



### Nonsuch High School PSHE LONG-TERM OVERVIEW 2024-2025

	Autumn 1 Transition	Autumn 2 Personal Safety Inc. e-safety	Spring 1 Healthy Relationships Inc. RSE	Spring 2 Physical and Mental Health and Wellbeing	Summer 1 Being a good Citizen Inc. Active citizenship	Summer 2 Living in the wider world
<b>Year 7</b>	Transition to secondary school, opportunity and support available, what our school culture is, being part of a rights respecting school community and an introduction to Philosophy for Children (P4C)	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.	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. We also look at Periods apps and products available.	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	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	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 Healthy Relationships Inc. RSE	Spring 2 Physical and Mental Health	Summer 1 Being a good Citizen Inc. Active Citizenship	Summer 2 Living in the wider world
<b>Year 8</b>	Transition back to school after the summer, opportunity and support available, what our school culture is, being part of a rights respecting school community and an introduction to Philosophy for Children (P4C).	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.	Understanding what consent is, the age of consent and what the law says. Healthy relationships: learning about different types of relationships, sexuality, gender identity and handling feeling different.	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.	Focus on Raising and Giving week in school by examining how students can become active citizens. Consider our own values and how we can give random acts of kindness. How we can be kind to our planet through sustainability. Students will also complete a lesson of P4C.	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	<p>Transition back to school after the summer, opportunity and support available, what our school culture is. We will be 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.</p> <p>Students will also participate in Philosophy for Children (P4C).</p>	<p>Focus on how students can become active citizens with links to our school in Kipkelion, including fundraising competition culminating in a school wide fair.</p> <p>Students will also explore relationships, diversity and teamwork in the workplace.</p>	<p>Students will be guided through the GCSE options process by teachers and KS4 students. They will consider opportunities in careers and life choices, making good decisions and goal setting.</p> <p>They will also be introduced to the Unifrog platform.</p>	<p>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.</p> <p>Students will also participate in Philosophy for Children (P4C).</p>	<p>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.</p>	<p>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.</p>

	Autumn 1 Transition	Autumn 1 Personal Safety Inc. e-safety	Spring 1 Healthy Relationships Inc. RSE	Spring 2 Physical and Mental Health and Wellbeing	Summer 1 Being a good Citizen Inc. active citizenship	Summer 2 Living in the wider world
Year 10	<p>Transition back to school after the summer and into GCSE's opportunity and support available, what our school culture is, being part of a rights respecting school community and an introduction to Philosophy for Children (P4C)</p>	<p>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>	<p>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.</p> <p>Contraception delivered by the Sutton Nursing Team.</p> <p>(*This academic year only – will be covered in Year 9)</p>	<p>Examination the affects that alcohol and drugs can have 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</p>	<p>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</p>	<p>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.</p>

	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	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 and an introduction to Philosophy for Children (P4C)	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	Developing understanding of different types of positive and healthy relationships focusing sexual exploitation, forced marriage and honour-based violence. Introduction of Allyship	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	Understanding online safety in relation to gambling hooks and addiction. The dangerous effects of vaping* Students will also complete a lesson of P4C  (*This academic year only – will be covered in Year 8)	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	Transition into life as a 6 <sup>th</sup> 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 and an introduction to Philosophy for Children (P4C)	What constitutes healthy relationships as we get older with a focus on boundaries, keeping safe online, sexual health and contraception. Examining LGBTQ+ healthy relationships and the psychology of the bystander effect.	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.	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	A focus on how to attend to positive mental wellbeing whilst preparing for year 12 exams.	UCAS Applications and student logons. Personal statements guidance and support. EPQ Presentations And GAP Year Talk

	Autumn 1 Transition	Autumn 2 Addiction	Spring 1 Rights and values	Spring 2 Independence	Summer 1 Looking Ahead	
Year 13	Transition into Year 13, opportunity and support available, what our school culture is, and continuation of finance awareness regarding credit and debit, and mortgages.	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	Understanding the psychology of the bystander effect and understanding the wider world through politics.	Examining all things to do with moving into adulthood. Applying for student finance, knowing when to seek medical advice, healthy eating and female health.	Final post 18 discussions on UCAS Conditional and Firm offers, apprenticeships and looking ahead to A level results day.	Exam Leave