

Personal, Social, Health and Economic Education Topics

(12 – 16 years)

Autumn Term 1
Growing Up
My body is changing I can describe the changes that people’s bodies go through during puberty and how we can look after our changing bodies.
Feelings and emotions I can describe how thoughts and feelings may change during puberty and suggest how to deal with those feelings.
Loving myself I recognise that many things affect the way we feel about ourselves and I understand that there is no such thing as an ideal kind of body.
Relationships and Families I understand what a loving relationship is and that there are many types of relationships.
Reproduction I can describe the process of human reproduction, from conception to birth.
Let’s talk about sex I understand what a sexual relationship is and who can have a sexual relationship.
Unit Re-Cap (if needed) I can re-cap what I learned within this unit and give examples of how it works in my own life.
My Online Life
Digital Wellbeing I can identify the benefits of the Internet and know how to look after my digital wellbeing.
Staying Safe Online I know how to stay safe, healthy and happy online and when I use digital technology
Online Relationships I know how to develop safe, respectful and healthy online relationships and can recognise the signs of inappropriate and harmful online relationships
Social Media I know how to use social media responsibly to protect the health, wellbeing and rights of all.
Cyber Bullying I know what online bullying is and what to do if I see or experience it to help make it stop.

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Fake News

I understand not all information online is true and know how to assess the reliability of both text and images.

Unit Re-Cap (if needed)

I can re-cap what I learned within this unit and give examples of how it works in my own life.

Spring Term 1

Being Me

1 of a kind

I can explain why everyone is unique and understand why this should be celebrated and respected.

Expressing myself

I can explain why I should share my own thoughts and feelings and I know how to do this.

Uncomfortable feelings

I can explore uncomfortable feelings and understand how to manage them.

My self esteem

I can understand why we sometimes feel shy or nervous and know how to manage these feelings.

Making good choices

I can identify when I might have to make different choices from those around me.

Making things right

I can explore how it feels to make a mistake and describe how I can make amends.

Unit Re-Cap (if needed)

I can re-cap what I learned within this unit and give examples of how it works in my own life.

Part of a Team

What makes a team good

I can talk about the attributes of a good team.

Communication matters

I can accept that people have different opinions and know that I can politely disagree with others and offer my own opinion.

Collabs

I can compromise and collaborate to ensure a task is completed.

Caring

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I can reflect on the need to care for individuals within a team.
Dealing with conflict I can identify hurtful behaviour and suggest ways I can help.
Responsibilities for all I can understand the importance of shared responsibilities in helping a team to function successfully.
Unit Re-Cap (if needed) I can re-cap what I learned within this unit and give examples of how it works in my own life.

Summer Term 1
My body
My body, my choice I know that my body belongs to me and that I have control over what happens to it.
Eat Sleep Exercise Repeat I understand why getting enough exercise and enough sleep is important.
Body Care I understand how to take care of my body.
Substances and their affects I understand the harmful effects of using drugs, including alcohol and tobacco.
I love my body I understand what a positive body image is
Physical and Mental Health I can make informed choices in order to look after my physical and mental health.
Unit Re-Cap (if needed) I can re-cap what I learned within this unit and give examples of how it works in my own life.
My World
I am a global citizen I can talk about and understand how we can be responsible global citizens.
Global Warming or Warning? I can describe what global warming is and what we can do to help prevent it from getting worse.
Energy use I can explain how our energy use can harm the environment and describe what we can do to help.

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Wasting water I can describe how we can use water responsibly and understand the importance of doing this.
Biodiversity I can understand what biodiversity is and explain the importance of doing all we can to encourage it.
My Choices I can make choices which make the world a better place and that help people across the world.
Unit Re-Cap (if needed) I can re-cap what I learned within this unit and give examples of how it works in my own life.

Autumn Term 2
My Circle
The people around me I can explain how people who love and care for each other should treat each other.
Take a deep breath I can identify different ways to calm down when I am feeling angry or upset.
Can we agree to disagree? I understand that people have different opinions that should be respected.
Taking control I can identify negative influences on my behaviour and suggest ways that I can resist these influences.
Secrets... I can explain when it is right to keep a secret, when it is not and who to talk to about this.
Fake friends I can recognise healthy and unhealthy relationships.
Unit Re-Cap (if needed) I can re-cap what I learned within this unit and give examples of how it works in my own life.
Living in Britain
Our Identities I can talk about the range of faiths and ethnicities in our nation and identify ways of showing respect to all people.

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My Community I can explain what a community is and what it means to belong to one.
Laws and Legislations I can explain why and how laws are made and identify what might happen if laws are broken.
My Local Government I can discuss the terms democracy and human rights in relation to local government.
The National Government I can discuss the terms democracy and human rights in relation to national government.
How can I help? I can investigate what charities and voluntary groups do and how they support the community.
Unit Re-Cap (if needed) I can re-cap what I learned within this unit and give examples of how it works in my own life.

Spring Term 2
Feeling Positive
The cognitive triangle I understand the link between thoughts, feelings and behaviours.
True or false? I understand the concept and impact of positive thinking.
Managing negativity I can recognise and manage uncomfortable feelings.
My choices I understand the importance of making good choices.
Being mindful I can use mindfulness techniques in my everyday life.
My growth mindset I can apply a growth mindset in my everyday life.
Unit Re-Cap (if needed) I can re-cap what I learned within this unit and give examples of how it works in my own life.
Money and finances
Financial risk

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I can apply a growth mindset in my everyday life.
Critical customers I understand how retailers try to influence our spending.
Ethical Spending I can discuss the spending decisions people have to make.
Budgeting I can explain why budgeting can be helpful and how a budget can be made.
Money and Emotions I can discuss the impact money can have on people's emotional wellbeing.
The impact of spending I can explain the impact spending has on our environment.
Unit Re-Cap (if needed) I can re-cap what I learned within this unit and give examples of how it works in my own life.

Summer Term 2
Keeping Safe
My Responsibilities I can be responsible for making good choices to stay safe and healthy.
Risks, Hazards and Danger I can assess and manage risks in different situations.
Managing Pressure I can confidently identify and manage pressure to get involved in risky situations.
Emergency Situations I can act sensibly and responsibly in an emergency.
Safely at Home I can identify hazards and reduce risks to keep myself and others safe at home.
Safely Outdoors I know how to stay safe in different outdoor environments
Unit Re-Cap (if needed) I can re-cap what I learned within this unit and give examples of how it works in my own life.

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Striving for Success Unit
No limits! I can understand how people learn new things and achieve certain goals.
There's no stopping me! I can understand that a helpful attitude towards learning can help us succeed in life.
Looking to the future I can identify opportunities that may become available to me in the future I am aware of how to make the most of them.
Equal Opportunities I can understand that gender, race and social class do not determine what jobs people can do.
My path to employment I can understand there are a variety of routes into different jobs which may match my skills and interests.
Working towards my goals I can discuss my goals for the future and the steps I need to take to achieve them.
Unit Re-Cap (if needed) I can re-cap what I learned within this unit and give examples of how it works in my own life.