

# KS5 PSHE EDUCATION: LONG-TERM OVERVIEW

	Autumn 1 Careers	Autumn 2 Health	Spring 1 RSE and Health	Spring 2 Health	Summer 1 RSE and Health Citizenship	Summer 2 Citizenship
<b>Year 12</b>	<p><b>Careers</b></p> <p><b>Work, careers and pathway choices</b></p> <ul style="list-style-type: none"> <li>• Preparation for the Workforce</li> <li>• Being Ambitious With My Life Goals</li> <li>• Alternatives to University</li> <li>• Knowing My Strengths and Skills</li> <li>• Producing a Compelling CV</li> <li>• Answering Job Interview Questions</li> <li>• Careers in a Global Economy</li> </ul>	<p><b>Health</b></p> <p><b>Healthy lifestyles and mental health</b></p> <ul style="list-style-type: none"> <li>• Cancer &amp; Getting Checked</li> <li>• Vaccines and Immunization</li> <li>• Recognising Illnesses</li> <li>• A Healthy Diet on a Budget</li> <li>• Balancing Work and Life</li> <li>• Supporting Others</li> <li>• Anxiety, Depression &amp; Eating Disorders</li> <li>• Maintaining Positive Mental Health</li> </ul>	<p><b>RSE and Health</b></p> <p><b>Relationship, values and consent</b></p> <ul style="list-style-type: none"> <li>• Types of Relationships</li> <li>• Relationship Values</li> <li>• Prejudice &amp; Discrimination Consent, Sexual Norms and Expectations</li> <li>• Consent Around the World</li> <li>• Police Investigating Sexual Assaults</li> <li>• Violence Against Women</li> </ul>	<p><b>Health</b></p> <p><b>Drugs Education – Risk, personal safety and drugs</b></p> <ul style="list-style-type: none"> <li>• Getting Home Safely</li> <li>• Going Abroad and Safety</li> <li>• Importance of Basic First Aid</li> <li>• The Police, Organised Crime &amp; Gangs Alcohol &amp; Being Assertive</li> <li>• Drugs, Alcohol &amp; Work Decisions</li> <li>• Drink Spiking &amp; Drink Drivers</li> </ul>	<p><b>RSE and Health/Citizenship</b></p> <p><b>Bullying, abuse and Discrimination</b></p> <ul style="list-style-type: none"> <li>• Gaslighting &amp; Emotional Abuse Coercion and Controlling Behaviour</li> <li>• Sharia Law and Honour-Based Violence</li> <li>• Harassment &amp; Stalking</li> <li>• Child-on-Child Abuse</li> <li>• De-Escalating Aggressive Situations</li> <li>• Culture and Diversity</li> </ul>	<p><b>Citizenship</b></p> <p><b>British Values media literacy and digital resilience</b></p> <ul style="list-style-type: none"> <li>• Managing Online Safety &amp; Privacy Online</li> <li>• Reputation</li> <li>• Importance of Networking &amp; LinkedIn</li> <li>• Media Literacy &amp; Digital Resilience</li> <li>• Critical Media Literacy Skills</li> <li>• Photoshop, Airbrushing &amp; Fake News</li> <li>• Extremism and Radicalisation</li> </ul>

	<b>Careers</b> <b>Employment and responsibilities</b>	<b>Health</b> <b>Sexual Health and Self Concept</b>	<b>RSE and Health</b> <b>Contraception and parenthood</b>	<b>Health</b> <b>Forming respectful relationships</b>	<b>Careers/Citizenship</b> <b>Financial choice</b>	<b>Study Skills</b> <b>Preparing for final exams</b>
<b>Year 13</b>	<ul style="list-style-type: none"> <li>• Sixth Formers and Employment Rules</li> <li>• Building Professional Relationships</li> <li>• What is Professional Conduct?</li> <li>• Confidentiality in the Workplace</li> <li>• The Gig Economy Explained</li> <li>• Bullying &amp; Harassment in the Workplace</li> <li>• Striking &amp; Trade Unionism</li> </ul>	<ul style="list-style-type: none"> <li>• Managing Life's Phases</li> <li>• Body Image &amp; Pressure to Conform</li> <li>• Appearance Vs Reality</li> <li>• Body Modifications</li> <li>• Revisiting STIs</li> <li>• Importance of Sexual Health</li> <li>• Sexual Health Misconceptions</li> </ul>	<ul style="list-style-type: none"> <li>• Routes to Parenthood</li> <li>• Unintended Pregnancies &amp; Options</li> <li>• Fertility and What Impacts It</li> <li>• Pregnancy, Motherhood &amp; Employment</li> <li>• Menstrual Charting</li> <li>• Consent and Boundaries</li> <li>• Revisiting Contraception</li> </ul>	<ul style="list-style-type: none"> <li>• The Importance of Building Relationships</li> <li>• The Importance of Family and Friends Online</li> <li>• Dating and Personal Safety</li> <li>• Exploring Emotional Intimacy</li> <li>• Avoiding Toxic Friendships</li> <li>• Power Differences in Relationships</li> <li>• Breaking Up Relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Budgeting at University</li> <li>• Exploring a Payslip</li> <li>• Trading and Investment</li> <li>• Over Time</li> <li>• Consumer Rights &amp; Customer Service</li> <li>• Understanding Rental Contracts</li> <li>• Being Financially Savvy</li> <li>• Problematic Gambling</li> </ul>	<p>–</p>