

Thrive Independent School

PSHE Scheme of Work by Year Group

Academic Year: 2024–2025

Cross-Curricular Themes:

- British Values, SMSC and Safeguarding are embedded in all year groups
- Weekly mentoring or tutor-led discussions enhance PSHE learning

	Year 7 <u>Introduction to self and society</u>	Year 8 <u>Growing Responsibility</u>	Year 9 <u>Independence and influence</u>	Year 10 <u>Preparing for Adulthood</u>	Year 11 <u>Transition and Decision - Making</u>
Autumn term	Health and well-being - Emotions and how to manage them • Identifying basic and complex emotions • Triggers and emotional responses • Emotional literacy: naming and communicating feelings • Introduction to regulation strategies (e.g. grounding)	Health and well-being - Mental health awareness • What is mental health? • Challenging stigma • Everyday mental wellbeing strategies • When and how to seek help - Stress and how to manage it • Understanding stress and its causes	Health and well-being - Managing emotions in difficult situations • Recognising intense emotions (anger, sadness, fear) • Coping strategies for crisis and stress • Conflict vs emotional regulation • When and how to reach out for support - Coping with change and loss	Health and well-being - Stress and mental health: Spotting the signs • Common mental health challenges in teens • Signs of anxiety and depression • Importance of early intervention • Signposting trusted support services - Addiction: Causes, effects and support	Health and well-being - Mental fitness and emotional resilience • Self-reflection and goal setting • Growth mindset • Reframing negative thoughts • Preparing mentally for change - Preparing for life after school • Time management and organisation



	<i>techniques, breathing, journaling)</i> - Healthy habits: sleep, exercise and diet • Importance of sleep and its impact on focus, mood and health • Role of physical activity in mental and physical wellbeing • Understanding a balanced diet and food groups • Hydration and energy: caffeine and sugar myths - Basics of mental well-being • What is mental health? (Definition and stigma reduction) • Spotting signs of low mood, anxiety or stress	• Physical and emotional signs • Coping mechanisms (exercise, journaling, talking) • Dealing with school and social pressures - Introduction to drugs, alcohol and smoking • Effects on body and mind • Peer influence and resisting pressure • Laws and risks • Making informed choices - Sleep and its impact on mood and learning • The importance of good sleep hygiene • Link between sleep and behaviour • Screen time before bed • Establishing a healthy routine	• Types of loss (bereavement, separation, moving school) • Stages of grief • Talking about feelings and normalising vulnerability • Supporting others through difficult times - Body image and self-esteem • Media and societal influences • Comparison and self-worth • Positive body talk and challenging 'ideal' images • Building inner confidence and self-acceptance - Drugs and risk-taking behaviours • Substance misuse: signs and effects	• Types of addiction: substances, gambling, gaming • Effects on life, learning, and relationships • Recognising the cycle of dependency • How to support others or seek help - Healthy choices: Food, fitness and lifestyle • Diet and exercise for physical and mental health • Sleep patterns and screen time habits • Debunking health myths • Making informed lifestyle decisions - Managing academic and personal pressure • Exam stress and time management techniques • Recognising burnout and fatigue	• Independent living basics (laundry, bills, hygiene) • Emotional preparation for transitions • Building a support network - Where to find help: Support systems • Role of pastoral staff, external agencies and helplines • Knowing your rights • Navigating health services • Asking for and accepting help - Balanced lifestyle: Managing time, stress and sleep • Managing multiple responsibilities • Downtime, sleep and energy levels • Understanding burnout
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	• Importance of talking and asking for help • Introduction to self-care and resilience - Online life: Screen time and self-image • Balancing screen time and offline activity • Social media and unrealistic comparisons • Gaming, dopamine, and online addiction • Positive online habits and parental controls		• The brain, judgement and impulse control • Strategies for risk avoidance • Long-term vs short-term consequences	• Balancing study, hobbies, and relationships • Developing resilience strategies	• Planning for wellbeing
Spring term	Relationships and identity - Making friends and managing conflict • Qualities of healthy friendships	Relationships and identity - Respecting different identities (LGBTQ+ inclusion) • Inclusion of LGBTQ+ peers	Relationships and identity - Gender identity and sexual orientation • Understanding LGBTQ+ identities • Respectful language and legal protections	Relationships and identity - Healthy relationships and warning signs • Respect, trust and equality in romantic and platonic relationships	Relationships and identity - Relationship break-ups and dealing with change • Processing break-ups respectfully



	• <i>Conflict resolution techniques</i> • <i>Role of empathy and active listening</i> • <i>Peer pressure and decision-making</i> - Understanding differences: Family types and gender roles • <i>Diverse family structures</i> • <i>Gender stereotypes and expectations</i> • <i>Inclusion and equality in relationships</i> • <i>Exploring self-identity and respect for others</i> - What is bullying? What is kindness? • <i>Types of bullying (verbal, physical, cyber)</i>	• <i>Challenging stereotypes and prejudice</i> • <i>Celebrating diversity in relationships</i> • <i>Importance of language and respect</i> - Unhealthy relationships and pressure • <i>Red flags in friendships or romantic situations</i> • <i>Respecting your own values</i> • <i>Spotting manipulation and coercion</i> • <i>Where to find support</i> - Consent and decision-making • <i>Legal and emotional aspects of consent</i> • <i>Saying and hearing 'no'</i> • <i>Decision-making frameworks</i> • <i>Body autonomy and safety</i>	• <i>Challenging prejudice and promoting inclusion</i> • <i>Exploring personal identity and acceptance</i> - Relationship values and readiness • <i>Signs of healthy vs unhealthy relationships</i> • <i>Pressure, control and emotional manipulation</i> • <i>Being ready for romantic relationships</i> • <i>Setting and communicating personal boundaries</i> - Sexting and online pressures • <i>The law around explicit images</i> • <i>Why people share and the dangers</i> • <i>Impact on reputation, safety, and mental health</i>	• <i>Boundaries and consent in practice</i> • <i>Red flags and unhealthy dynamics</i> • <i>Where to go for support</i> - Consent, boundaries and mutual respect • <i>The law around consent (age, capacity)</i> • <i>Ongoing and enthusiastic consent</i> • <i>Navigating consent in real-life scenarios</i> • <i>Communication in relationships</i> - Domestic abuse and coercive control • <i>Understanding patterns of control and isolation</i> • <i>Effects on victims and families</i> • <i>Challenging myths and stigma</i> • <i>Reporting procedures and helplines</i>	• <i>Understanding grief and moving forward</i> • <i>Supporting others going through break-ups</i> • <i>Maintaining self-esteem</i> - Values in relationships and long-term plans • <i>Aligning values and long-term goals</i> • <i>Communication in future planning</i> • <i>Respect for differing ambitions</i> • <i>Family planning and relationships</i> - Revisiting STIs, contraception and consent • <i>Safe sex refresher: STIs, contraception, access to services</i>
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	• <i>Recognising bullying and how to respond</i> • <i>The role of bystanders</i> • <i>Everyday acts of kindness and empathy</i> - Introductions to consent and personal space • <i>Defining consent and boundaries</i> • <i>When to say no and how to respect no</i> • <i>Safe and unsafe touch (age-appropriate)</i> • <i>Developing respectful behaviour</i>	- Peer influence and standing up for what's right • <i>How peers affect decision-making</i> • <i>Standing up against bullying or exclusion</i> • <i>Role play scenarios</i> • <i>Assertive communication</i>	• <i>Seeking help and undoing harm</i> - Harassment and how to seek help • <i>What counts as harassment or abuse</i> • <i>Verbal, physical and online harassment</i> • <i>Rights and protections in school and society</i> • <i>Speaking out and reporting concerns</i>	- Gender-based violence and allyship • <i>What is gender-based violence?</i> • <i>Role of the bystander</i> • <i>How to be an ally</i> • <i>School culture and zero tolerance</i>	• <i>Re-consent and changes in comfort</i> • <i>Protecting self and others</i> • <i>Sources of advice and support</i> - Assertiveness and advocacy • <i>Speaking up for yourself and others</i> • <i>Navigating conflict constructively</i> • <i>Campaigning and activism</i> • <i>Building confidence in voice and identity</i>
Summer term	Living in the wider world - Rules, responsibility and respect • <i>Purpose of school and community rules</i>	Living in the wider world - Rights and responsibilities in society • <i>What are your rights as a child?</i> • <i>Social justice and fairness</i>	Living in the wider world - Exploring British values • <i>Democracy, rule of law, liberty, respect and tolerance</i>	Living in the wider world - Applying for college or apprenticeships • <i>Understanding post-16 options</i> • <i>What makes a strong application?</i>	Living in the wider world - CVs, interviews and workplace expectations • <i>Updating and tailoring a CV</i>

	• Concepts of fairness and justice • Personal responsibility and actions • Rights and responsibilities - Being part of a school and community • School roles and contributions • Citizenship and democracy basics • Community participation • Role of student voice - Introduction to money: Needs vs wants • Recognising essentials vs luxuries • Making spending choices • Introduction to saving	• Being responsible at school and beyond • Rule of law basics - The internet and fake news • Evaluating online information • Clickbait and misinformation • Staying safe on social platforms • Cyberbullying awareness - Careers awareness: Matching skills to careers • Matching skills to career options • Stereotypes in employment • Local labour market insights • What makes a good employee? - Introduction to personal finance and saving • What is budgeting?	• Real-life examples and relevance to school life • Debate and discussion practice • Respecting beliefs while challenging hate - Prejudice and discrimination • Types of discrimination (race, disability, gender, religion) • Microaggressions and their impact • Challenging discrimination as an ally • Human rights and equality law - Digital reputation and safety • What is a digital footprint? • Social media: privacy, settings and safety • Reporting inappropriate content	• Personal statement writing • Navigating open days and interviews - Financial risk: Gambling, debt, online scams • Risks of instant gratification spending • How gambling is marketed to young people • Protecting bank details and online safety • Making smart financial decisions - Social media and self-image • Algorithms and digital manipulation • Pressure to perform online • Social comparison and self-esteem • Creating positive digital habits	• Interview etiquette and preparation • Professional communication • First impressions in the workplace - Managing income and expenditure • Payslips, tax and National Insurance • Creating a basic monthly budget • Understanding debt and interest • Making financial priorities - Rights at work and as a young adult • Employment rights and contracts • Health and safety at work • Your rights as a tenant, consumer, and citizen • Knowing when to seek advice
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	- Budget basics - What do I want to be? Identifying skills - Identifying strengths and talents - Aspiration and goal setting - Exploring jobs and careers - Understanding personal development	- Saving for short-term goals - Needs vs wants (spending decisions) - Avoiding impulsive purchases	- The role of influencers and digital ethics - Introduction to CVs and interview skills - What is a CV and when will I need one? - Practising personal statements - What makes a good first impression? - Mock interview questions and answers	- Role of a citizen: Community engagement - Volunteering and giving back - Your voice in local democracy - Respect for public services - Planning a community project	- Giving back: Volunteering and making a difference - Local and national causes - Benefits of volunteering (UCAS, CV, mental health) - Being a change-maker - Leaving a legacy at school
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