

## PSHE/S&R Long Term Plans

In line with the national curriculum all schools should make provision for personal, social, health and economic education (PSHE). Secondary schools must provide sex and relationship education in Key stages 3 and 4.

Autumn	Spring	Summer
Relationships	Safeguarding/looking after yourself	Sexual Health/ growing up
Healthy Schools Themes: Autumn 1 Being a good friend Autumn 2 Emotional and Social Wellbeing	Healthy Schools Themes: Spring 1 Healthy Eating Spring 2 Staying Safe	Healthy Schools Themes: Summer 1 Growing up Summer 2 Physical Activity
Family relationships Taking responsibility for our behaviours Being a good friend Healthy/ personal relationships Domestic abuse Public and private Anti Bullying week Love and relationships Awareness of exposure to pornography	Personal/internet safety Stranger awareness Mental health and disabilities Drugs- good and bad Dealing with problems The importance of a healthy lifestyle	My body Growing up Physical and emotional changes at puberty. Sexual health Body image