

IHS PSHE Overview Programme of Study 2023-24 – PSHE Lessons; once a fortnight, 55mins

Autumn Term

Week	Year 7	Year 8	Year 9	Year 10	Y11
<b>AUTUMN</b>	<b><i>Being Me In My World</i></b>	<b><i>Being Me In My World</i></b>	<b><i>Being Me In My World</i></b>	<b><i>Being Me In My World</i></b>	<b><i>Being Me In My World</i></b>
<b>Week 1/2</b> 4/11 Sept Lesson 1	Who Am I?	Who Am I?	Being 'Me' in a group	Liberty & Safety in my World	Becoming an Adult
<b>Week 3/4</b> 18/25 Sept Lesson 2	My Influences	My 'Family'	Expectations & Perceptions of Relationships;	How I feel when things end	Relationships and the Law
<b>Week 5/6</b> 2/9 Oct Lesson 3	Peer Pressure and Belonging	'Family Factors'	Peer Approval	How social media affects me, my identity and culture	The Law and You
<b>Week 7</b> 16 Oct Lesson 4	My Online Identity	The Power of 1 <sup>st</sup> Impressions	Risks	Rated!	Me, the internet and the Law
HALF TERM – w/b 23 <sup>rd</sup> Oct & 30 <sup>th</sup> Oct					
<b>Week 8</b> 6 Nov Lesson 4	My Online Identity	The Power of 1 <sup>st</sup> Impressions	Risks	Rated!	Me, the internet and the Law
<b>Week 9/10</b> 13/20 Nov Lesson 5	What are the Consequences of what I say and do Online?	Faith and Beliefs	Consent	Risk	Emergency Situation
<b>AUTUMN</b>	<b><i>Relationships</i></b>	<b><i>Relationships</i></b>	<b><i>Relationships</i></b>	<b><i>Relationships</i></b>	<b><i>Relationships</i></b>
<b>Week 11/12</b> 27 Nov/4 Dec Lesson 1	Positive qualities of healthy relationships	Being in control of...myself	Power in relationships	Healthy, long-term relationships	Intimate Romantic Relationships
<b>Week 13</b> 11 Dec Lesson 2	My changing supportive relationships	Being in control of...my relationships	Assertiveness and saying no	Love and loss	Gender Diversity and Sexuality
CHRISTMAS HOLIDAY – w/b 18 <sup>th</sup> Dec, 25 <sup>th</sup> Dec to Wednesday 3 <sup>rd</sup> Jan					

Week	Year 7	Year 8	Year 9	Year 10	Y11
SPRING	Relationships	Relationships	Relationships	Relationships	Relationships
<b>Week 14</b> 8 Jan Lesson 2	My changing supportive relationships	Being in control of...my relationships	Assertiveness and saying no	Love and loss	Gender Diversity and Sexuality
<b>Week 15/16</b> 15/22 Jan Lesson 3	Getting on and falling out	Being in control of...my personal space	Porn – is it real?	Healthy connections	Coming Out as LGBT+
<b>Week 17/18</b> 29 / 5 Feb Lesson 4	Discerning external factors in relationships	Managing control and coercion in relationships	Contraception	Relationships – don't believe what you see!	Who holds all the cards?
<b>Week 19</b> 12 Feb Lesson 5	Assertiveness in relationships	Being in control of social media	Consequences of unprotected sex	Better together?	The Last Taboos
HALF TERM – w/b 19 <sup>th</sup> Feb					
<b>Week 20</b> 26 Feb	Assertiveness in relationships	Being in control of social media	Consequences of unprotected sex	Better together?	The Last Taboos
	<b>Changing Me</b>	<b>Changing Me</b>	<b>Changing Me</b>	<b>Changing Me</b>	<b>Healthy Me</b>
<b>Week 21/22</b> 4/11 Mar	My changing body	Different types of relationships	Mental health	Changing society and me	Under pressure
<b>Week 23/24</b> 18/25 Mar	Having a baby	What's in a relationship?	Change and our emotions	Managing change and decision making	Staying safe in sexual relationships
EASTER HOLIDAY – Thursday 28 <sup>th</sup> March to Monday 22 <sup>nd</sup> April					

SUMMER	Changing me	Changing me	Changing me	Changing me	Changing me
Week 25 / 26 22/29 April	Types of relationships and their impact	Looks and smiles	Better sleep	Geder identity	Start of Exam Period Yr11s
Week 27/28 6/13 May	Image and self-esteem	Does watching pornography help people to understand relationships?	Resilience	Stereotypes and exploring relationships	
Week 29 20 May	My changing feelings	Alcohol and risk	Changing and Growing	Physical and emotional changes	
HALF TERM – w/b 27 <sup>th</sup> May					
	Healthy Me	Healthy Me	Healthy Me	Healthy Me	Healthy Me
Week 30 3 June	How to recognise & deal with anxiety & stress	Me and My health	Making healthier choices	My health MOT	Start of Exam Period Yr11s
Week 31/32 10/17 Jun	Healthy choices on...substances	Healthy choices on...substances	Alcohol	What protects my health?	
Week 33/34 24 Jun / 1 July	Healthy choices on...medicines and immunisation	Substance misuse and exploitation	Using substances (including smoking)	Extraordinary bodies and minds	