



**Clare Mount Department Long Term Plan
Subject PSHE**



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Year 8	Lesson 1 Self-identity, influences - Who Am I?	Lesson1 Prejudice and Discrimination	Lesson 1 Your long terms goals	Lesson 1 Supporting myself and my health (Hygiene revisited)	Lesson1 Being in control of myself - Negative self-talk	Lesson 1 Different types of relationship
	Lesson 2 Family and identity - Different types of families including adoptive and fostering	Lesson 2 Social injustice and inequality.	Lesson 2 What money can't buy	Lesson 2 Risk and substances	Lesson 2 Being in control of my relationships	Lesson 2 What is in a relationship? (Legal status)
	Lesson 3 Family Factors	Lesson 3 When things go right	Lesson 3 Online safety	Lesson 3 Protecting my physical health (dental health)	Lesson 3 Being in control of my personal space (boundaries)	Lesson 3 Managing Relationships
	Lesson 4 The power of first impressions	Lesson 4 LGBT Bullying	Lesson 4 Money and earnings	Lesson 4 Vaccinations	Lesson 4 Staying safe in the physical world	Lesson 4 Inappropriate images
	Lesson 5 Stereotypes, personal beliefs (Protected characteristics)	Lesson 5 How can I make a difference?	Lesson 5 The price of life	Lesson 5 Healthy choices and peer pressure (Introduction to County Lines - basic)	Lesson 5 Staying safe in the online world	Lesson 5 Alcohol and risky behaviour
	Lesson 6 Faith and Beliefs (Protected characteristics)	Lesson 6 Assessment	Lesson 6 Assessment	Lesson 6 Assessment	Lesson 6 Assessment	Lesson 6 Assessment
	Lesson 7 Respect for the beliefs of others (British Values explored) Being British Documentary	Lesson 7 Diversity in the Media				
	Lesson 8 Assessment					



Clare Mount Department Long Term Plan Subject PSHE

Year 9	Lesson 1 Identity and belonging to a group.	Lesson 1 Equality Protected characteristics, Equality Act (Revisited) Workplace.	Lesson 1 My Personal Strengths	Lesson 1 The Amazing Teenage Brain - Protecting the teenage Brain	Lesson 1 Equality in relationships	Lesson 1 Mental health and addiction
	Lesson 2 Expectations and perceptions of relationships	Lesson 2 Understanding difference (Prejudice, Discrimination and stereotyping)	Lesson 2 The Power of planning	Lesson 2 Protecting the Teenage Brain - The danger of drugs and alcohol, classification and legal consequences	Lesson 2 Assertiveness and saying 'No'	Lesson 2 Change and our Emotions
	Lesson 3 Peer Approval (Grooming/ Radicalisation/ County Lines)	Lesson 3 Discrimination	Lesson 3 My Dreams for My Life	Lesson 3 Risk taking and group behaviour	Lesson 3 The impact of pornography	Lesson 3 Conspiracy Theories
	Lesson 4 'Risks'	Lesson 4 - The School that Tried to end Racism (1)	Lesson 4 Mental Health and Illness	Lesson 4 Lifesaving skills (RCUK)	Lesson 4 Contraception choices, STIs, support and advice.	Lesson 4 Extremism and Terrorism
	Lesson 5 Consent	Lesson 5 - The School that Tried to end Racism (2)	Lesson 5 Media manipulation - and Mental health	Lesson 5 Mental Health First Aid	Lesson 5 Consequences of unprotected sex	Lesson 5 Coercion and Manipulation
	Lesson 6 Love and Abuse	Lesson 6 - Assessment	Lesson 6 Assessment	Lesson 6 Assessment	Lesson 6 Assessment	Lesson 6 Assessment
	Lesson 7 County Lines - Who is at risk?	Lesson 7 - The Power of positive language				
	Lesson 8 Assessment					



Clare Mount Department Long Term Plan Subject PSHE

Year 10	Lesson 1 Liberty and Safety in my World (Human Rights)	Lesson 1 Equality: What does it mean in the UK?	Lesson 1 Relationships and Goals	Lesson 1 My Health MOT	Lesson 1 Healthier, long-term relationships	Lesson 1 Changing Society and Me
	Lesson 2 How I feel when things end (Grief)	Lesson 2 Equality in the Workplace (Vulnerable groups including hidden disabilities)	Lesson 2 Me, my goals and my health	Lesson 2 Extraordinary Bodies	Lesson 2 Love and loss	Lesson 2 Managing change and decision making
	Lesson 3 How social media affects me, my identity and culture (Social Media Culture)	Lesson 3 UK What does it take to be British? Citizenship test	Lesson 3 Work Life balance and mental health (resilience)	Lesson 3 Extraordinary minds	Lesson 3 Healthy connections	Lesson 3 Identifying risk and managing personal safety
	Lesson 4 Rated!	Lesson 4 Let's talk about race documentary (1)	Lesson 4 A healthy balance	Lesson 4 STIs	Lesson 4 Can you always believe what you see?	Lesson 4 Stereotypes and exploring relationships
	Lesson 5 Risk! (Pop)	Lesson 5 Let's talk about race documentary (2)	Lesson 5 Health Goals and other people (Organ and Blood Donation)	Lesson 5 Safer Sex	Lesson 5 Revenge porn - legal consequences	Lesson 5 Physical and emotional changes
	Lesson 6 AI and what the Future will look like	Lesson 6 Assessment	Lesson 6 Assessment	Lesson 6 Assessment	Lesson 6 Better together?	Lesson 6 Assessment
	Lesson 7 Assessment	Lesson 7 Challenging inequality			Lesson 7 Assessment	



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Year 11	Lesson 1 Becoming an adult, age limits and the law	Lesson 1 History of the Declaration of Human Rights	Lesson 1 Managing anxiety and overwhelming feelings	Lesson 1 Self-worth	Lesson 1 Intimate romantic relationships	Some time during Changing Me is spent preparing for and taking assessments.
	Lesson 2 Relationships and the law, consent	Lesson 2 Antisemitism	Lesson 2 Money and debt	Lesson 2 Staying safe in a sexual relationship	Lesson 2 Gender Identity and sexuality	
	Lesson 3 The law and You	Lesson 3 Antisemitism (2)	Lesson 3 Dream jobs and skill set	Lesson 3 Hormonal health	Lesson 3 LGBT+	
	Lesson 4 The Internet, the Law and You	Lesson 4 Challenging Islamophobia	Lesson 4 My future relationships (long-term relationship and parenthood)	Lesson 4 Contraception and sexual health	Lesson 4 Who holds all the cards?	
	Lesson 5 Everyday misogyny	Lesson 5 International Organisations	Lesson 5 Resilience and what to do when things go wrong	Lesson 5 Pregnancy and choice	Lesson 5 Harmful and illegal cultural and social practices	
	Lesson 6 British Values, radicalisation and extremism	Lesson 6 Charity and Foreign Aid	Lesson 6 Assessment	Lesson 6 Fertility issues - IVF- Miscarriage	Lesson 6 Arranged and forced marriages	
	Lesson 7 The Radicalisation process	Lesson 7 Refugees		Lesson 7 Assessment	Lesson 7 Honour based violence	
	Lesson 8 Assessment	Lesson 8 Assessment			Lesson 8 Assessment	