



KS5 PSHE EDUCATION: LONG-TERM OVERVIEW



	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Living in the wider world	Summer 1 Relationships	Summer 2 Health & wellbeing
Year 12	Mental health and emotional wellbeing <ul style="list-style-type: none"> Mental health and emotional wellbeing Managing stress Body image Healthy coping strategies 	Readiness for work <ul style="list-style-type: none"> Career opportunities Preparing for the world of work 	Diversity and inclusion <ul style="list-style-type: none"> Living in a diverse society Challenging prejudice and discrimination 	Planning for the future <ul style="list-style-type: none"> Exploring future opportunities Post-18 options The impact of financial decisions 	Respectful relationships <ul style="list-style-type: none"> Consent Assertive communication Positive relationships and recognising abuse Strategies for managing dangerous situations or relationships 	Health choices and safety <ul style="list-style-type: none"> Independence and keeping safe Travel First aid The impact of substance use
Year 13	Independence <ul style="list-style-type: none"> Responsible health choices Managing change Health and wellbeing, including sexual health, into adulthood 	Next steps <ul style="list-style-type: none"> Application processes Future opportunities and career development Maintaining a positive professional identity 	Intimate relationships <ul style="list-style-type: none"> Personal values, including in relation to contraception and sexual health Fertility Pregnancy 	Financial choices <ul style="list-style-type: none"> Managing money Financial contracts Budgeting Saving Debt Influences on financial choices 	Building and maintaining relationships <ul style="list-style-type: none"> New friendships and relationships, including in the workplace Personal safety Intimacy Conflict resolution Relationship changes 	