Health and wellbeing</div> <div></div> <div>Gangs, life balance, doing strategies, addiction, health risks when taking drugs</div>	<div>Relationships</div> <div></div> <div>Managing conflict, gender stereotyping, homophobia, transphobia, consequences of sharing images, STIs.</div>	<div>Living in the wider world</div> <div></div> <div>Options of GCSE's and employment, strengths, planning an enterprise project.</div>			

Adventurers - Year 7 and 8










	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
2022-2023	<div>Health and wellbeing</div> <div></div> <div>First aid, preventing accidents, emotional responses, feelings of failure.</div>	<div>Relationships</div> <div></div> <div>Resisting peer influences, communication and expectation in relationships, advantages of contraception.</div>	<div>Living in the wider world</div> <div></div> <div>Spending wisely, consumer rights, financial risks, work discrimination.</div>			
2023-2024	<div>Health and wellbeing</div> <div></div> <div>Effects of alcohol, side effects of drugs, quitting smoking, FGM, people's rights over their body.</div>	<div>Relationships</div> <div></div> <div>Rights and responsibilities in diverse communities, consent, prejudice, identifying bullying and how to handle this</div>	<div>Living in the wider world</div> <div></div> <div>Enterprise skills, equality in the workplace, future employment, unethical financial choices.</div>			

Adventurers - Year 9 and 10







	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>2022-2023</b>	<b>Health and wellbeing</b>  <p>Lifestyle choices, recognizing issues and support available for young people, drug and alcohol stereotypes.</p>	<b>Relationships</b>  <p>Parenting options, bereavement, roles of family members, coercive behaviour.</p>	<b>Living in the wider world</b>  <p>Preventing debt, enterprise and teamwork skills, managing disappointment and setbacks.</p>			
<b>2023-2024</b>	<b>Health and wellbeing</b>  <p>Assertiveness, knife crime, dieting, influences of alcohol and drugs.</p>	<b>Relationships</b>  <p>Sexual discrimination, gender identity, STIs, pornography, negative behaviour in relationships.</p>	<b>Living in the wider world</b>  <p>Planning for uncertainty, career goals, strengths and aspirations, enterprise project.</p>			

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## Pioneers- Upper 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
2022-2023	 <u>Emotional wellbeing</u> Creating a self-help guide to maintaining positive mental health.	 <u>Sexual health</u> Creating an awareness campaign about STIs and STDs.			 <u>Financial choices</u> Planning a budget to live independently for 6 months including accommodation and bills.	
2023-2024	 <u>Alcohol</u> Researching the effects of alcohol on children and teenagers considering the effects on physical health and mental wellbeing.	 <u>Respectful relationships</u> Creating a guide for young people to provide relationship advice and where to seek help if needed.			 <u>Careers and your future</u> Marketing yourself as a personal brand. Considering personal skills and attributes that would make an employer want to hire you.	
2024-2025	 <u>Social media</u> Creating work on the positive and negative impacts of social media on young people's self-esteem.	 <u>Families and parenting</u> Carrying out a study of the different options available to those who are unable to conscience naturally.			 <u>Living in modern Britain</u> Outlining the kinds of people who are at greater risk of being radicalised and why it is important to speak out if you are concerned that someone is being radicalised.	




Pioneer- Upper 2







	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>2022-2023</b>	 <p><u>Emotional wellbeing</u> Communicating emotions, impacting of connecting to others in improving wellbeing, mental ill health, recognising symptoms, and promoting wellbeing.</p>		 <p><u>Sexual health</u> Impact of STIs, minimizing transmission, advantages and disadvantages of contraception, emergency contraception, moral and legal obligations to consent.</p>		<p><u>Financial choices</u></p>  <p>Understand tax and national insurance, discovering how different forms of saving work, managing debt, recognising the importance of pensions, understanding how to rent accommodation.</p>	
<b>2023-2024</b>	 <p><u>Alcohol</u> Knowledge, understanding, effects and impact of drinking alcohol, identifying signs of alcohol poisoning, identifying and using strategies to avoid drinking alcohol.</p>		 <p><u>Respectful relationships</u> Showing how to develop healthy relationships across culture and society, recognising and managing emotions in different relationships, understanding what makes healthy or unhealthy relationships in different contexts.</p>		<p><u>Careers and your future</u></p>  <p>Identifying skills and attributes that employers want, understanding employability, creating plans and goals, promoting a personal brand, solving problems, having an awareness of local and national careers.</p>	



<b>2024-2025</b>	 <p><u>Social media</u> Importance of digital resilience, media stereotypes and representations and how this can affect self-esteem, identify and accessing support for harmful online behaviours, understanding consequences of posting online and cyber stalking.</p>	<p><u>Families and parenting</u> Different relationships, concept of families, forced marriage, role, responsibility and impact of parenting, health in pregnancy and the importance of this, unplanned pregnancies.</p>	<p><u>Living in modern Britain</u></p>  <p>Democracy, the rule of law, individual liberty, mutual respect, British citizens, the importance of voting, being a critical consumer, acknowledging how social media can distort out view of the world, propaganda, recognising extremism and radicalisation.</p>
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Pioneers- Upper 3 and 4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
2022-2023	 <p><u>Emotional wellbeing</u> Emotions, types of mental ill health, strategies for positive wellbeing, activities that support wellbeing.</p>	 <p><u>Sexual health</u> Understanding STIs, methods of contraception, emergency contraception, consent.</p>	 <p><u>Financial choices</u> Tax and national insurance, understanding how to save and why it is important, renting accommodation, managing and avoiding debt.</p>			

<b>2023-2024</b>	 <p><u>Alcohol</u></p> <p>Having a knowledge and understanding of what alcohol is and its effects, identifying peer and social pressures to drink and how to avoid this.</p>	 <p><u>Respectful relationships</u></p> <p>Recognising different emotions in relationships, healthy and unhealthy relationships and the different ways concept can be seen and shown.</p>	 <p><u>Careers and your future</u></p> <p>Knowing skills that you have and how these can be used for employment, having aspirations and hope, being aware of different careers available.</p>
<b>2024-2025</b>	 <p><u>Social media</u></p> <p>Digital resilience, knowing how media can manipulate images, how the media affects self-esteem, understanding harmful online behaviours and the consequences.</p>	 <p><u>Families and parenting</u></p> <p>Recognise different sorts of relationships and families, parenting, pregnancy.</p>	<p><u>Living in modern Britain</u></p>  <p>Being a British citizen, voting, the use of the media to manipulate, radicalisation.</p>