

Pacing Plan – PSHE Please input your staff code and highlight it to show the lesson you are due to deliver example: DLM

Y10 Autumn	How are Human Rights & the Equality Act 2010 relevant to me?	How can I Manage my emotions and treat myself with respect? Inc. suicide and self harm?	How can I stay safe online? Including laws surrounding sextng, nudes and dick pics.	What are my employment rights and responsibilities as a minor?	What are the benefits of living in a multicultural society and what happens when it goes wrong? including inequality, force marriages breast ironing, FGM & hate crimes.	How do relationships change Power/Change in relationships Coercive control – physical /Mental resilience
Y10 Spring	How can I achieve a work life balance?	How can I check my bits for lumps? Inc. cancer	What recreational drugs? how & why are they classed?	Why should I consider organ and blood donation?	What is the UK law in relation to Domestic violence, Home based violence (HBV), Forced Marriage (FM)?	What are STI's, is there a treatment and what forms of Contraception can I use?
Y10 Summer	How to Avoid criminal organisations, Gangs and Anti-social Behaviour?	What is a Healthy relationship & what are the different stages of a relationship?.	How do I know that I'm eating healthily?	Power & relationships Identity when a relationship is not balanced in power How to manage or end unsafe relationships	sexuality & gender Gender stereotypes	Emotional pressures to have sex and how to deal with these pressure
Y11 Autumn	What are my options if I am or my partner becomes pregnant?	What risks are associated with drinking alcohol?	Should cannabis be legalised?	'Coming out' – What is the LGBTQ+ community?	Managing anxieties and lifestyle choices	Finances – how to budget inc. mortgages, how they work Child Trust Fund – an overview
Y11 Spring	Recognising & managing stress levels Healthy choices Positive impact of healthy eating, sleep, physical exercise	The role the media plays in presenting unrealistic expectations of sex and relationships	Intimate relationships – The role the media plays in presenting unrealistic expectations of sex and relationships	Keeping yourself/ others safe in an emergency situation	Managing anxieties and lifestyle choices	How do are my Protected characteristics protected by law?
Y11 Summer	REVISION STARTS					