Bowman - PSHE Long Term Plan - Primary

	Term 1 Relationships	Term 2 Relationships	Term 3 Living in the wider world	Term 4 Living in the wider world	Term 5 Health and Wellbeing	Term 6 Health and Wellbeing
	Relationships		**Living in the wider world**		**Health and wellbeing**	
Step 1	**Families and friendships** Roles of different people; families; feeling cared for **Safe relationships** Recognising privacy; staying safe; seeking permission	**Safe relationships** Recognising privacy; staying safe; seeking permission **Respecting ourselves and others** How behaviour affects others; being polite and respectful	**Belonging to a community** What rules are; caring for others' needs; looking after the **Media literacy and digital resilience environment.** Using the internet and digital devices; communicating online	**Physical health and Mental wellbeing** Keeping healthy; food and exercise, hygiene routines; sun safety.	**Money and work** Strengths and interests; jobs in the community	**Growing and changing.** Recognising what makes them unique and special; feelings; managing when things go wrong **Keeping safe.** How rules and age restrictions help us; keeping safe online.
Step 2	**Families and friendships** Making friends; feeling lonely and getting help. **Safe relationships** Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	**Safe relationships** Managing secrets; resisting pressure and getting help; recognising hurtful behaviour. **Respecting ourselves and others** Recognising things in common and differences; playing and working cooperatively; sharing opinions	**Belonging to a community** Belonging to a group; roles and responsibilities; being the same and different in the community **Media literacy and digital resilience environment.** The internet in everyday life; online content and information	**Physical health and Mental wellbeing** Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	**Media literacy and digital resilience environment.** The internet in everyday life; online content and information **Money and work** What money is; needs and wants; looking after money	**Growing and changing.** Growing older; naming body parts; moving class or year. **Keeping safe** Safety in different environments; risk and safety at home; emergencies
Step 3	**Families and friendships** What makes a family; features of family life **Safe relationships** Personal boundaries; safely responding to others; the impact of hurtful behaviour.	**Safe relationships** Personal boundaries; safely responding to others; the impact of hurtful behaviour **Respecting ourselves and others** Recognising respectful behaviour; the importance of self-respect; courtesy and being polite.	**Belonging to a community** The value of rules and laws; rights, freedoms and responsibilities **Media literacy and digital resilience environment.** How the internet is used; assessing information online.	**Physical health and Mental wellbeing** Health choices and habits; what affects feelings; expressing feelings	**Money and work** Different jobs and skills; job ste reotypes; setting personal goals.	**Growing and changing.** Personal strengths and achievements; managing and re framing setbacks **Keeping safe** Risks and hazards; safety in the local environment and unfamiliar place.

Step 4	**Families and friendships** Positive friendships, including online **Safe relationships** Responding to hurtful behaviour; managing confidentiality; recognising risks online	**Safe relationships** Responding to hurtful behaviour; managing confidentiality; recognising risks online. **Respecting ourselves and others** Respecting differences and similarities; discussing difference sensitively.	**Belonging to a community** What makes a community; shared responsibilities. **Media literacy and digital resilience environment.** How data is shared and used.	**Physical health and Mental wellbeing** Maintaining a balanced lifestyle; oral hygiene and dental care **Growing and changing.** Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	**Money and work** Making decisions about money; using and keeping money safe	**Growing and changing.** Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty **Keeping safe** Medicines and household products; drugs common to everyday life
Step 5	**Families and friendships** Managing friendships and peer influence	**Safe relationships** Physical contact and feeling safe **Respecting ourselves and others** Responding respectfully to a wide range of people; recognis ing prejudice and discrimination	**Belonging to a community** Protecting the environment; compas sion towards others **Media literacy and digital resilience environment.** How information online is targeted; different media types, their role and impact	**Physical health and Mental wellbeing** Healthy sleep habits; sun safety; medicines, vaccina tions, immunisations and allergies **Growing and changing.** Personal identity; recognising individ uality and different qualities; mental wellbeing	**Media literacy and digital resilience environment.** How information online is targeted; different media types, their role and impact **Money and work** dentifying job interests and aspirations; what influences career choices; workplace stereotypes	**Growing and changing.** Physical and Personal identity; recognising individ uality and different qualities; mental wellbeing **Keeping safe** Keeping safe in different situations, including responding in emergencies, first aid and FGM
Step 6	**Families and friendships** Attraction to others; romantic relationships; civil partnership and marriage. **Safe relationships** Recognising and managing pressure; consent in different situations.	**Safe relationships** Recognising and managing pressure; consent in different situations. **Respecting ourselves and others** Expressing opinions and respecting other points of view, including discussing topical issues.	**Belonging to a community** Valuing diversity; challenging discrimination and stereotypes. **Media literacy and digital resilience environment.** Evaluating media sources; sharing things online.	**Physical health and Mental wellbeing** What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online. **Growing and changing.** Human reproduction and birth; increasing independence; managing transition.	**Media literacy and digital resilience environment.** Evaluating media sources; sharing things online. **Money and work** Influences and attitudes to money; money and financial risks.	**Growing and changing.** Human reproduction and birth; increasing independence; managing transition. **Keeping safe** Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media.

Bowman - PSHE Long Term Plan – Secondary

	Health & Wellbeing	Living in the Wider World	Relationships	Health & Wellbeing	Living in the Wider World	Relationships
	Term 1	**Term 2**	**Term 3**	**Term 4**	**Term 5**	**Term 6**
Step 7	**Transition and safety** Transition to secondary school and personal safety in and outside school, including first aid	**Developing skills and aspirations** Careers, teamwork and enterprise skills, and raising aspirations	**Diversity** Diversity, prejudice, and bullying	**Building relationships** Self-worth, romance and friendships (including online) and relationship boundaries	**Health and puberty** Healthy routines, influences on health, puberty, unwanted contact, and FGM	**Financial decision making** Saving, borrowing, budgeting and making financial choices
Step 8	**Drugs and alcohol** Alcohol and drug misuse and pressures relating to drug use	**Community and careers** Equality of opportunity in careers and life choices, and different types and patterns of work	**Discrimination** Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	**Identity and relationships** Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	**Emotional wellbeing** Mental health and emotional wellbeing, including body image and coping strategies	**Digital literacy** Online safety, digital literacy, media reliability, and gambling hooks
Step 9	**Peer influence, substance use and gangs** Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	**Setting goals** Learning strengths, career options and goal setting as part of the GCSE options process	**Respectful relationships** Families and parenting, healthy relationships, conflict resolution, and relationship changes	**Intimate relationships** Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	**Healthy lifestyle** Diet, exercise, lifestyle balance and healthy choices, and first aid	**Employability skills** Employability and online presence
Step 10	**Mental health** Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	**Financial decision making** The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	**Healthy relationships** Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography	**Addressing extremism and radicalisation** Communities, belonging and challenging extremism	**Exploring influence** The influence and impact of drugs, gangs, role models and the media	**Work experience** Preparation for and evaluation of work experience and readiness for work
Step 11	**Building for the future** Self-efficacy, stress management, and future opportunities	**Next steps** Application processes, and skills for further education, employment and career progression	**Communication in relationships** Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	**Families** Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	**Independence** Responsible health choices, and safety in independent contexts	