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| **MAPPING RECORD – What is available** | | | | | | | |
|  | **Prince’s Trust**  *Units at E3, L1 and L2* | **PSHE Association**  *Links to web pages with lesson plans and other reosurces* | **BBC Bite Size**  *Video clips that provoke discussion* | | **Other web sites**  *With lesson resources* | | **Our own documents** |
| **Health and Wellbeing** | | | | | | | |
| What is meant by Healthy Life styles | *Preparing for a healthy Life Style* |  | [*https://www.bbc.com/bitesize/topics/zqq2pv4/resources/1*](https://www.bbc.com/bitesize/topics/zqq2pv4/resources/1)  *sexual health* | [*https://www.tes.com/en-us/teaching-resources/hub/high-school/personal-social-and-health-education/healthy-lifestyle*](https://www.tes.com/en-us/teaching-resources/hub/high-school/personal-social-and-health-education/healthy-lifestyle)  *TES Healthy Life Styles* | |  | |
| How to maintain physical, mental, emotional health and well being | *Participating in Exercise* | [*https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-mental-health-and*](https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-mental-health-and) | [*https://www.bbc.com/bitesize/topics/zddj6sg/resources/1*](https://www.bbc.com/bitesize/topics/zddj6sg/resources/1)  *mental health, abuse, addiction, anorexia etc*  [*https://www.bbc.com/bitesize/topics/zwwqtfr/resources/1*](https://www.bbc.com/bitesize/topics/zwwqtfr/resources/1)  *keeping clean, acne, teenage pressures, body image etc.* |  | |  | |
| How to manage risk to physical and emotional health and wellbeing | *Interpersonal and Self management skills* |  | [*https://www.bbc.com/bitesize/topics/zcc9q6f/resources/1*](https://www.bbc.com/bitesize/topics/zcc9q6f/resources/1)  *abuse, domestic violence*  [*https://www.bbc.com/bitesize/topics/z9982hv/resources/1*](https://www.bbc.com/bitesize/topics/z9982hv/resources/1)  *drugs and alcohol*  [*https://www.bbc.com/bitesize/topics/zkkdmp3/resources/1*](https://www.bbc.com/bitesize/topics/zkkdmp3/resources/1)  *health risks* |  | | [*https://www.leicsseips.org/pshe*](https://www.leicsseips.org/pshe)  *HBEP PSHE Unit 2 Drugs* | |
| Ways of keeping physically and emotionally safe | *Preparing for a Healthy Life Style* | [*https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-consent-pshe-education-key*](https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-consent-pshe-education-key) |  | |  | | [*https://www.leicsseips.org/pshe*](https://www.leicsseips.org/pshe)  *HBEP PSHE Unit 3 Sex and Relationships*  [*https://www.leicsseips.org/pshe*](https://www.leicsseips.org/pshe)  *HBEP PSHE Unit 10 Personal Safety* |
| Ways of keeping safe in the on line world | *Digital Skills* | [*https://www.pshe-association.org.uk/curriculum-and-resources/resources/frequently-asked-questions-pornography-and-sharing*](https://www.pshe-association.org.uk/curriculum-and-resources/resources/frequently-asked-questions-pornography-and-sharing) | [*https://www.bbc.com/bitesize/topics/zrr4jxs/resources/1*](https://www.bbc.com/bitesize/topics/zrr4jxs/resources/1)  *esafety* | |  | | [*https://www.leicsseips.org/pshe*](https://www.leicsseips.org/pshe)  *HBEP PSHE Unit 10 Personal Safety* |
| Managing change, including puberty, transition and loss |  |  | [*https://www.bbc.com/bitesize/topics/zjj7hyc/resources/1*](https://www.bbc.com/bitesize/topics/zjj7hyc/resources/1)  *Puberty* | |  | |  |
| How to make informed choices about health and wellbeing and to recognise sources of help for this |  |  |  | |  | |  |
| How to respond in an emergency |  |  |  | | [*https://www.tes.com/en-us/teaching-resources/hub/high-school/personal-social-and-health-education/healthy-lifestyle*](https://www.tes.com/en-us/teaching-resources/hub/high-school/personal-social-and-health-education/healthy-lifestyle)  *First Aid* | |  |
| How to identify different influences on health and well being |  |  |  | | [*https://www.nutrition.org.uk/foodinschools/teachercentre/resources.html*](https://www.nutrition.org.uk/foodinschools/teachercentre/resources.html)  *British Nutrition Foundation Resources*  [*https://www.tes.com/teaching-resources/blog/healthy-eating-collection*](https://www.tes.com/teaching-resources/blog/healthy-eating-collection)  *TES web site healthy eating* | |  |
| **Relationships** | | | | | | | |
| How to develop and maintain a variety of healthy relationships, within a range of social and cultural contexts | *Interpersonal and Self Management Skills* |  | [*https://www.bbc.com/bitesize/topics/zppsgk7/resources/1*](https://www.bbc.com/bitesize/topics/zppsgk7/resources/1)  *Friends and family*  [*https://www.bbc.com/bitesize/topics/zv3g87h/resources/1*](https://www.bbc.com/bitesize/topics/zv3g87h/resources/1)  *sexual relationships* | |  | | [*https://www.leicsseips.org/pshe*](https://www.leicsseips.org/pshe)  *HBEP PSHE Unit 3 Sex and Relationships* |
| How to recognise and manage emotions within a range of relationships | *Interpersonal and self management skills* |  | [*https://www.bbc.com/bitesize/topics/zmm6fg8/resources/1*](https://www.bbc.com/bitesize/topics/zmm6fg8/resources/1)  *self esteem*  [*https://www.bbc.com/bitesize/topics/zhhnb9q/resources/1*](https://www.bbc.com/bitesize/topics/zhhnb9q/resources/1)  *relationships* | |  | | [*https://www.leicsseips.org/pshe*](https://www.leicsseips.org/pshe)  *HBEP PSHE Unit 5 Emotional wellbeing* |
| How to recognise risky or negative relationships including all forms of bullying and abuse |  | [*https://www.pshe-association.org.uk/content/government-equalities-office-anti-homophobic*](https://www.pshe-association.org.uk/content/government-equalities-office-anti-homophobic) |  | |  | |  |
| How to respond to risky or negative relationships and ask for help |  |  | [*https://www.bbc.com/bitesize/topics/znnfr82/resources/1*](https://www.bbc.com/bitesize/topics/znnfr82/resources/1)  *homelessness*  [*https://www.bbc.com/bitesize/topics/zffv4wx/resources/1*](https://www.bbc.com/bitesize/topics/zffv4wx/resources/1)  *peer pressure* | |  | |  |
| How to respect equality and diversity in relationships |  |  | [*https://www.bbc.com/bitesize/topics/z3brd2p/resources/1*](https://www.bbc.com/bitesize/topics/z3brd2p/resources/1)  *racism, prejudice, discrimination* | |  | |  |
| **Living in the wider world, Economic wellbeing and being a responsible citizen** | | | | | | | |
| About respect for self and others and the importance of responsible behaviours and actions | *Customer Service* |  |  | |  | |  |
| About rights and responsibilities as members of families, other groups and as citizens |  |  | [*https://www.bbc.com/bitesize/topics/zgr4jxs*](https://www.bbc.com/bitesize/topics/zgr4jxs)  *Democracy and Justice*  [*https://www.bbc.com/bitesize/topics/zjq2pv4*](https://www.bbc.com/bitesize/topics/zjq2pv4)  *Rights and Responsibilities* | |  | |  |
| About different groups and communities | *Community Project* |  | [*https://www.bbc.com/bitesize/topics/zxxtyrd/resources/1*](https://www.bbc.com/bitesize/topics/zxxtyrd/resources/1)  *racism*  [*https://www.bbc.com/bitesize/topics/z9kdmp3*](https://www.bbc.com/bitesize/topics/z9kdmp3)  *Identity and diversity* | |  | | [*https://www.leicsseips.org/pshe*](https://www.leicsseips.org/pshe)  *HBEP PSHE Unit 12 Diversity, Prejudice and Discrimination* |
| To respect diversity and equality and how to be a productive member of a diverse community |  |  |  | | [*https://www.tes.com/articles/tes-teaching-resources-diversity-classroom*](https://www.tes.com/articles/tes-teaching-resources-diversity-classroom)  *Diversity* | | [*https://www.leicsseips.org/pshe*](https://www.leicsseips.org/pshe)  *HBEP PSHE Unit 12 Diversity, Prejudice and Discrimination* |
| About the importance of respecting and protecting the environment |  |  |  | | [*https://www.tes.com/teaching-resource/environment-issues-global-citizenship-11813296*](https://www.tes.com/teaching-resource/environment-issues-global-citizenship-11813296)  *Environment* | |  |
| About where money comes from, keeping it safe and the importance of managing it effectively | *Managing Money* |  | [*https://www.bbc.com/bitesize/clips/z7m9jxs*](https://www.bbc.com/bitesize/clips/z7m9jxs)  *consumer rights*  [*https://www.bbc.com/bitesize/topics/zvvbkqt*](https://www.bbc.com/bitesize/topics/zvvbkqt)  *managing your money* | |  | |  |
| The part that money plays in people’s lives | *Managing Money* |  |  | |  | |  |
| A basic understanding of enterprise | *Undertaking an Enterprise project*  *Community Project* |  | [*https://www.bbc.com/bitesize/topics/zphnb9q/resources/1*](https://www.bbc.com/bitesize/topics/zphnb9q/resources/1) | |  | |  |
| **Careers Education (drawn from the Gatsby benchmarks)** | | | | | | | |
| Knowledge of what is available in the locality for future study and work | *Career Planning* |  | [*https://www.bbc.com/bitesize/topics/zsnfr82/resources/1*](https://www.bbc.com/bitesize/topics/zsnfr82/resources/1)  *KS3 Careers options* | |  | |  |
| Understanding equal opportunities and the effects of discrimination |  |  |  | |  | |  |
| Making the links between subjects and learning and future careers |  |  | [*https://www.bbc.com/bitesize/topics/zyfv4wx/resources/1*](https://www.bbc.com/bitesize/topics/zyfv4wx/resources/1)  *The value of education* | |  | |  |
| Encounters with employers and employees |  |  |  | |  | |  |
| Experience of work places | *Work Experience* |  |  | |  | |  |
| Encounters with further and higher education |  |  |  | |  | |  |
| Personalised Careers advice and pathway planning | *Career Planning* |  |  | |  | |  |
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