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| **Year** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Blue** | **Mental Health**1) Mental health and emotional wellbeing2) Signs of emotional or mental ill-health3) Reframing negative thinking4) Accessing support and treatment5) Portrayal of mental health in the media6) Stigma, stereotypes and misinformation7) Careers in Mental Health8) Catch up, consolidation and stretch  | **Building Relationships**1) Self-worth and self-efficacy 2) Qualities and behaviours in positive relationships3) Recognise unhealthy relationships4) Recognise and challenge media stereotypes5) Evaluate expectations for romantic relationships6) Consent - seeking and assertively communicating | **Communication in Relationships**1) Communication 2) Gender identity, gender expression and sexual orientation3) Handle unwanted attention, including online 4) Challenging harassment and stalking, including online5) Forms of relationship abuse6) Unhealthy, exploitative and abusive relationships7) Accessing support in abusive relationships  | **Drugs and Alcohol**1) Medicinal and reactional drugs including energy drinks2) Habit and dependence3) Over the counter and prescription medications4) Assess the risks of alcohol, tobacco, nicotine and e-cigarettes5) Influences in relation to substance use 6) Recognise and promote positive social norms and attitudes | **Healthy Lifestyle**1) Relationship between physical and mental health2) Balancing work, leisure, exercise and sleep3) Informed healthy eating choices4) Manage influences on body image5) Make independent health choices 6) Take increased responsibility for physical health, including testicular and breast self-examination | **Identity and Relationships**1) The qualities of positive, healthy relationships2) Gender identity and sexual orientation3) Forming new partnerships and developing relationships4) Maintaining “self” and changing “self”4) Law in relation to consent5) Risks of ‘sexting’ and how to manage requests or pressure to send an image7) FGM & breast ironing |
| **Green** | **Emotional Wellbeing**1) Attitudes to mental health2) Promoting emotional wellbeing3) Developing digital resilience 4) Unhealthy coping strategies – self harm 5) Unhealthy coping strategies – eating disorders 6) Feeling overwhelmed and suicidal ideation7) Healthy coping strategies8) Change, loss and grief  | **Respectful Relationships**1) Different types of families and parenting2) Positive relationships in the home3) Conflict and its causes 4) Conflict resolution strategies5) Respect5) Managing change in relationships 6) Access support service | **Intimate Relationships**1) Readiness for sexual activity2) Consent3) STIs, effective use of condoms and negotiating safer sex4) Contraception choices and consequences 5) Portrayal of sex in the media, pornography and sharing sexual images6) Consolidation, catch up and stretch | **Transition and Safety** 1) Manage the challenges of moving on to new things2) Establish and manage friendships3) How to identify personal strengths and areas for development4) Personal safety, travel safety and how to respond in an emergency situation5) Consolidation, catch up and stretch | **Discrimination**1) Manage influences on beliefs and decisions, group-think and persuasion2) Develop self-worth and confidence3) Gender identity, transphobia and gender-based discrimination4) Recognise and challenge homophobia and biphobia5) How to recognise and challenge racial and religious discrimination 6) Consolidation, catch up and stretch | **Peer Influence, Substance Misuse and Gangs**1) Distinguish between healthy and unhealthy friendships2) ‘group think’ and how it affects behaviour3) Recognise passive, aggressive and assertive behaviour, and how to communicate assertively4) Manage risk in relation to gangs5) Legal and physical risks of carrying a knife.6) Legal and health risks in relation to county lines7) Consolidation, catch up and stretch |
| **Y10** | **ASDAN PSHE M1****Emotional wellbeing****A1** Talking about emotions**A2** Importance of connecting with others**A3** Mental ill health **A4** Early signs of mental ill health A6 Triggers for mental ill health**A5** Positive emotional wellbeing & **A6** Current affairsConsolidation, catch up and stretch | **ASDAN PSHE M2****Keeping safe and healthy****1 A1** Coping with being new **2 A3** Healthy lifestyle **3 A4 (1)** Illness prevention4 A4 (2) Responding to injury5 A5 Healthy eating**6 A6** Risks to personal safety including using taxis7 Consolidation, catch up and stretch | **ASDAN PSHE M7** **Respectful relationships****1 A1** Healthy relationships across cultures and society**2 A2** Emotions in different relationships**3 A3** Healthy and unhealthy relationships**4 A4** Consent in various contexts**5 A6** Coercion and control6 Consolidation, catch up and stretch | **ASDAN PSHE M5****Tobacco and drugs** **1 A1** Laws relating to supply and possession**2 A2** Harmful effects of smoking tobacco and vaping. Benefits of quitting smoking & vaping.**3 A5** Drugs and mental health**4 A6** Short and long term effects of drug misuse5 Consolidation, catch up and Stretch | **ASDAN PSHE M4****Alcohol****A1** What is alcohol and the laws related to it**A2** Effects of drinking alcohol**A4** Alcohol and emotional health**A5** Social pressure and peer pressure in relation to alcohol**B3 + A3** Alcohol and weight gain and alcohol poisoning6 Consolidation, catch up and Stretch | **ASDAN PSHE M3****Social media** **1) A1** Digital resilience**2) A2** How manipulated images affect body image and self esteem**3) A3** Harmful online behaviour**4) A4** Online reputations**5) A5** cyberstalking**6) B1** Positive and negative impacts of social media7) Consolidation, catch up and stretch |
| **Y11** | **ASDAN PSHE M8** **Families and parenting****A1** Different concepts of families & legal status**A4** Roles and responsibilities of parenting & Family support worker**A5** Being a parent - impact on lifestyle**A6** Impact on pregnancy of lifestyle choices**A7** Options for an unplanned pregnancyA8 How families have changed through historyA8 Families seeking asylumConsolidation, catch up and stretch | **ASDAN PSHE M6****Sexual Health****1 Intro** What do you know about sex?**2 A6** Pregnancy**3 A1** STI’s**4 A2** Contraception**5 A3** Emergency contraception**6 A4** Consent – Moral and legal issues7 Consolidation, catch up and stretch | **Lawful and unlawful actions towards others** **1)** Forced marriage & FGM2) Radicalisation3) Sexual images and pornography4) Domestic abuse5 ) Criminal exploitation and gangs6) Consolidation, catch up and stretch | **Current affairs****1)** Local Issues – Flooding**2)** National issues – King Charles’s health**3)** International issues – moon race4) Media Coverage of current affairs5 Consolidation, catch up and stretchORReturn to previous ASDAN units as required by learners | **ASDAN**1) Living independently2) Driving theory and laws3) Alcohol 4) Mental health5) Consolidation, catch up and stretch6) Consolidation, catch up and stretch | **ASDAN**Consolidation and claims |

**Half Termly Career Focus**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| Blue | Careers in Mental Health  | Social Media Influencer | Solicitor | Paramedic | Personal Trainer | Journalist |
| Green | Mental Health Nurse | Family support worker | Sexual Health advisor | Train Crew | Equalities officer | Victim Support Worker |
| Year 10 | Mental Health Nurse | Taxi Driver | Safeguarding Officer | Substance Misuse Outreach Worker | Cognitive behavioural therapist | Cyber Intelligence Officer |
| Year 11 | Family support worker | Sexual Health Nurse | Safeguarding Officer | Journalist | Cognitive behavioural therapist |  |