



Nonsuch High School PSHE LONG-TERM OVERVIEW 2023-24

	Autumn 1 Transition	Autumn 2 Personal safety	Spring 1 Physical and Mental Health and Wellbeing	Spring 2 Healthy Relationships Inc. RSE	Summer 1 Being a good Citizen Inc. Active citizenship	Summer 2 Living in the wider world
Year 7	<ul style="list-style-type: none"> • Transition to secondary school • Opportunity and support available • What our school culture is • Being part of a rights respecting school community • An introduction to Philosophy for Children (P4C) 	<ul style="list-style-type: none"> • How we can stay safe online, focusing on abuse and online grooming • Our online rights • Responsibility and what is the law. • How we can ensure that we travel safely. 	<ul style="list-style-type: none"> • Looking at the importance of healthy eating, dental health, hygiene, mental health, exercise and sleep. • The importance of first aid and developing basic first aid skills. • Students will also complete a lesson of P4C 	<ul style="list-style-type: none"> • Examining what types of relationships we have including families and friendships. • What a respectful relationship looks like and how we can ensure we have healthy friendships and respect for others. • Periods apps and products available. 	<ul style="list-style-type: none"> • Focus on Raising and Giving Week in school by examining how students can become active citizens. • They will look at the rights of a child, refugees and sustainability. • Students will also complete a lesson of P4C 	<ul style="list-style-type: none"> • How we can develop Oracy skills through public speaking. • Looking at the environment and conservation projects. • How we can budget and use money effectively. • Developing the student's cultural capital through Activities Week.

	Autumn 1 Transition	Autumn 2 Personal Safety Inc. e-safety	Spring 1 Physical and Mental Health	Spring 2 Healthy Relationships Inc. RSE	Summer 1 Being a good Citizen Inc. Active Citizenship	Summer 2 Living in the wider world
Year 8	<ul style="list-style-type: none"> • Transition back to school • Opportunity and support available • What our school culture is • Being part of a rights respecting school community • An introduction to Philosophy for Children (P4C) 	<ul style="list-style-type: none"> • Understanding the law and being safe with regards to FGM. • Examining what is cyberbullying and how we can remain safe online with an external speaker. • Examining social dilemmas and how we could deal with them. 	<ul style="list-style-type: none"> • Consider what is emotional intelligence and how we can take care of own mental wellbeing. • Introduction into how the use of caffeine, tobacco, vaping, drugs and alcohol can affect our physical wellbeing. • Student will also complete a lesson of P4C. 	<ul style="list-style-type: none"> • Understanding consent, the age of consent and the law • Healthy relationships: learning about different types of relationships, sexuality, gender identity and handling feeling different. 	<ul style="list-style-type: none"> • How students can become active citizens. • Consider our own values and random acts of kindness. • How we can be kind to our planet through sustainability. • Students will also complete a lesson of P4C. 	<ul style="list-style-type: none"> • How we manage and spend money wisely. • How we can develop Oracy skills through public speaking. • Developing the student's cultural capital through Activities Week. • Students will also complete a lesson of P4C.

	Autumn 1 Transition	Autumn 2 Being a good Citizen Inc. active citizenship	Spring 1 Living in the wider world	Spring 2 Healthy Relationships Inc. RSE	Summer 1 Personal Safety Inc. e-safety	Summer 2 Physical and Mental Health and Wellbeing
Year 9	<ul style="list-style-type: none"> • Transition back to school • Opportunity and support available • What our school culture is. • Looking at the year ahead and guiding students to make the most of the opportunities available, including the Duke of Edinburgh programme and honing study skills. • Students will also participate in Philosophy for Children (P4C). 	<ul style="list-style-type: none"> • Focus on how students can become active citizens with links to our school in Kipkelion, including fundraising competition culminating in a school-wide fair. • Students will also explore relationships, diversity and teamwork in the workplace. 	<ul style="list-style-type: none"> • Students will be guided through the GCSE options process by teachers and KS4 students. • Students will consider opportunities in careers and life choices, making good decisions and goal setting. • Introduction to the Unifrog platform. 	<ul style="list-style-type: none"> • Introduction Sex Education: one-to-one sexual relations, STI's, contraception and consent. The viewing of harmful online content specifically explicit sexual material; pornography, sexting and the law. • Students will also participate in Philosophy for Children (P4C). 	<ul style="list-style-type: none"> • Introduction to the law into what constitutes sexual harassment and sexual violence. • How we can stay safe with a focus on extremism and radicalisation. • Our online behaviour and how this can affect us. 	<ul style="list-style-type: none"> • Exploring diversity and identifying difference with a focus on Neurodiversity; disability bullying and mental wellbeing. • Developing an understanding of empathy towards others while learning strategies to improve own self esteem. • Consideration of body image and the changing adolescent body. • Students will also complete first aid session.

	Autumn 1 Transition	Autumn 2 Physical and Mental Health and Wellbeing	Spring 1 Healthy Relationships Inc. RSE	Spring 2 Being a good Citizen Inc. active citizenship	Summer 1 Personal Safety Inc. e-safety	Summer 2 Living in the wider world
Year 10	<ul style="list-style-type: none"> • Transition back to school after the summer and into GCSEs • Opportunity and support available • What our school culture is • Being part of a rights respecting school community • An introduction to Philosophy for Children (P4C) 	<ul style="list-style-type: none"> • Examining the affects that alcohol and drugs can have on young people as they get older and the issues of peer pressure. • Breast cancer and the importance of self-checks. • Focusing on strategies to support our mental wellbeing. • Students will also complete a lesson of P4C 	<ul style="list-style-type: none"> • A focus on sexual harassment*, violence and domestic abuse and why these are unacceptable • How we can be an Ally to our peers who feel different. • Contraception delivered by the Sutton Nursing Team. <p>(*This academic year only – will be covered in Year 9)</p>	<ul style="list-style-type: none"> • Focus on Raising and Giving Week in school by examining how students can become active citizens • Understanding how the rule of law and what are our British Values. • Understanding the term 'County Lines'; how people can be exploited and how to keep yourself safe. Students will also complete a lesson of P4C 	<ul style="list-style-type: none"> • The influence and impact of gangs and Knife Crime. • Considering how students at 15 and 16 years old can using the internet safety and examining pitfalls for young people. • The dangerous effects of vaping *. Students will also complete a lesson of P4C <p>(*This academic year only – will be covered in Year 8)</p>	<ul style="list-style-type: none"> • Examining our electoral system and the importance of voting. • Understanding what skills would be applicable for employment with a focus on entrepreneurship. • Developing the student's cultural capital through Activities Week.

	Autumn 1 Transition	Autumn 2 Physical and Mental Health and Wellbeing	Spring 1 Healthy Relationships Inc. RSE	Spring 2 Being a good Citizen Inc. active citizenship	Summer 1 Personal Safety Inc. e-safety	
Year 11	<ul style="list-style-type: none"> Transition back to school and what Year 11 has in store, careers introduction, Opportunity and support available What our school culture is Being part of a rights respecting school community An introduction to Philosophy for Children (P4C) 	<ul style="list-style-type: none"> The science relating to immunisation and vaccination. Continued development of drug and alcohol education – making safe choices. Mental and emotional wellbeing – dealing with exam stress and anxiety 	<ul style="list-style-type: none"> Developing understanding of different types of positive and healthy relationships focusing sexual exploitation, forced marriage and honour-based violence. Introduction of Allyship 	<ul style="list-style-type: none"> Focus on Raising and Giving Week in school by examining how students can become active citizens. Examining the UN Declaration of Human Rights. Students will also complete a lesson of P4C 	<ul style="list-style-type: none"> Understanding online safety in relation to gambling hooks and addiction. The dangerous effects of vaping* Students will also complete a lesson of P4C <p>(*This academic year only – will be covered in Year 8)</p>	Exam Leave

	Autumn 1 Transition	Autumn 2 Healthy Relationships Inc. RSE (Plus UCAS)	Spring 1 Risk and the real world	Spring 2 Preparing for adulthood	Summer 1 Wellbeing and mindfulness	Summer 2 UCAS and careers
Year 12	<ul style="list-style-type: none"> Transition into life as a 6th form student Opportunity and support available What our school culture is Being part of a rights respecting school community, growth mindset, organisation for A-level An introduction to Philosophy for Children (P4C) 	<ul style="list-style-type: none"> What constitutes healthy relationships as we get older with a focus on boundaries, keeping safe online, sexual health and contraception. Examining LGBTQ+ healthy relationships The psychology of the bystander effect. 	<ul style="list-style-type: none"> How students can keep themselves safe; practical session on self-defence. Staying safe online with a focus on picture sharing. Examining drugs, alcohol and vaping. Students will also investigate credit and debit to become more financially aware. 	<ul style="list-style-type: none"> Examining all things to do with becoming increasingly independent. From healthy eating and knowing how to access medical help to mortgages and politics Students will also complete a lesson of P4C 	<ul style="list-style-type: none"> A focus on how to attend to positive mental wellbeing whilst preparing for Year 12 exams. 	<ul style="list-style-type: none"> UCAS Applications and student logons. Personal statements guidance and support. EPQ Presentations GAP Year Talk

	Autumn 1 Transition	Autumn 2 Addiction	Spring 1 Rights and values	Spring 2 Independence	Summer 1 Looking Ahead	
Year 13	<ul style="list-style-type: none"> • Transition into Year 13 • Opportunity and support available • What our school culture is, • Continuation of finance awareness regarding credit and debit, and mortgages. 	<ul style="list-style-type: none"> • Examining how addiction can affect young adults. • Examining the addition of social media and the psychology behind addiction. • Students will also complete a lesson of P4C 	<ul style="list-style-type: none"> • Understanding the psychology of the bystander effect • Understanding the wider world through politics. 	<ul style="list-style-type: none"> • Examining all things to do with moving into adulthood. • Applying for student finance • Knowing when to seek medical advice • Healthy eating • Female health. 	<ul style="list-style-type: none"> • Final post-18 discussions on UCAS • Conditional and Firm offers • Apprenticeships • Looking ahead to A-level results day. 	Exam Leave