

# PSHE Progression Map (LTP)

## PSHE Key Concepts

**Relationships (including SRE)**  
**Health & Well Being (including Mental Health)**  
**Living in the Wider World**

Key

Purple text = Includes online safety

Green text = Includes Health & well being/ mental health

Red text = Includes Relationships/SRE

## Assessment in PSHE

Week 1 - Retrieval Quiz.

Week 3 or 4 – Teacher assessment (scenario based)

Week 6 – Self assessment – confidence check with topic areas.

<u>Year</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
7	<p><b><u>Character Education</u></b>                      What is Character Education?                      Core Purpose.                      Golden Mean.                      The Good Life.                      Emotions.                      Developing Virtues.                      Acting with Good Sense.</p>	<p><b><u>Celebrating Differences (Relationships)</u></b>                      Prejudice &amp; Discrimination                      Belief &amp; Values.                      Bullying including bystanders.                      Accepting Differences.                      Challenging Stereotypes.                      Equality Act                      Discrimination in School.                      Signs of bullying                      Responding to Bullying. Including online</p>	<p><b><u>Relationships/SRE.</u></b>                      Positive qualities of healthy relationships.                      My relationship values                      Changes – Supportive relationships.                      Managing Conflict.                      Discerning External Factors in relationships.                      Assertiveness - Sexting &amp; Consent.                      Healthy Vs Unhealthy Relationships including online</p>	<p><b><u>Changing Me (Relationships/SRE)</u></b>                      Puberty                      Having a baby.                      FGM                      Healthy family relationships and parenting roles &amp; responsibilities.                      Image &amp; Self-Esteem.                      Media &amp; Impact on self-esteem                      My Changing feelings – Adolescence.                      The Menstrual Cycle .</p>	<p><b><u>Healthy Me (Health &amp; Wellbeing)</u></b>                      Recognising Anxiety &amp; Stress.                      Managing emotions                      Healthy Choices to Manage Stress.                      Good nutrition, Exercise &amp; Sleep.                      Substances.                      Vaccinations &amp; different Views.                      Personal Hygiene.                      Balance- School/ work/ leisure/ exercise</p>	<p><b><u>Dreams &amp; Goals (Living in the Wider World)</u></b>                      Identifying Dreams &amp; Goals                      Recognising Changes.                      Achieving Dreams &amp; Goals.                      Coping Strategies.                      Responsible &amp; Irresponsible choices effecting Dreams &amp; Goals.                      Emergency 1<sup>st</sup> Aid.</p>
8	<p><b><u>Living in the Wider World.</u></b>  <b><u>Digital Literacy</u></b></p>	<p><b><u>Being me in My World. (Relationships)</u></b></p>	<p><b><u>Dreams &amp; Goals. (Living in the Wider World)</u></b>                      Long Term Goals</p>	<p><b><u>Relationships.</u></b></p>	<p><b><u>Healthy Me (Health &amp; wellbeing)</u></b></p>	<p><b><u>Celebrating Differences. Relationships</u></b></p>

	<p>Maintaining positive relationships online. My online personality. Reducing online risks. Protecting personal data online. Sexting Abusive online behaviours, Online prejudice – stopping discrimination.</p>	<p>Similarities, differences &amp; Diversity of Identities. Family Influence on Identity. Stereotypes. The Power of 1<sup>st</sup> Impressions. Faith &amp; beliefs. Effective Communication to Maintain healthy relationships including online Importance of trust and personal values.</p>		<p>Positive &amp; Negative Roles that Money Plays in Society. On-line Safety - how online activity affects dreams &amp; goals. Money &amp; Earnings. Keeping Track of Spending. Budgeting.</p>	<p>Being in Control of Myself – inc. social media. Being in control of my relationships. Stable relationships Personal Space &amp; differences in cultures. Power, control coercion in relationships. Being in control of social media. Impact of Negative use of social media.</p>	<p>Physical Health inc. Dental Stress, Emotions &amp; Triggers. Staying happy Substances, effects on body. Substance Misuse, possession &amp; exploitation. Healthy Choices on Medicines and immunisation. Energy drinks/Sugars.</p>	<p>Prejudice &amp; Discrimination. Inequality Social Injustice. Bullying inc. LGBTQIA+ including online Making a Difference Community and Service.</p>
9	<p><b>Living in the Wider World. Digital Literacy</b></p> <p>The internet, the risks &amp; opportunities. My online values &amp; boundaries. Benefits and potential risks of sharing views on social media platforms. My online profile. Sexting. Impact of sharing images. Assessing the impact of oversharing online. Digital footprint &amp; personal safety</p>	<p><b>Dreams and Goals. (Living in the Wider World)</b></p> <p>Personal Strengths. Planning SMART. Accepting feedback &amp; criticism. Wants vs needs</p>	<p><b>Healthy Me (Health &amp; Wellbeing)</b></p> <p>Mental Health &amp; illness. Challenging stigmas. Media manipulation &amp; Mental Health. Social Media &amp; Mental Health. Media impact, positive &amp; negative Unhealthy coping strategies.</p>	<p><b>Being me in My World. (Relationships/SRE)</b></p> <p>Expectations &amp; Perceptions of Relationships. Peer Approval. Influences from Social Groups including online Rejecting influences. Being me in a group – Differences being a source of conflict. Positive self-Identity including consent. Grooming Peer – on – Peer Abuse. Coercive behaviour</p>	<p><b>Relationships/ SRE</b></p> <p>Power in relationships. Intimate relationships. Peer Approval Assertiveness &amp; saying ‘no’ Sex and the law including online Pornography. Appropriate internet use Contraception. Consequences of unprotected Sex. Biological sex, gender identity, sexual orientation, sexual attraction.</p>	<p><b>Healthy Me (Health &amp; Wellbeing)</b></p> <p>Making Healthy Choices. Alcohol Consumption &amp; laws. Substances. Tabaco &amp; E-Cigarettes. Effects of Substances. Impact on society and individuals. Life Saving.</p>	<p><b>Changing Me (Health &amp; Wellbeing)</b></p> <p>Stigma &amp; Mental Health. Change &amp; Emotions. Managing changes Importance of Sleep. Resilience. Resilience &amp; wellbeing affecting life chances. Puberty – Body Changes. Developing Confidence &amp; Self Esteem.</p>
10	<p><b>Living in the Wider World. Digital Literacy</b></p>	<p><b>Celebrating differences. (Relationships)</b></p> <p>My Values.</p>	<p><b>Relationships</b></p> <p>Healthy long-term relationships. Different types of relationships.</p>	<p><b>Being Me in my World (Health &amp; Wellbeing)</b></p> <p>Liberty and safety. Risks to my safety.</p>	<p><b>Healthy Me (Health &amp; wellbeing)</b></p> <p>Factors that Effect Mental &amp; Physical Health.</p>	<p><b>Changing Me. Relationships/SRE</b></p> <p>Societal Change – Including social media.</p>	

	<p>Spending too much time online? Impact on mental health.</p> <p>Managing personal safety online.</p> <p>Online relationships opportunities &amp; the potential risks.</p> <p>Responsibilities in online relationships.</p> <p>Recognising unwanted online attention.</p> <p>Online Trolls.</p>	<p>Equality Act</p> <p>Freedom of expression.</p> <p>Equality in the Workplace.</p> <p>Human rights.</p> <p>LGBTQ+ and history.</p> <p>Hate crime.</p> <p>Accepting different views and opinions.</p> <p>Consequences of unequal Treatment including online</p> <p>Challenging inequality.</p> <p>Relationships – Equality &amp; inequality.</p>	<p>Love and Loss.</p> <p>Consequences of ending relationships. Bullying &amp; revenge.</p> <p>Divorce/Separation</p> <p>Family separation</p> <p>Healthy Connections.</p> <p>Media Portrayal of relationships.</p> <p>Relationship abuse</p> <p>Coercion, exploitation in relationships.</p> <p>Sharing of online images/ consequences/ motivations.</p> <p>Domestic Abuse/ relationship abuse.</p> <p>Harassment/Stalking.</p>	<p>Personal freedom.</p> <p>Bereavement - Stages of grief</p> <p>Social media, identity &amp; Culture.</p> <p>Positive and negative effects of social media.</p> <p>Threats to online safety.</p> <p>Netiquette.</p> <p>Personal Safety on-line.</p> <p>Online grooming.</p> <p>Risks of aesthetic procedures.</p>	<p>Lifestyle Choices.</p> <p>NHS</p> <p>Breast screening</p> <p>Protecting Health.</p> <p>Risk with substances &amp; over the counter drugs.</p> <p>Impact on sexual choices/behaviour</p> <p>Health disorders –</p> <p>Benefits of volunteering.</p> <p>Disease, Treatments &amp; lifestyle choices.</p> <p>Artificial body shapes.</p> <p>Impact of influences.</p> <p>Eating disorders, self-harm signs and consequences.</p> <p>Unhealthy coping strategies.</p>	<p>Managing Change &amp; Decision Making.</p> <p>Gender &amp; Sexual Identity.</p> <p>Gender Stereotypes and Sexual Identity.</p> <p>Physical and Emotional Changes.</p> <p>Biphobia, homophobia,</p>	
11	<p><b>Living in the Wider World.</b></p> <p><b>Digital Literacy</b></p> <p>Misuse of the internet.</p> <p>Information sharing inc financial exploitation.</p> <p>Cyber bullying &amp; online Trolls</p> <p>Social Media Distortions</p> <p>Online Hate Crime.</p> <p>Social Media and marketing influence – reliability in digital content.</p>	<p><b>Healthy Me (Health &amp; Well being)</b></p> <p>Managing Anxiety.</p> <p>Strategies to manage anxiety.</p> <p>Link between sleep, physical and mental health and learning.</p>	<p><b>Dreams and Goals Relationships</b></p> <p>Identify my dreams &amp; Goals with relationships and commitment.</p> <p>My Dreams &amp; relationships legal different arrangements.</p> <p>Parenting Skills &amp; lifestyle considerations including my</p>	<p><b>Healthy me (Health &amp; Wellbeing)</b></p> <p>Relaxation &amp; Managing Stress.</p> <p>Links with physical &amp; mental Health.</p> <p>Health &amp; Hygiene self-examination including STIs</p>	<p><b>Relationships/SRE</b></p> <p>Self-examination &amp; STI's</p> <p>Sexual pressure/ consent.</p> <p>Pregnancy &amp; choice</p> <p>Staying safe in sexual relationships</p> <p>Consent.</p>	<p><b>Relationships/SRE</b></p> <p>Intimate relationships.</p> <p>Stages of relationships</p> <p>Gender diversity &amp; sexuality.</p> <p>Spectrum of Gender.</p> <p>Fixed and fluid sexuality.</p> <p>Coming out as LGBTQIA+</p> <p>Crimes against LGBTQIA+</p> <p>Power in relationships.</p> <p>Recognise illegal behaviour &amp; Reporting.</p>	<p><b>Being Me in My World (Relationships)</b></p> <p>Becoming an adult. Laws at 16.</p> <p>The laws with relationships.</p> <p>Legal status, marriage, civil partnership, co-habitation.</p> <p>Sexual Harassment &amp; Violence.</p> <p>Alcohol, Drugs, Substances and the Law.</p>

		<p>Managing being overwhelmed.</p> <p>Importance of sleep and monitoring time online.</p>	<p>choice to raise a family or not</p> <p>Contingency plans if dreams are not met</p> <p>Relationship status,</p> <p>Forced marriages on dreams &amp; Goals / honour-based violence.</p>		<p>Honour based violence, FGM</p> <p>Breast ironing.</p> <p>Victim blaming. Impact of attitudes to sexual assault including online.</p> <p>Controlling behaviours.</p> <p>Sexual assault and Harassment.</p>	<p>Risky sexual behaviours under influence.</p> <p>The internet &amp; the Law. Viewing pornography.</p> <p>Assessing an emergency situation. 1<sup>st</sup> Aid.</p> <p>Joint enterprise. Serious and organised crime.</p>	
12	<p><b>Living in the Wider World.</b></p> <p><b>Medial Literacy &amp; Digital Resilience</b></p> <p>The dark web.</p> <p>Screen time and impact on mental health/stress</p> <p>Personal Safety in new relationships – inc online.</p> <p>Gaming &amp; gambling – pros &amp; cons.</p> <p>Negative influence online</p> <p>My online reputation.</p>	<p><b>Healthy Me. (Health &amp; Wellbeing)</b></p> <p>Self-Concept &amp; Self Esteem</p> <p>Positive reframing</p> <p>Body Image</p> <p>Body Enhancement &amp; Alterations.</p> <p>Confronting Comparisons. Eating disorders, Self-harm Compulsive disorders.</p> <p>Personal Health. Registering with services.</p> <p>Monitoring my health</p>	<p><b>Relationships</b></p> <p>Relationship Values.</p> <p>Negotiables and non-negotiables.</p> <p>Forming &amp; maintaining. Respectful relationships including online</p> <p>Different levels on intimacy.</p> <p>Love &amp; lust.</p> <p>Managing conflict including online.</p> <p>Healthy Relationships.</p> <p>Professional relationships.</p> <p>Abusive Relationships including online</p>	<p><b>Relationships/Sex Ed</b></p> <p>Contraception</p> <p>STIs</p> <p>Responsibility for sexual health.</p> <p>Consent</p> <p>Unwanted attention including online.</p> <p>FGM</p> <p>Pornography impact on relationships. Appropriate use of the internet</p> <p>Media distorting perceptions of relationships.</p>	<p><b>Health &amp; Well-Being</b></p> <p>Personal Safety including online.</p> <p>Travel Safety</p> <p>Driver/passenger safety.</p> <p>Traveling aboard</p> <p>Emergency 1<sup>st</sup> Aid</p> <p>Joint Enterprise</p> <p>Drugs, Alcohol, Tabaco including spiking.</p> <p>Substance consequences.</p>	<p><b>Dreams &amp; Goals (Living in the Wider World)</b></p> <p>Career Targets</p> <p>Global Market</p> <p>Employment Rights &amp; Responsibilities.</p> <p>Professional Conduct including online.</p> <p>Budgeting for University. Savings, Dept, &amp; Dispute.</p>	
13	<p><b>Living in the Wider World.</b></p> <p><b>Medial Literacy &amp; Digital Resilience</b></p> <p>Online privacy. Managing my online reputation.</p>	<p><b>Relationships</b></p> <p>Managing challenging relationships at work.</p> <p>Managing changes in relationships when starting work or uni.</p>	<p><b>Healthy Me (Health &amp; Wellbeing)</b></p> <p>Monitoring mental Health at uni.</p> <p>Keeping physically healthy at uni.</p> <p>Diet – staying healthy on a budget.</p> <p>Managing exam/study stress.</p>	<p><b>Relationships &amp; Sex Ed</b></p> <p>Consent</p> <p>Withdrawing consent (including online)</p> <p>Contraception options.</p> <p>STIs</p>	<p><b>Dreams &amp; Goals. Living in the Wider World.</b></p> <p>Rights &amp; Responsibilities in PT Jobs.</p> <p>Professional Conduct and GDPR.</p>		

	<p>Building a positive online profile.</p> <p>Social media, expanding/distorting perspectives</p> <p>Dark web, harmful content &amp; pornography.</p> <p>Sexting.</p> <p>Misogyny.</p>	<p>Managing strong emotions in relationships.</p> <p>Personal safety.</p> <p>Gender diversity.</p> <p>Sexuality &amp; sexual orientation.</p>	<p>Young adult illnesses.</p> <p>Suicide prevention.</p> <p>Media Messages about health.</p>	<p>Planned/unplanned pregnancy</p> <p>Fertility Changes.</p> <p>Sexual abuse &amp; Exploitation</p> <p>Rape &amp; reporting.</p>	<p>Bullying &amp; harassment in the workplace.</p> <p>Budgeting.</p> <p>Consumer Rights.</p> <p>Dept.</p>	
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