

High Grange PSHE/ RSE

Long term mapping Subject: PSHE/ RSE Key stage 5. Years 12/13

Key stage 5 Spiral 1 Foundations of Relationships, Health & Wellbeing

Autumn 1 Healthy, Positive Relationships	Autumn 2 Boundaries and Consent	Spring 1 Harmful Relationship behaviours	Spring 2 Contraception, Parenthood, Sexual Health	Summer1 Mental Health and Wellbeing	Summer 2 Healthy Lifestyles and sleep
Learning Opportunities	Learning Opportunities	Learning Opportunities	Learning Opportunities	Learning Opportunities	Learning Opportunities
Friendship changes & building relationships Professional boundaries Relationship values & ethics Managing conflict & endings Communication in different contexts	Enthusiastic consent Power imbalances Legal & ethical responsibilities Assertive communication Personal boundaries & safety in relationships	Coercion, manipulation & abuse Misogyny & harmful attitudes Safe intervention & reporting Victim support services Recognising harmful behaviour in self/others	Contraception methods & use Fertility & family planning STI prevention & sexual health Unplanned pregnancy pathways Communication with partners & services	Positive mental health strategies Stress, transitions & coping skills Self-regulation & emotional management Support systems & resilience	Work-life balance Self-examination & health checks Evaluating health information Long-term wellbeing choices
TEAM ACE Communication: understanding different styles of communication -Professional, academic, and interpersonal expression.		TEAM ACE Adaptive Thinking: Use future-focused thinking to set goals, evaluate options, and adapt plans based on experience and feedback. Strategic planning, handling uncertainty, knowing when to ask for help.		TEAM ACE Emotional Wellbeing: Reflect on emotional experiences, build resilience, and develop strategies to support wellbeing during life transitions. understanding my strategies for self-regulation and resilience for adulthood	
ACE Thread	ACE Thread	ACE Thread	ACE Thread	ACE Thread	ACE Thread
Develop understanding of professional,	Apply assertive communication to	Recognising abuse, coercion, manipulation,	Evaluate contraception methods and effective	Recognise changes in mental health and apply	Take responsibility for personal health

academic and interpersonal communication styles, applying effective expression to manage friendship changes, build meaningful relationships, maintain professional boundaries, articulate relationship values, navigate conflict, and communicate safely and respectfully during relationship endings and across social and academic contexts.	express personal boundaries and needs, recognising enthusiastic consent and understanding ethical and legal responsibilities. Evaluate power imbalances and use effective decision-making strategies to support safe, respectful and responsible behaviour in sexual and intimate relationships.	misogyny; safe intervention strategies; understanding legal protections and reporting; victim support services; reflecting on own behaviours.	use, analyse fertility changes and family planning factors, assess implications of unintended pregnancy pathways, and apply decision-making to STI prevention, sexual health responsibility, partner communication, and accessing appropriate health services..	strategies for positive wellbeing, including self-regulation, stress management and coping with life transitions, while using connections with nature, hobbies and social relationships to support emotional resilience and balance.	monitoring, including diet, exercise, sleep and sun safety, apply self-examination practices, evaluate health information critically, and make informed long-term lifestyle decisions that support work-life balance and overall wellbeing.
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Key stage 5 Spiral 2 Independence, Risk, Careers & Adult Life

Autumn 1 Mental Health & Wellbeing	Autumn 2 Online Life & Online Harms	Spring 1 Drug Education & Managing Risk	Spring 2 Risk, Safety & Crime Awareness	Summer1 Economic Wellbeing	Summer 2 Careers, Work & Future Pathways
<u>Learning Opportunities</u>	<u>Learning Opportunities</u>	<u>Learning Opportunities</u>	<u>Learning Opportunities</u>	<u>Learning Opportunities</u>	<u>Learning Opportunities</u>
(Advanced) Anxiety, depression & mental health issues Self-harm, eating issues & substance misuse Recognising signs & seeking help Evaluating reliability of support & information	Privacy, body image & online identity Deepfakes, AI & sexual image risks Pornography & online influence Extremism & misogynistic narratives Reporting & digital resilience	Alcohol, drugs, vaping & substances Consent, influence & decision-making Dependency & risk awareness First aid & emergency response Managing unsafe situations	Cybercrime & organised crime Gangs & exploitation risks Personal safety in travel & life Weapons & violence awareness	Banking, budgeting & credit Student finance & loans Contracts & consumer rights Financial risk & scams Managing independence finances	Career planning & aspirations CVs, interviews & applications Work experience & professionalism Strengths & personal branding Online reputation & employability

			Emergency responses (Run, Hide, Tell)		
TEAM ACE Communication: understanding different styles of communication -Professional, academic, and interpersonal expression		TEAM ACE Adaptive Thinking: Use future-focused thinking to set goals, evaluate options, and adapt plans based on experience and feedback. Strategic planning, handling uncertainty, knowing when to ask for help.		TEAM ACE Emotional Wellbeing: Reflect on emotional experiences, build resilience, and develop strategies to support wellbeing during life transitions. understanding my strategies for self-regulation and resilience for adulthood	
ACE Thread	ACE Thread	ACE Thread	ACE Thread	ACE Thread	ACE Thread
Communicate effectively when discussing mental health, including anxiety, depression, disordered eating, self-harm and substance misuse, recognising warning signs, seeking appropriate professional support, and evaluating the reliability of support networks and online information to ensure safe help-seeking.	Manage online privacy and critically evaluate digital content, including body image pressures, sexual image sharing, AI and deepfake harms, extremist and hateful narratives, and pornography, applying informed judgement to report concerns, seek help safely, and challenge harmful online influences.	Evaluate legal and illegal substances and their impacts, assess how alcohol and drug use affects decision-making, consent and personal safety, recognise dependency signs, analyse influencing factors, apply risk management strategies, and make informed responses to unsafe situations including basic first aid	Assess risk in daily life and travel, including online and international contexts, analyse the dangers of gangs, serious organised crime, weapons and cybercrime, apply de-escalation strategies, and make informed decisions about personal safety, emergency response and legal implication	Take responsibility for financial wellbeing by understanding banking, budgeting, credit, student loans and savings, applying consumer rights knowledge, and making informed, long-term decisions that manage financial risk in contracts, online ventures and other high-risk financial activities.	Manage transition to post-18 education and future pathways by developing self-awareness, resilience and confidence, setting realistic goals, recognising strengths and areas for growth, and maintaining emotional balance while adapting to change, uncertainty and new responsibilities in work, study and adult life.