

Secondary Programme Builder editable template – Thematic model

Our [Programme Builders \(.pdf version\)](#) include links to the quality assured resources for each area of PSHE education and advice on using the tools effectively. These Programme Builders are updated as soon as new resources are available, so we would encourage you to check in regularly to see the latest recommended resources.

We have also published one of these fully-editable MS Word templates for each Programme Builder to allow you to easily customise and tailor your long-term overview and term-by-term plans to meet the needs of your pupils.



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SECONDARY PSHE EDUCATION: LONG-TERM OVERVIEW — THEMATIC MODEL

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Drugs and alcohol Part 1 Alcohol and drug misuse and pressures relating to drug use
	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception
	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Drugs Part 2 Drugs and young people's attitudes and behaviours regarding drug use. To learn about the potential legal consequences of using illegal drugs The short and long-term effects of alcohol and cannabis use on individuals Managing peer and other influences in relation to substance use

	<p>Mental health</p> <p>Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p>	<p>Exploring influence</p> <p>Drugs part 3</p> <p>The influence and impact of drugs, gangs, role models and the media</p>	<p>Financial decision making</p> <p>The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p> <p>Healthy relationships</p> <p>Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography</p>	<p>Relationships:</p> <p>Bullying</p> <p>Challenging behaviour</p> <p>Gangs</p>	<p>Addressing extremism and radicalisation</p> <p>Communities, belonging and challenging extremism</p>	<p>Gambling and its risks</p>
	<p>Building for the future</p> <p>Self-efficacy, stress management, and future opportunities</p>	<p>Living in the wider world</p> <p>The impact of financial decisions, debt.</p>	<p>Communication in relationships</p> <p>Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p> <p>Relationships and sex education including consent, contraception, the risks of STIs.</p>	<p>Families</p> <p>Marriage and forced marriage and changing relationships</p>	<p>Different types of relationships and parental responsibilities.</p> <p>Different families and parental responsibilities, pregnancy, abortion, fertility.</p>	