

LTP overview PSHE 2022-2023

	Date	AT (Yr11)	GE (YR10)	G (YR9)	LH (YR10)	DL (YR11)
Being me in my world	Aut 1 week 1	Becoming an adult	Liberty and safety in my world	Expectations and perceptions of relationships	Liberty and safety in my world	Becoming an adult
	Aut 1 Week 2	Relationships and the law	How I feel when things end	Peer approval	How I feel when things end	Relationships and the law
	Aut 1 Week 3	The law and you	How social media affects me, my identity and culture	Risks	How social media affects me, my identity and culture	The law and you
	Aut 1 Week 4	Me, The internet and the law	Rated	Being in a group	Rated	Me, The internet and the law
	Aut 1 Week 5	Emergency situation	Risk	Consent	Risk	Emergency situation
	Aut 1 Week 6	Targeted	Targeted	Targeted	Targeted	Targeted
	Aut 1 Week 7	Targeted	Targeted	Targeted	Targeted	Targeted
	Aut 1 Week 8	Assessment	Assessment	Assessment	Assessment	Assessment
Celebrating difference	Aut 2 Week 1		Equality: What does it mean to me in the UK?	Equality	Equality: What does it mean to me in the UK?	
	Aut 2 Week 2		Equality in the workplace	Understanding difference	Equality in the workplace	
	Aut 2 Week 3		Multicultural society	The power of positive language	Multicultural society	
	Aut 12 Week 4		Power in relationships	Bullying	Power in relationships	
	Aut 2 Week 5		Challenging inequality	Discrimination	Challenging inequality	
	Aut 2 Week 6		Targeted	Targeted	Targeted	
	Aut 2 Week 7		Assessment	Assessment	Assessment	
Dreams and goals	Spr 1 week 1	Managing anxiety and overwhelm	Relationships and goals	My personal strengths	Relationships and goals	Managing anxiety and overwhelm
	Spr 1 Week 2	Money and debt	Me, my goals and my health	The power of planning	Me, my goals and my health	Money and debt
	Spr 1 Week 3	Dream jobs and skill set	Work/life balance	My dreams for my life	Work/life balance	Dream jobs and skill set
	Spr 1 Week 4	My future relationships	A healthy balance	Mental health and issues	A healthy balance	My future relationships
	Spr 1 Week 5	What to do when things go wrong	A healthy balance	Media manipulation and mental health	A healthy balance	What to do when things go wrong

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Healthy me	Spr 2 Week 1	Relaxation and managing stress	My health MOT	Making healthier choices	My health MOT	Relaxation and managing stress
	Spr 2 Week 2	Hygiene and health	What protects my health?	Alcohol	What protects my health?	Hygiene and health
	Spr 2 Week 3	Under pressure	Extraordinary minds	Using substances	Extraordinary minds	Under pressure
	Spr 2 Week 4	Pregnancy and choice	Diseases, treatments and lifestyle choices	Life-saving skills	Diseases, treatments and lifestyle choices	Pregnancy and choice
	Spr 2 Week 5	Staying safe in sexual relationships	Targeted	Effects of substances	Targeted	Staying safe in sexual relationships
Relationships	Sum1 Week 1	Intimate romantic relationships	Healthy long-term relationships	Power in relationships	Healthy long-term relationships	Intimate romantic relationships
	Sum1 Week 2	Gender diversity	Love and loss	Assertiveness and saying no	Love and loss	Gender diversity
	Sum1 Week 3	Coming out as LGBT+	Healthy connections	Porn is it real?	Healthy connections	Coming out as LGBT+
	Sum1 Week 4	Who holds all the cards?	Relationships don't believe what you see	Contraception	Relationships don't believe what you see	Who holds all the cards?
	Sum1 Week 5	The last taboos	Better together	Consequences of unprotected sex	Better together	The last taboos
	Sum1 Week 6	Targeted lessons	Targeted	Targeted	Targeted	Targeted lessons
	Sum 1 Week 7	Assessment	Assessment	Assessment	Assessment	Assessment
Changing me	Sum2 Week 1		Changing society and me	Mental health	Changing society and me	
	Sum2 Week 2		Managing change and decision making	Change and our emotions	Managing change and decision making	
	Sum2 Week 3		Gender identity	Better sleep	Gender identity	
	Sum2 Week 4		Stereotypes and exploring relationships	Resilience	Stereotypes and exploring relationships	
	Sum2 Week 5		Physical and emotional changes	Changing and growing	Physical and emotional changes	
	Sum2 Week 6		Targeted lesson	Targeted	Targeted lesson	
	Sum2 Week 7		Targeted lesson	Targeted	Targeted lesson	
	Sum2 Week 8		Assessment	Assessment	Assessment	