



Willow Park School - Long Term Plan – PSHE - Sheaf (KS4)

Cycle	Autumn	Spring	Summer
Cycle A	Healthy Intimate Relationships	Health & Wellbeing	Living Responsibly
	NCFE – Sexual Health	NCFE – Understanding Eating Disorders	////
	<ul style="list-style-type: none"> Sexual health and relationships Human reproductive system Contraception HIV and other STIs Sexual Health The Law & relationships (consent, forced marriage, revenge porn, harassment & stalking, rape). Same sex relationships Gender and trans identity 	<ul style="list-style-type: none"> Eating disorders Food and Feelings Eating disorders Bullying & body shaming Obesity & body positivity CPR and Lifesaving 	<ul style="list-style-type: none"> Personal safety in the wider world Risk taking & decision making Criminal justice system Antisocial behaviour County lines Gambling & online gambling Homelessness Hate crime Tattoos and piercing
Cycle B	Living Responsibly	Mental Health & Wellbeing	Relationships
	NCFE – Alcohol Awareness / Substance Misuse	NCFE - An Awareness of Mental Health	////
	<ul style="list-style-type: none"> Unit strengths in alcohol Alcohol misuse & the symptoms Alcohol misuse & others Health issues & alcohol misuse Alcohol withdraw Agencies for support Perceptions of and responses to substance misuse Understand ways to promote healthy choices and build resilience. 	<ul style="list-style-type: none"> Mental health Social and personal effects of mental ill health Awareness of some of the responses to mental health issues Cultural diversity to mental health issues Grief Suicide Social Anxiety Social Media & Self Esteem 	<ul style="list-style-type: none"> Types of relationship What makes good sex Safe sex What is a positive relationship Relationship break ups Online dating Fertility & reproductive health Parenting Pregnancy Failed pregnancy Unwanted Pregnancies