

Key Stage 5 PD Curriculum Map 23/24

PSHE Association strands:

Strand 1	Strand 2	Strand 3
Health and Wellbeing	Sex and Relationships	Living in the Wider World

Key themes mapping:

RSE Relationships and Sex Education	SMSC Spiritual, Moral, Social & Cultural	PC Protected Characteristics	FBV Fundamental British Values	Sx H Sexual Harassment	WW Wider World & CEIAG	HW Health and Wellbeing	Citz Citizenship
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YEAR 12											
AUTUMN 1		AUTUMN 2		SPRING 1		SPRING 2		SUMMER 1		SUMMER 2	
Readiness for Work: Career Opportunities Goal setting, Morrisby, Aspirations Quiz, Careers research Preparing for the World of Work Employability skills, CVs and cover letters, interviews, Work Experience preparation		Mental health and emotional wellbeing Mental health and emotional wellbeing, Managing stress, Body image, Healthy coping strategies		Diversity and Inclusion Living in a diverse society, Challenging prejudice and discrimination	RSE	Planning for the Future Exploring future opportunities, Post-18 Options, The Impact of financial decisions		Respectful Relationships Consent, Assertive communication, Positive relationships and recognising abuse, strategies for managing dangerous situations or relationships	RSE	Health choices and Safety Independence and keeping safe, Travel, First aid, The impact of substance abuse	
	SMSC		SMSC		SMSC		SMSC		SMSC		
			PC		PC		PC		PC		
	FBV		FBV		FBV		FBV		FBV		
			Sx H				Sx H				
	WW		WW		WW		WW		WW		
			HW				HW		HW		
			Citz	Citz							

YEAR 13											
AUTUMN 1		AUTUMN 2		SPRING 1		SPRING 2		SUMMER 1		SUM 2	
Next Steps Application Processes, Future Opportunities and Career Development, Maintaining a Positive Professional Identity		Independence Responsible health choices, managing change, Health and Wellbeing, including sexual health, into adulthood	RSE	Intimate Relationships Personal values, including in relation to contraception and sexual health, Fertility and Pregnancy	RSE	Finance Choices Managing money, Financial contracts, Budgeting, Saving, Debt, Influences on financial decisions		Building and Maintaining Relationships New friendships and relationships, including in the workplace, Personal safety, Intimacy, Conflict resolution, Relationship changes	RSE		
	SMSC		SMSC		SMSC		SMSC		SMSC		
			PC		PC		PC		PC		
	FBV		FBV		FBV		FBV		FBV		
			Sx H				Sx H				
	WW		WW				WW				
					HW				HW		

YEAR 12 MEDIUM TERM PLAN

Half Term	Topics	In these units of work, students learn...
Autumn 1 Living in the Wider World	Readiness for work <ul style="list-style-type: none"> • Career opportunities • Preparing for the world of work 	<ul style="list-style-type: none"> • how to evaluate strengths, skills and interests in relation to future roles and opportunities • how to be enterprising in life and work • how to write an effective CV and prepare for interviews for part-time work • about career opportunities in a global economy • about rights and responsibilities in different types of employment, including full-time, part-time, and jobs in the 'gig economy' • how to demonstrate professional conduct, including following health and safety protocols • about workplace confidentiality and security, including cyber-security and data protection • when, why and how to seek or provide support in response to bullying and harassment in the workplace • strategies for overcoming challenges or adversity in the workplace • about the role of trade unions and professional organisations
Autumn 2 Health and Wellbeing	Mental Health and Emotional Wellbeing <ul style="list-style-type: none"> • Mental health and emotional wellbeing • Managing stress • Body image • Healthy coping strategies 	<ul style="list-style-type: none"> • how to manage work-life balance, including study, leisure, exercise, sleep and time online • strategies to promote mental health and emotional wellbeing and address difficulties • stress management strategies • about the signs of emotional or mental ill-health • how, when and why to access appropriate support and treatment • about the effects on body image and self-esteem, of idealised images of bodies and pressure to conform • strategies to manage influences on body image • how to manage influences and risks relating to cosmetic and aesthetic body alterations
Spring 1 Relationships	Diversity and Inclusion <ul style="list-style-type: none"> • Living in a diverse society • Challenging prejudice and discrimination 	<ul style="list-style-type: none"> • how to communicate personal values in different types of relationships • strategies to challenge prejudice and discrimination in relation to inclusion and any of the protected characteristics of the Equality Act (2010) • about rights, roles and responsibilities in a diverse society and how to respect and advocate for them • to celebrate cultural diversity and promote inclusion • about the ways different faith or cultural views can influence relationships, and how to challenge these if appropriate • how to safely challenge prejudice and discrimination, including online

		<ul style="list-style-type: none"> about extremism and radicalisation, how to reduce the risks and when, where and how to seek help
Spring 2 Living in the Wider World	Planning for the Future <ul style="list-style-type: none"> Exploring future opportunities Post-18 Options The impact of financial decisions 	<ul style="list-style-type: none"> how to assess strengths, interests, values, and skills to set realistic, aspirational goals how to evaluate the options available in education, training and employment post-18, including higher education, further training or apprenticeships, and gap year opportunities how to evidence strengths and skills and use this when applying and interviewing for future roles and opportunities how to evaluate the changing patterns and trends in the labour market, locally, nationally and internationally, and benefit from potential opportunities how to evaluate the financial advantages, disadvantages and risks relating to post-18 options how to evaluate the potential gains and risks of different credit/debt arrangements and repayment implications, including student loans
Summer 1 Relationships	Respectful Relationships <ul style="list-style-type: none"> Consent Assertive communication Positive relationships and recognising abuse Strategies for managing dangerous situations or relationships 	<ul style="list-style-type: none"> how to seek and assertively give, not give or withdraw consent, in all contexts about the legal and moral responsibilities in relation to seeking consent and how to recognise factors that might affect capacity to consent about the emotional, physical, social, and legal consequences of failing to respect others' right not to give or to withdraw consent how to identify the signs of abuse, exploitation and assault or rape where and how to access support and report concerns, including online to evaluate attitudes towards sexual assault and their impact; how to challenge victim-blaming, including when abuse occurs online how to recognise manipulation and coercion and manage negative influence and persuasion exit strategies for unhealthy relationships about rights in relation to harassment, including online, stalking and violence, how to respond and where to seek help about the unacceptability and illegality of forced marriage and 'honour'-based violence and how to safely seek help exit strategies for pressurised or dangerous situations
Summer 2 Health and Wellbeing	Healthy Choices <ul style="list-style-type: none"> Independence and keeping safe Travel First aid The impact of substance use 	<ul style="list-style-type: none"> how to assess and manage risk and personal safety in new independent situations, including online how to manage personal safety in relation to travel, including cycle safety, young driver safety, passenger safety, using licensed taxis and getting home safely about safety, rights and responsibilities when travelling in the UK and abroad, including passport, visa and insurance requirements

		<ul style="list-style-type: none"> • how to perform first aid • how to evaluate when to summon emergency services and about the importance of giving accurate information, even in cases where there may be legal consequences • to identify and manage the impact of substance use on health, personal safety, decision making and sexual behaviour • about the consequences of substance use, and how to manage use of alcohol and other drugs • about the risks of being a passenger with an intoxicated driver and how to manage this • about the impact of substance use on road safety, work-place safety, reputation and career
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YEAR 13 MEDIUM TERM PLAN

Half Term	Topics	In these units of work, students learn...
Autumn 1 Living in the Wider World	Next Steps <ul style="list-style-type: none"> • Application processes • Future opportunities and career development • Maintaining a positive professional identity 	<ul style="list-style-type: none"> • how to evaluate strengths, skills and interests in relation to future opportunities and career development • about the implications of the global market for future choices in education and employment • how to identify appropriate 'next steps' post-18, such as higher education, further training or apprenticeships, and gap year opportunities • about application processes, including how to write a concise and compelling personal statement, effectively refine and tailor a CV and prepare for interviews • how to build and maintain a positive professional identity and online presence • that creating and sharing content online can contribute to, or challenge, a positive online presence • how to effectively challenge online content that adversely affects personal or professional reputation • how social media can expand, limit or distort perspectives • how to set and maintain boundaries around personal privacy • how to manage online safety in all its forms, including seeking help when appropriate
Autumn 2 Health and Wellbeing	Independence <ul style="list-style-type: none"> • Responsible health choices • Managing change 	<ul style="list-style-type: none"> • skills to improve adaptability and resilience during periods of change and strategies to manage change • about the importance of monitoring personal health and wellbeing • how to make informed, independent health choices and manage media messages about health (including about vaccination/immunisation)

	<ul style="list-style-type: none"> • Health and wellbeing, including sexual health, into adulthood 	<ul style="list-style-type: none"> • how to maintain a healthier diet • about registering with and accessing doctors, opticians and other health services • about screening and how to perform (e.g. breast and testicular) self-examination • about illnesses that particularly affect young adults, such as meningitis and ‘freshers’ flu’ • how to select appropriate contraception in different contexts and relationships • how to reduce the risk of contracting or passing on an STI • about accessing local and national advice, diagnosis and treatment in relation to sexual health
<p>Spring 1 Relationships</p>	<p>Intimate Relationships</p> <ul style="list-style-type: none"> • Personal values, including in relation to contraception and sexual health • Fertility • Pregnancy 	<ul style="list-style-type: none"> • how to assertively communicate relationship expectations • how to recognise manipulation and coercion, how to seek and assertively give, not give, or withdraw consent • how to effectively evaluate and use the most appropriate methods of contraception in different circumstances (including emergency contraception) and communicate about use with a sexual partner • about sexual health services, locally, nationally and online, and how to access and use them • to recognise how fertility changes over time and evaluate the implications of this • about the advantages of delaying conception • about unintended pregnancy and young parenthood • about the pathways available in the event of an unintended conception • how to access appropriate advice and support in relation to pregnancy, including miscarriage
<p>Spring 2 Living in the Wider World</p>	<p>Financial choices</p> <ul style="list-style-type: none"> • Managing money • Financial contracts • Budgeting • Saving • Debt • Influences on financial choices 	<ul style="list-style-type: none"> • how to effectively plan expenditure and budget for changes in circumstances (e.g. when moving out or going to university) • about salary deductions, including taxation, national insurance, student loan repayments and pensions, and how to manage these • how to evaluate savings options • about consumer rights, how to resolve disputes and access support • how to manage financial contracts, including mobile phone services and renting items and accommodation, and identify appropriate advice • how to evaluate the potential gains and risks of different debt arrangements and repayment implications • about the risks involved in different financial ventures, including illegal schemes (e.g. illegal money transfers) • how to critically assess different media sources • how to critically evaluate online content and recognise propaganda, manipulation, biased or misleading information

<p>Summer 1</p> <p>Relationships</p>	<p>Building and maintaining relationships</p> <ul style="list-style-type: none"> • New friendships and relationships, including in the workplace • Personal safety • Intimacy • Conflict resolution • Relationship changes 	<ul style="list-style-type: none"> • how to manage mature friendships, including making friends in new places • strategies to confidently manage transitional life phases, such as leaving school, or leaving home for the first time • about personal safety in new relationships, including online • how to maintain healthy, pleasurable relationships and about different levels of emotional intimacy, the role of pleasure, and the difference between 'love' and 'lust' • about relationship challenges and how to manage the ending of relationships safely and respectfully, including online • how to assertively communicate and negotiate boundaries in relationships • about professional relationships; how to build meaningful relationships in the workplace and establish and respect boundaries • how to manage strong emotions, communicate constructively and negotiate difficulties • strategies to recognise, de-escalate and exit aggressive social situations • how to evaluate the dangers and consequences of involvement in gangs, serious organised crime or carrying a weapon
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