

PSHEE AT KESGRAVE HIGH SCHOOL - ANNUAL PLANNER

AUTUMN A ALL YEARS	FRIENDSHIPS AND ANTI-BULLYING: Making & maintaining friendships, conflict resolution, peer pressure & influence, recognising & responding to all types of bullying including online, managing change & transition e.g. to new school/leaving school. MENTAL HEALTH & EMOTIONAL WELLBEING: Developing good mental health, self-esteem & resilience, dealing with stress, coping with change & loss, challenging stigma, recognising unhealthy coping behaviours e.g. self-harm & eating disorders, how to get support or support a friend.
AUTUMN B ALL YEARS	CAREERS AND ASPIRATIONS: Exploring different careers, goal setting, developing employability skills, enterprise projects (setting up your own business), preparing CVs, job interviews. MONEY: savings & debt, gambling, ethical choices about how we spend our money, consumer rights & financial risk.
SPRING A ALL YEARS	SEXUAL HEALTH: Maintaining sexual health, types and purposes of contraception, negotiating contraceptive use, STIs, choices following an unplanned pregnancy, changing fertility and conception options, how to access sexual health services. HEALTHY & UNHEALTHY RELATIONSHIPS: Expectations of a partner, readiness for sex, consent, recognising positive, healthy relationships, recognising exploitation and manipulation, abuse, sharing explicit images, impact of pornography, online relationships, gender and sexual orientation.
SPRING B ALL YEARS	PHYSICAL HEALTH: Puberty, drug education (including alcohol and smoking), healthy food choices and exercise, maintaining a balanced lifestyle, managing risks to health. PERSONAL SAFETY & RISK MANAGEMENT: Online safety, first aid, recognising and responding to risks in different situations, developing independence, travel safety.
SUMMER A ALL YEARS	DIVERSITY & PREJUDICE: Celebrating diversity, developing mutual respect and challenging prejudice and discrimination including racism, sexism, homophobia, biphobia and transphobia, human rights, British values, tackling extremism. MEDIA INFLUENCE: Body image, influence of social media on attitudes and decisions, being a critical consumer of information, fake news, propaganda, stereotypes, finding reliable sources.
SUMMER B ALL YEARS	COMMUNITY: Being valuable citizens, understanding school community, understanding wider community, exploring the work of charitable organisations, fundraising. SMSCFBV: Preventing radicalisation, recognising signs of extremism, extremist groups, origin of extremism, Islamophobia, stereotyping, discrimination, prejudice, British values, tolerance & respect.