



# PSHEC Overview 2024-2025



## Light Hall School

	Term 1 Being Me In My World	Term 2 Celebrating Differences	Term 3 Dreams and Goals	Term 4 Healthy Me	Term 5 Relationships	Term 6 Changing Me
<b>Year 7</b>	<p><b>PSHE TOPICS:</b> Self-identity, Influences on my identity, My online identity</p> <p><b>Citizenship Topics:</b> Rules, fairness, rights and responsibilities</p>	<p><b>PSHE TOPICS:</b> Stereotypes and prejudice, Challenging discrimination, Bullying</p> <p><b>Citizenship Topics:</b> Rules, fairness, rights and responsibilities</p>	<p><b>PSHE TOPICS:</b> Setting goals and dealing with failure, Making good decisions, Learning from mistakes</p> <p><b>Citizenship Topics:</b> Communities and identities</p>	<p><b>PSHE TOPICS:</b> Understanding stress, Healthy choices and harmful substances, Building a healthy lifestyle</p> <p><b>Citizenship Topics:</b> Communities and identities</p>	<p><b>PSHE TOPICS:</b> Positive qualities in relationships, Assertiveness, Getting on and falling out</p> <p><b>Citizenship Topics:</b> Laws and the Justice system</p>	<p><b>PSHE TOPICS:</b> Physical and mental changes during puberty, The role of a parent</p> <p><b>Citizenship Topics:</b> Laws and the Justice system</p>
<b>Year 8</b>	<p><b>PSHE TOPICS:</b> Changing identity, Identity and expectations, Family</p> <p><b>Citizenship Topics:</b> Managing money</p>	<p><b>PSHE TOPICS:</b> Who was Anne Frank?, Tackling prejudice and discrimination, Bullying</p> <p><b>Citizenship Topics:</b> Managing money</p>	<p><b>PSHE TOPICS :</b> Setting goals, Understanding how money works</p> <p><b>Citizenship Topics:</b> Liberty and freedom</p>	<p><b>PSHE TOPICS:</b> Taking care of our physical health, Healthy choices, Substance misuse and peer pressure</p> <p><b>Citizenship Topics:</b> Impact of choices, freedom to protest</p>	<p><b>PSHE TOPICS:</b> Self-care, Personal space and safety online, Managing coercion</p> <p><b>Citizenship Topics:</b> Climate change and education rights</p>	<p><b>PSHE TOPICS:</b> Relationship expectations, Relationships in the media, Managing challenging content</p> <p><b>Citizenship Topics:</b> Environmental issues, freedom of movement</p>
<b>Year 9</b>	<p><b>PSHE TOPICS:</b> Intimate relationships, Influences on my identity, Managing pressures in relationships</p> <p><b>Citizenship Topics:</b> Principles and values in British society and the changing identity of the UK.</p>	<p><b>PSHE TOPICS:</b> Banter and bullying, The Equality Act, The power of language</p> <p><b>Citizenship Topics:</b> Multiculturalism and Diversity</p>	<p><b>PSHE TOPICS:</b> Health goals, Being happy in myself, Smart Goals</p> <p><b>Citizenship Topics:</b> The role and rights of the media and free press</p>	<p><b>PSHE TOPICS :</b> Why do people use drugs, Effects of drugs and the law, Consequences of using drugs</p> <p><b>Citizenship Topics:</b> The UK's role in international organisations and international conflicts.</p>	<p><b>PSHE TOPICS:</b> Contraception, Consequences of unprotected sex, The reality of porn</p> <p><b>Citizenship Topics:</b> Making a difference in society and holding those in power to account.</p>	<p><b>PSHE TOPICS:</b> Recognising mental health issues, Positive thinking, New challenges</p> <p><b>Citizenship Topics:</b> Laws in contemporary society – how are they made and how do we decide what is fair?</p>
<b>Year 10</b>	<p><b>PSHE TOPICS:</b> My rights online and offline, Risks and netiquette online</p> <p><b>Citizenship Topics:</b> The roles and powers of the police and the judiciary</p>	<p><b>PSHE TOPICS:</b> Equality of opportunity and at work</p> <p><b>Citizenship Topics:</b> How laws protect the citizen (Magna Carta and Trade Unions)</p>	<p><b>PSHE TOPICS:</b> Goals and health, Building resilience, Supportive relationships</p> <p><b>Citizenship Topics:</b> The role of the monarchy and who are the UK political parties?</p>	<p><b>PSHE TOPICS:</b> Protecting my physical, mental and sexual health</p> <p><b>Citizenship Topics:</b> Different voting systems and electoral apathy.</p>	<p><b>PSHE TOPICS:</b> Losing your virginity, Staying safe in sexual relationships, Pregnancy</p> <p><b>Citizenship Topics:</b> The role of an MP and the role of Local councils.</p>	<p><b>PSHE TOPICS:</b> The history of the LGBT+ movement, Challenges of coming out, FGM and Forced marriage, ICT project</p> <p><b>Citizenship Topics:</b> How does the economy work, cost of living.</p>
<b>Year 11</b>	<p><b>Careers Day</b> Post 16 routes; apprenticeships, CVs and mock interviews, money matters, careers exploration.</p>	<p><b>PSHE TOPICS :</b> Becoming an adult, Consent and Coercion, Supportive relationships, Managing anxiety and stress</p> <p><b>Citizenship Topics:</b> Digital democracy and making your own political party.</p>				

