

KS4 - PHSE

	TERM 1: PERSONAL HEALTH	TERM 2: MENTAL HEALTH	TERM 3: SEXUAL HEALTH	TERM 4: DISCRIMINATION	TERM 5: FINANCE	TERM 6: OUR WORLD
YEAR 10	• Knowing ourselves • Family • Physical health • Self image • Gender • Sexuality • Addiction (cont from Y9) • Co-occurrence of alcohol use and poor mental health is common (see new guidance) • Healthy and unhealthy relationships • Our online lives – fake news and deep fakes • The risks of illegal online behaviours – drug and knife supply	• Mental Health – looking after our mental health • Understanding how to overcome anxiety or other barriers to participating in fun activities – coping strategies (see new guidance) • Exam stress • How do we learn - in a healthy way • Reflecting on success • Setting targets	• Consent (Recap) • How inequalities of power can impact behaviour within relationships. • Fertility • Routes into parenthood – adoption, fostering. The importance of early childhood development (brain) • Offensive online material – pornography - recap (see previous years)	• You and the law • The police • Equality and justice • The law around alcohol, tobacco, drugs, SNUS and vapes • Illegal drugs and crime • County Lines (Recap) • British Values and protected characteristics	• Payslips • Interest and bank charges • Pensions • Unions and how they protect you • Mortgages • Preparing for Mocks • How to revise • Creating a revision TT	• Your career and options • Work and technology • Workplace skills • What is a personal statement • Writing a personal statement • Interview skills • CVs

KS4 - PHSE

	TERM 1: PERSONAL HEALTH	TERM 2: MENTAL HEALTH	TERM 3: SEXUAL HEALTH	TERM 4: DISCRIMINATION	TERM 5:	
YEAR 11	• Unplanned pregnancy • STI/HPV cervical cancer, HIV prevention drugs (see guidance) • Contraception • Health protection and prevention – how and when to self-care for minor ailments • How to navigate local healthcare system, accessing family planning clinics, sexual health, the role of pharmacies, how to seek help via 3rd sector partners • The legal age of medical consent – Gillick competence (see guidance) • FGM, virginity testing, hymenoplasty (see guidance)	• The serious risks of viewing online content that promotes self-harm, suicide or violence including how to safely report this and how to access support • Alcohol and mental health – the physical and psychological risks associated with alcohol consumption – stats (see guidance) • Exam stress, mindfulness • Bouncing back from setbacks • Screen time and sleep impact • What is mental health vs mental illness	• Child sexual exploitation and ground rules • Domestic abuse • Suffocation and Strangulation (see guidance) • Incels – how sub-cultures might influence understanding of sexual ethics. • Relationship abuse • Consent and consent myths – that all aspects of health can be affected by choices they make in sex and relationships • Sharing sexual images • Courts and sentencing • How to seek support for their own worrying or abusive behaviour or against them (see guidance)	• Human rights • Freedom of expression • Refugees and asylum • Taking action • Prevent • Exploring Prevent • Diversity and British Values • Prejudice, stereotypes and discrimination	• Revision support	