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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 wellbeing  2) Signs of emotional or mental ill-health  3) Reframing negative thinking  4) Accessing support and treatment  5) Portrayal of mental health in the media  6) Stigma, stereotypes and misinformation  7) Careers in Mental Health  8) Catch up, consolidation and stretch | **Building Relationships**  1) Self-worth and self-efficacy  2) Qualities and behaviours in  positive relationships  3) Recognise unhealthy relationships  4) Recognise and challenge media stereotypes  5) Evaluate expectations for romantic relationships  6) Consent - seeking and assertively communicating | **Communication in Relationships**  1) Communication  2) Gender identity, gender expression and sexual orientation  3) Handle unwanted attention, including online  4) Challenging harassment and stalking, including online  5) Forms of relationship abuse  6) Unhealthy, exploitative and abusive relationships  7) Accessing support in abusive relationships | **Drugs and Alcohol**  1) Medicinal and reactional drugs including energy drinks  2) Habit and dependence  3) Over the counter and prescription medications  4) Assess the risks of alcohol, tobacco, nicotine and  e-cigarettes  5) Influences in relation to substance use  6) Recognise and promote positive social norms and  attitudes | **Healthy Lifestyle**  1) Relationship between physical and mental health  2) Balancing work, leisure, exercise and sleep  3) Informed healthy eating choices  4) Manage influences on body image  5) 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 relationships  2) Gender identity and sexual orientation  3) Forming new partnerships and developing relationships  4) Maintaining “self” and changing “self”  4) Law in relation to consent  5) Risks of ‘sexting’ and how to manage requests or  pressure to send an image  7) FGM & breast ironing |
| **Green** | **Emotional Wellbeing**  1) Attitudes to mental health  2) Promoting emotional wellbeing  3) Developing digital resilience  4) Unhealthy coping strategies – self harm  5) Unhealthy coping strategies – eating disorders  6) Feeling overwhelmed and suicidal ideation  7) Healthy coping strategies  8) Change, loss and grief | **Respectful Relationships**  1) Different types of families and parenting  2) Positive relationships in the home  3) Conflict and its causes  4) Conflict resolution strategies  5) Respect  5) Managing change in relationships  6) Access support service | **Intimate Relationships**  1) Readiness for sexual activity  2) Consent  3) STIs, effective use of condoms and negotiating safer sex  4) Contraception choices and consequences  5) Portrayal of sex in the media, pornography and sharing sexual images  6) Consolidation, catch up and stretch | **Transition and Safety**  1) Manage the challenges of moving on to new things  2) Establish and manage friendships  3) How to identify personal strengths and areas for development  4) Personal safety, travel safety and how to respond in an emergency situation  5) Consolidation, catch up and stretch | **Discrimination**  1) Manage influences on beliefs and decisions, group-think and persuasion  2) Develop self-worth and confidence  3) Gender identity, transphobia and gender-based  discrimination  4) Recognise and challenge homophobia and biphobia  5) 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 friendships  2) ‘group think’ and how it affects behaviour  3) Recognise passive, aggressive and assertive behaviour,  and how to communicate assertively  4) Manage risk in relation to gangs  5) Legal and physical risks of carrying a knife.  6) Legal and health risks in relation to county lines  7) 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 affairs  Consolidation, 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 prevention  4 A4 (2) Responding to injury  5 A5 Healthy eating  **6 A6** Risks to personal safety including using taxis  7 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 control  6 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 misuse  5 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 poisoning  6 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 media  7) 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 pregnancy  A8 How families have changed through history  A8 Families seeking asylum  Consolidation, 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 issues  7 Consolidation, catch up and stretch | **Lawful and unlawful actions towards others**  **1)** Forced marriage & FGM  2) Radicalisation  3) Sexual images and pornography  4) Domestic abuse  5 ) Criminal exploitation and gangs  6) Consolidation, catch up and stretch | **Current affairs**  **1)** Local Issues – Flooding  **2)** National issues – King Charles’s health  **3)** International issues – moon race  4) Media Coverage of current affairs  5 Consolidation, catch up and stretch  OR  Return to previous ASDAN units as required by learners | **ASDAN**  1) Living independently  2) Driving theory and laws  3) Alcohol  4) Mental health  5) Consolidation, catch up and stretch  6) 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 |  |