

Westfield PSHE SoW

	<b>Autumn 1 Health and Wellbeing</b>	<b>Autumn 2 Living in the wider world</b>	<b>Spring 1 Friendships</b>	<b>Spring 2 Relationships: RSE</b>	<b>Summer 1 Health and Wellbeing</b>	<b>Summer 2 Living in the wider world</b>
Year 7	<ul style="list-style-type: none"> <li>Transition to secondary school; routines, organisation</li> <li>Diet, exercise and healthy choices</li> <li>Community</li> </ul>	<ul style="list-style-type: none"> <li>Enterprise skills and introduction to careers</li> <li>Challenging career stereotypes and raising aspirations</li> </ul>	<ul style="list-style-type: none"> <li>Diversity, prejudice and bullying</li> <li>Managing on and offline friendships</li> </ul>	<ul style="list-style-type: none"> <li>Self-esteem, romance and friendships</li> <li>Exploring family life</li> <li>Puberty and periods</li> </ul>	<ul style="list-style-type: none"> <li>Risks of tobacco, alcohol and other substances</li> <li>Family life and FGM</li> </ul>	<ul style="list-style-type: none"> <li>Making ethical financial decisions</li> <li>Saving, spending and budgeting. Barclays life skills</li> <li>Democracy</li> </ul>
Year 8	<ul style="list-style-type: none"> <li>First Aid and personal safety; road safety</li> <li>Alcohol and drug misuse</li> <li>Managing peer influence</li> </ul>	<ul style="list-style-type: none"> <li>Rights and responsibilities in the community</li> <li>Tackling age and disability discrimination</li> <li>Identifying strengths for GCSE options</li> </ul>	<ul style="list-style-type: none"> <li>Tackling racism and religious discrimination, promoting human rights</li> <li>Online safety and digital literacy.</li> </ul>	<ul style="list-style-type: none"> <li>Intro to sexuality and consent</li> <li>Introducing and defining contraception</li> </ul>	<ul style="list-style-type: none"> <li>Mental health and emotional wellbeing, including body image.</li> <li>Managing change and loss</li> </ul>	<ul style="list-style-type: none"> <li>Evaluating value for money</li> <li>Risks and consequences of making financial decisions</li> <li>Intro to British political system</li> </ul>
Year 9	<ul style="list-style-type: none"> <li>Peer pressure, assertiveness and risk, gang crime</li> <li>Dieting, lifestyle balance and unhealthy coping strategies</li> </ul>	<ul style="list-style-type: none"> <li>Understanding careers and future aspirations</li> <li>Identifying learning strengths and setting goals for chosen GCSE subjects</li> </ul>	<ul style="list-style-type: none"> <li>Managing conflict at home and the dangers of running away</li> <li>Tackling homophobia, transphobia and sexism</li> </ul>	<ul style="list-style-type: none"> <li>RSE SoW; healthy relationships, consent and contraception demo</li> <li>Risks of STIs and pornography</li> </ul>	<ul style="list-style-type: none"> <li>Managing peer pressure – substances</li> <li>Assessing risks of drugs, tobacco and alcohol and addiction. Impact on MH</li> </ul>	<ul style="list-style-type: none"> <li>Planning a sustained project – budgeting skills</li> <li>Budgeting – mortgages and interest rates</li> <li>Democracy, voting and political systems</li> </ul>
Year 10	<ul style="list-style-type: none"> <li>Reminder of GCSE pressures, developing study habits</li> <li>Mental health and ill health, tackling stigma</li> </ul>	<ul style="list-style-type: none"> <li>Understanding the causes of debt</li> <li>Understanding the risks of gambling</li> <li>CV and work experience options. Interview skills</li> </ul>	<ul style="list-style-type: none"> <li>Tackling relationship myths and expectations</li> <li>Managing relationship</li> </ul>	<ul style="list-style-type: none"> <li>RSE SoW spiral; healthy relationships, consent and contraception demo. To include communication and resilience.</li> </ul>	<ul style="list-style-type: none"> <li>Influence of role models</li> <li>Evaluating risks of drug use – social, physical and emotional</li> </ul>	<ul style="list-style-type: none"> <li>Preparation for work experience</li> <li>Evaluation of work experience and</li> </ul>

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			challenges / break ups	<ul style="list-style-type: none"> <li>Risks of STIs and pornography spiral</li> </ul>		readiness for work
Year 11	<ul style="list-style-type: none"> <li>Transition into Y11</li> <li>Promoting self-esteem and coping with stress</li> <li>Drugs and health</li> <li>Learning and revision skills</li> </ul>	<ul style="list-style-type: none"> <li>Understanding Sixth Form and college application processes; plans beyond school</li> <li>Skills for employment and career progression</li> </ul>	<ul style="list-style-type: none"> <li>Personal values and assertive communication in relationships</li> <li>Tackling domestic abuse/ forced marriages</li> </ul>	<ul style="list-style-type: none"> <li>RSE SoW spiral; healthy relationships, consent and contraception demo. To include communication, resilience and inclusion.</li> <li>Risks of STIs and pornography spiral</li> </ul>	<ul style="list-style-type: none"> <li>Health and safety in independent contexts</li> <li>Taking responsibility for healthy choices.</li> <li>Revision timetables</li> </ul>	*GCSEs and study leave*
Year 12	<ul style="list-style-type: none"> <li>Promoting self-esteem and coping with stress</li> <li>Drugs and health</li> <li>Learning and revision skills; personal statements and careers</li> </ul>	<ul style="list-style-type: none"> <li>Understanding post-18 application processes; plans beyond school. SPEAKERS</li> <li>Skills for employment and career progression</li> <li>Work experience applications and options intro</li> </ul>	<ul style="list-style-type: none"> <li>Personal values and assertive communication in relationships</li> <li>Tackling domestic abuse/ forced marriages</li> </ul>	<ul style="list-style-type: none"> <li>RSE SoW spiral; healthy relationships, consent and contraception demo. To include communication, resilience and inclusion.</li> <li>Risks of STIs and pornography spiral</li> </ul>	<ul style="list-style-type: none"> <li>Health and safety in independent contexts</li> <li>Taking responsibility for healthy choices</li> </ul>	<ul style="list-style-type: none"> <li>Preparation for work experience</li> <li>Evaluation of work experience and readiness for work</li> </ul>
Year 13	<ul style="list-style-type: none"> <li>Promoting self-esteem and coping with stress</li> <li>Drugs and health</li> <li>Learning and revision skills; personal statements and careers</li> </ul>	<ul style="list-style-type: none"> <li>Continuing application processes; plans beyond school.</li> <li>Student budgeting and money management/ Explaining student loans and overdrafts</li> <li>Skills for employment and career progression</li> </ul>	<ul style="list-style-type: none"> <li>Personal values and assertive communication in relationships</li> <li>Resilience when living away from home</li> </ul>	<ul style="list-style-type: none"> <li>RSE SoW spiral; healthy relationships, consent and contraception demo. To include communication, resilience and inclusion.</li> <li>Risks of STIs and pornography spiral</li> </ul>	<ul style="list-style-type: none"> <li>Health and safety in independent contexts</li> <li>Taking responsibility for healthy choices</li> <li>Revision timetables</li> </ul>	*A-levels and study leave*