

Curriculum Overview - PSHE

Year 7

| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---|--|--|---|---|--|
| Relationships | Relationships | Health and Wellbeing | Health and Wellbeing | Living in the wider world | Living in the wider world |
| <ul style="list-style-type: none"> How to manage the challenges of moving to a new school How to establish and manage friendships How to identify personal strengths and areas for development How to recognise and respond to inappropriate and unwanted Contact Understanding my emotions and how to manage them Online safety Personal safety strategies and travel safety, e.g. road, rail and water | <ul style="list-style-type: none"> How to respond in an emergency situation Basic first aid How to assess emergency and non-emergency situations and contact appropriate services About identity, rights and responsibilities About living in a diverse society How to challenge prejudice, stereotypes and discrimination including online About the Equality Act, diversity and values The signs and effects of all types of bullying, including online How to respond to bullying of any kind, including online How to support others | <ul style="list-style-type: none"> How to identify, express and manage their emotions in a constructive way About attitudes towards mental health How to challenge myths and stigma About the relationship between physical and mental health About daily wellbeing About healthy coping strategies How to recognise passive, aggressive and assertive behaviour, and how to communicate assertively The importance of self worth and inner confidence | <ul style="list-style-type: none"> How to make healthy lifestyle choices including diet, dental health, physical activity and sleep About the over-consumption of energy drinks Stress management strategies, including maintaining healthy routines How to manage influences relating to caffeine, smoking and alcohol How to manage physical and emotional changes during puberty About personal hygiene How to manage time online | <ul style="list-style-type: none"> How to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity About a broad range of careers and the abilities and qualities required for different careers About equality of opportunity How to challenge stereotypes, broaden their horizons and how to identify future career aspirations About the link between values and career choices | <ul style="list-style-type: none"> How to make safe financial choices About ethical and unethical business practices and consumerism About saving, spending and budgeting How to decide between wants vs needs How to manage risk-taking behaviour What do things cost, Real Life Game |

Curriculum Overview - PSHE

Year 8

| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--|---|--|---|--|--|
| Relationships | Relationships | Health and Wellbeing | Living in the wider world | Health and Wellbeing | Living in the wider world |
| <ul style="list-style-type: none"> How to develop self-worth and confidence About gender identity, transphobia and gender-based discrimination About different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering About conflict and its causes in different contexts, e.g. with family and friends Conflict resolution strategies How to manage relationship and family changes, including relationship breakdown, separation and divorce How to access support | <ul style="list-style-type: none"> How to recognise and challenge media stereotypes How to demonstrate positive behaviours in healthy relationships About gender identity and sexual orientation How to manage challenges during puberty & adolescence About forming new partnerships and developing relationships About the law in relation to consent That the legal and moral duty is with the seeker of consent How to effectively communicate about consent in relationships About basic forms of contraception, e.g. condom and pill About FGM and how to access help and support | <ul style="list-style-type: none"> About 'group think' and how it affects behaviour How to distinguish between healthy and unhealthy friendships How to assess risk and manage influences, including online About medicinal and recreational drugs About positive social norms in relation to drug and alcohol use About legal and health risks in relation to drug and alcohol use, including addiction and dependence How to assess the risks of alcohol, tobacco, nicotine and e-cigarettes How to manage influences in relation to substance use | <ul style="list-style-type: none"> About equality of opportunity in life and work How to challenge stereotypes and discrimination in relation to work and pay About employment, self-employment and voluntary work How to set aspirational goals for future careers and challenge expectations that limit choices About age restrictions when accessing different forms of media and how to make responsible decisions Understanding local labour market information and what we can learn from it How the labour market has changed and will change in the future | <ul style="list-style-type: none"> Online communication and how to use social networking sites safely How to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation How to secure personal information online How to respond and seek support in cases of online grooming How to recognise biased or misleading information online How to critically assess different media sources How to distinguish between content which is publicly and privately shared | <ul style="list-style-type: none"> How to protect financial security online How to assess and manage risks in relation to gambling and chance-based transactions The law on gambling and implications for yourself and others Inn app purchases and their dangers Money mules and money laundering Scams and phishing messages |

Curriculum Overview - PSHE

Year 9

| Autumn | Spring | Summer |
|---|---|---|
| Relationships | Living in the wider world | Health and Wellbeing |
| <ul style="list-style-type: none"> About readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex About myths and misconceptions relating to consent About the risks of 'sexting' and how to manage requests or pressure to send an image Sexual anatomy and understanding our bodies About the continuous right to withdraw consent and capacity to consent About STIs, effective use of condoms and negotiating safer sex About the consequences of unprotected sex, including pregnancy How the portrayal of relationships in the media might affect expectations How to assess and manage risks of sending, sharing or passing on sexual images | <ul style="list-style-type: none"> About core values motivating factors About transferable skills, abilities and interests How to demonstrate strengths About different types of employment and career pathways How to manage feelings relating to future employment How to work towards aspirations and set meaningful, realistic goals for the future About GCSE and post-16 options How do we make decisions Understanding the labour market including local, national and international Exploring potential careers and the difference between a job and a career | <ul style="list-style-type: none"> Types of drugs and classification including the law and effects of these. County lines and the dangers of gang culture Peer pressure and how to respond assertively The facts on nicotine addiction linked to E-cigarettes About the importance of screening and how to perform self examination About vaccinations and immunisations About registering with and accessing doctors, sexual health clinics, opticians and other health services How to manage influences and risks relating to cosmetic and aesthetic body alterations About blood, organ and stem cell donation To take increased responsibility for physical health, including testicular and breast self-examination |

Curriculum Overview - PSHE

Year 10

| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--|---|---|--|---|--|
| Living in the wider world | Health and Wellbeing | Relationships | Living in the wider world | Health and Wellbeing | Living in the wider world |
| <ul style="list-style-type: none"> How to evaluate strengths and interests in relation to career development Exploring options post 16 About opportunities in learning and work Strategies for overcoming challenges or adversity What a CV is and what it should contain | <ul style="list-style-type: none"> About the media's impact on perceptions of gang culture About the impact of drugs and alcohol on individuals, personal safety, families and wider communities How drugs & alcohol affect decision making The effects of nicotine including e-cigarettes How to recognise and promote positive social norms and attitudes How to manage peer influence, in relation to substances, gangs and crime including County Lines. Exit strategies for pressurised or dangerous situations How to seek help for substance use and addiction | <ul style="list-style-type: none"> About relationship values and the role of pleasure in relationships About myths, assumptions, misconceptions and social norms about sex, gender and relationships How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours About the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent How to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support How to recognise and challenge victim blaming | <ul style="list-style-type: none"> How to effectively budget and evaluate savings options How to prevent and manage debt, including understanding credit rating and pay day lending How thinking errors, e.g. gambler's fallacy, can increase susceptibility to gambling Strategies for managing influences related to gambling, including online About the relationship between gambling and debt Tax, national insurance and pensions. What comes out of my pay check. | <ul style="list-style-type: none"> About positive and negative role models and how to evaluate the influence of role models About the signs of emotional or mental ill-health How to reframe negative thinking Strategies to promote mental health and emotional wellbeing How to access support and treatment About the portrayal of mental health in the media How to challenge stigma, stereotypes and misinformation Emergency first aid skills | <ul style="list-style-type: none"> How do we revise and learn best Entering the world of work, rights and responsibilities What makes a good employee How to manage practical problems and health and safety How to evaluate and build on the learning from work experience |

Curriculum Overview - PSHE

Year 11

| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 |
|--|---|---|---|--|
| Living in the wider world | Living in the wider world | Health and Wellbeing | Health and Wellbeing | Relationships |
| <ul style="list-style-type: none"> How to use feedback constructively when planning for the future Effective revision techniques and strategies About options post-16 and career pathways About rights, responsibilities and challenges in relation to working part time whilst studying How to manage work/life balance How to create an effective CV | <ul style="list-style-type: none"> How to set and achieve SMART targets How to use the STAR model for interview technique About application processes, including writing CVs, personal statements and interview techniques How to maximise employability, including managing online presence and taking opportunities to broaden experience | <ul style="list-style-type: none"> About the legal and physical risks of carrying a knife To manage risk in relation to gangs About the relationship between habit and dependence The difference between prescription, over the counter and illegal drugs Coping strategies including unhealthy ones such as eating disorders and self harm The dangers of illegal drug use | <ul style="list-style-type: none"> Revision skills and time management including revision timetables and note taking How to manage stress and healthy coping strategies How to recognise unhealthy relationships Relationships expectations and the importance of communication How to evaluate expectations for romantic relationships Online vs offline communication | <ul style="list-style-type: none"> About different types of families and changing family structures How to evaluate readiness for parenthood and positive parenting qualities About fertility, including how it varies and changes About pregnancy, birth and miscarriage About unplanned pregnancy options, including abortion About asexuality, abstinence and celibacy About adoption and fostering How to manage change, loss, grief and bereavement About 'honour based' violence and forced marriage and how to safely access support |

Curriculum Overview - PSHE

Year 12

| Autumn | Spring | Summer |
|--|--|--|
| Relationships | Living in the wider world | Health and Wellbeing |
| <ul style="list-style-type: none">• About unhealthy, exploitative and abusive relationships• How to access support in abusive relationships and how to overcome challenges in seeking support• How to assess and manage risk and safety in new independent situations (festivals, beach, parties)• About how social media may distort, mis-represent or target information in order to influence beliefs and opinions | <ul style="list-style-type: none">• How to manage their 'personal brand' online• How to manage conflicting views and misleading information• How data is generated, collected and shared, and the influence of targeted advertising• How to balance ambition and unrealistic expectations• Interview skills including group interviews• Aspirations and how to get there• Post 16 options including apprenticeships, T-levels, degree apprenticeships and degrees.• Gap years and work experience | <ul style="list-style-type: none">• Habits and strategies to support progress• Importance of mental wellbeing• Effective time management and revision skills, how to tackle procrastination• How to work well as a team• Road safety and the consequences of dangerous driving• How to keep self and others safe in situations that involve substance use• First aid including CPR and DRSABCD |