

SECONDARY PD EDUCATION: LONG-TERM OVERVIEW

	<b>Autum 1 &amp; 2 Health &amp; Wellbeing PSHE</b>	<b>Spring 1 Relationships RSE</b>	<b>Spring 2 Health &amp; Wellbeing PSHE</b>	<b>Summer 1 &amp; 2 Relationships RSE</b>
<b>Year 9</b>	<p><b>Peer influence, substance use, and gangs</b> Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation</p>	<p><b>Respectful relationships</b> Families and parenting, healthy relationships, conflict resolution, and relationship changes</p>	<p><b>Healthy lifestyle</b> Diet, exercise, lifestyle balance and healthy choices, and first aid</p>	<p><b>Intimate relationships</b> Relationship and sex education (including consent, contraception, the risks of STIs, and attitudes to pornography)</p>
<b>Year 10</b>	<p><b>Mental health</b> Mental health and ill health, stigma, safeguarding health (including during periods of transition or change)</p>	<p><b>Healthy relationships</b> Relationship and sex expectations, pleasure and challenges (including the impact of the media and pornography)</p>	<p><b>Exploring influence</b> The influence and impact of drugs, gangs, role models, and the media</p>	<p><b>Addressing extremism and radicalisation</b> Communities, belonging, and challenging extremism</p>
<b>Year 11</b>	<p><b>Building for the future</b> Self-efficacy, stress management, and future opportunities</p>	<p><b>Communication in relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges, and abuse</p>	<p><b>Independence</b> Responsible health choices, and safety in independent contexts</p>	<p><b>Families</b> Different families and parental responsibilities, pregnancy, marriage and forced marriage, and changing relationships</p>