

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
	<b>Being Me in My World</b>	<b>Celebrating Difference</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing Me</b>
<b>7</b>	Form 1 – Who am I? 2 - My influences 6 - Assessment  PSHCE Lesson 4 – My online identity  5 – What are the consequences of what I say and do online?  3 – Peer pressure and belonging	Form 2 – Bubbles of influence 5 – Bullying 6 – Assessment  PSHCE lesson 1 – Prejudice and Discrimination  4 – Human rights and protected characteristics  3 -Challenging stereotypes	Form 4 – How responsible or risky choices can affect a person’s dreams or goals  5 – How making risky or unsafe choices can affect someone’s dreams and goals  6 – Assessment  PSHCE lesson 1 – What are my dreams and goals?  2 - Achieving my dreams and goals  3 - Coping strategies	Form 1 – Mindfulness  2 - Nutrition and exercise  6 - Assessment  PSHCE lesson 4 – Stress  3 – Sleep  5 - Choices	Form 1 – Qualities of healthier relationships  4 – Discerning external factors in relationships  6 - Assessment  PSHCE lesson 2 – My changing supportive relationships  3 – Getting on and falling out  5 - Assertiveness in relationships	Form 2 – Having a baby  5 - My changing feelings  6 - Assessment  PSHCE 1 – Puberty  3 - Family relationships and choices  4 - Image and self-esteem
<b>8</b>	Form 2 – My ‘family’  4 - The power of first impressions  6 - Assessment  PSHCE Lesson 1 – Who am I?  3 – Family Factors  5 - Faith and beliefs	Form 2 – Injustice  3 – When things go right  6 - Assessment  PSHCE lesson 1 – Prejudice and Discrimination  4 – Bullying  5 - How I can make a difference	Form 1 – Your goals - long-term  2 – What money can’t buy  6 - Assessment  PSHCE lesson 3 –Online Safety  4 - Money and earnings  5 - The price of life	Form 3 – Protecting my physical health  4 - Vaccination  6 - Assessment  PSHCE lesson 1 - Supporting myself and my health  2 - Risks and substances  5 - Health choices and peer pressure	Form 1 – Being in control of myself  3 – Being in control of personal space  6 - Assessment  PSHCE lesson 2 - Being in control of my relationships  4 – Staying safe in the physical world  5 - Staying safe in the online world	Form 4 – Pornography and understanding relationships  5 – Alcohol  6 - Assessment  PSHCE 1 - Different types of relationship  2 – What’s in a relationship?  3 - Looks and smiles

<p><b>9</b></p>	<p>Form</p> <p>3 – Peer approval</p> <p>4 - Risks</p> <p>6 - Assessment</p> <p>PSHCE Lesson</p> <p>1 – Being ‘Me’ in a group</p> <p>2 – Expectations and perceptions of relationships</p> <p>5 Consent</p>	<p>Form</p> <p>2 – Understanding difference</p> <p>3 – The power of positive language</p> <p>6 - Assessment</p> <p>PSHCE lesson</p> <p>1 – Equality</p> <p>4 – Bullying</p> <p>5 - Discrimination</p>	<p>Form</p> <p>2 – The power of planning</p> <p>3 – My dreams for my life</p> <p>6 - Assessment</p> <p>PSHCE lesson</p> <p>1 - My personal strengths</p> <p>4 – Mental health and illness</p> <p>5 - Media manipulation and mental health</p>	<p>Form</p> <p>2 – Protecting the teenage brain</p> <p>3 - Risk taking and group behaviour</p> <p>6 - Assessment</p> <p>PSHCE lesson</p> <p>1 - The amazing teenage brain</p> <p>4 - Life saving skills (supported by RCUK)</p> <p>5 - Mental health first aid</p>	<p>Form</p> <p>2 – Assertiveness and saying no</p> <p>3 - Pornography and its impact</p> <p>6 - Assessment</p> <p>PSHCE lesson</p> <p>1 - Equality in relationships</p> <p>4 – Contraception</p> <p>5 Consequences of unprotected sex</p>	<p>Form</p> <p>3 - Better sleep</p> <p>5 - Changing and Growing</p> <p>6 - Assessment</p> <p>PSHCE</p> <p>1 - Mental health and addiction</p> <p>2 - Change and our emotions</p> <p>4 - Resilience</p>
-----------------	--	---	---	--	---	--

## Being Me in My World

<b>Puzzle</b> Being Me in My World	<b>Piece 1 – Form Time</b>  Who am I?	<b>PSHE Learning Intentions</b> I can recognise that identity is affected by a range of factors
		<b>Social and Emotional Skills Learning Intentions</b> I know that I am a unique individual, and I can think about myself on many different levels (e.g. physical characteristics, personality, attainments, attitudes, values, etc.)
<b>Puzzle</b> Being Me in My World	<b>Piece 2</b>  <b>My influences</b>	<b>PSHE Learning Intentions</b> I can understand that identity is affected by a range of factors
		<b>Social and Emotional Skills Learning Intentions</b> I can identify what or who influences my life
<b>Puzzle</b> Being Me in My World	<b>Piece 6</b>  Assessment	<b>PSHE Learning Intentions</b> I can maintain positive on and offline relationships
		<b>Social and Emotional Skills Learning Intentions</b> I understand that what I say and do online can have consequences for myself and others
<b>Puzzle</b> Being Me in My World	<b>Piece 4 – PSHCE LESSON</b>  <b>My online identity</b>	<b>PSHE Learning Intentions</b> I can recognise how I present myself online
		<b>Social and Emotional Skills Learning Intentions</b> I understand how my online identity can affect what others think and feel about me
<b>Puzzle</b> Being Me in My World	<b>Piece 5</b>  What are the consequences of what I say and do online?	<b>PSHE Learning Intentions</b> I understand what can influence my behaviour online
		<b>Social and Emotional Skills Learning Intentions</b> I understand that what I say and do online can have consequences for myself and others
<b>Puzzle</b> Being Me in My World	<b>Piece 3</b>  <b>Peer pressure and belonging</b>	<b>PSHE Learning Intentions</b> I understand how peer pressure operates within groups
		<b>Social and Emotional Skills Learning Intentions</b> I can achieve an appropriate level of independence from others while maintaining positive relationships with them