

High Grange PSHE/ RSE

Long term mapping
Subject: PSHE Years 12 13 key stage 5

Year 12

Autumn 1 Health & wellbeing	Autumn 2 Careers	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Health & wellbeing
<u>Drugs and Risks</u> Alcohol safety Substance Misuse Drugs and side-effects Synthetic Cannabinoids Drug classification LSD MDMA Drug user documentaries	<u>Application</u> Planning for the Future Writing a personal statement CV writing Making applications What is an Entrepreneur? Post 16 options Interviews	<u>Diversity and inclusion</u> Living in a diverse society Challenging prejudice and discrimination	<u>Exploring health</u> Cholesterol levels and health consumption Vaccines and immunity. Healthy eating habits Dental Health Eating disorders Body image Managing stress and daily situations Vaping/ smoking	<u>Respectful relationships</u> Revenge Porn Pornography and its impact Sextortion FGM Sexual assault / Harassment Domestic abuse De-escalate & exit aggressive social situations	<u>Positive wellbeing Unit</u> Dealing with Depression Stress and exam pressures Dealing with Anxiety Fears and phobias Sleep hygiene Resilience and growing up.
PoS refs: H1, H2, H3, H4, H5, H6, H7, H13	Exploring Careers in the PSHE Program. Refer to KS5 1 CDI framework and Gatsby	PoS refs: R1, R2, R3, R24, R25, L25	PoS refs H1 TO H7	PoS refs: R11, R12, R13, R19, R20, R21, R22, R23, R24	PoS refs: H14, H15, H16, H17, H21, H22, H23, H24, R19, R20

	bench mark Doc				
Year 13					
Autumn 1 Health & wellbeing	Autumn 2 Careers	Spring 1 Relationships	Spring 2 Living in the wider world	Summer 1 Relationships	Summer 2 Health & wellbeing
<u>Drugs and risk education</u> Drug classification Festival drugs Nitro's Oxide Cannabis products explored Psychoactive Drugs NPS GHB Date Rape Drugs Crack Cocaine/ Heroin Drugs in the news Drink Spiking	To learn about employee rights and responsibilities, and how to communicate professionally in the workplace. To learn how to research future career pathways that align with personal values and life goals. To learn how to make decisions related to post-18 options and pathways. To learn how to write an effective application and prepare for interview , communicating relevant skills and strengths.	<u>Intimate relationships</u> Fertility Respectful relationships Importance of Sexual Health Revisit contraception Revisit STI Changing adolescent body Diversity and inclusion	<u>Person Finance</u> Payments Methods Managing house hold budgets Value of money Borrowing money Foreign currency understanding Inflation	<u>Ethics in the world</u> Benefits of organic produce What does it mean to be Vegan Renewable non renewable energy sources Ethics of the world Fast fashion Respecting views	<u>Online Safety and wellbeing</u> Is social media an addiction? Online Misinformation – how it spreads AI Careers as an influencer / Youtuber Why are gender stereotypes harmful? Male Body Image lesson Masculinity Misogyny Recognising burn out (Mental health) –
PoS refs: H8, H9, H10, H11, H12, H18,H19, H20, R19, R20	Exploring Careers in the PSHE Program. Refer to KS5 1 CDI	PoS refs: R11, R12, R14, R15, R16, R17,R18	PoS refs: L13, L14, L15, L16, L17, L18,L19, L24, H1	PoS refs: H1, R4, R5, R6, R7, R8, R9,R10, R23	

	framework and Gatsby bench mark Doc				
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