

PSHE Curriculum Overview - Parent Copy

PSHE follows a thematic programme, informed by resources from the PSHE Association, with content following statutory RSHE guidance. Each of the three themes, Health and Wellbeing; Relationships and Living in the Wider World are revisited twice over the course of the academic year. For the most part, all year groups will be focused on the same theme each term. Where there are exceptions to this, it is in order to ensure students have more timely input in the run up to Work Experience (Year 10) and UCAS preparation (Year 12 and 13).

Fundamental British Values (FBV) are embedded throughout the curriculum, with key values within each topic indicated using a numerical key:

1. Individual Liberty
2. Democracy
3. Rule of Law
4. Mutual Respect
5. Tolerance

The ground rules for each lesson ensure that values 1, 2 and 3 are always included on top of the other values being identified within each topic.

Key stage 3:

YEAR GROUP	AUTUMN 1: Health and Wellbeing	AUTUMN 2: Relationships	SPRING 1: Living in the Wider World	SPRING 2: Health and wellbeing	SUMMER 1: Relationships	SUMMER 2: Living in the Wider World
7	Transition and Safety: Transition to secondary school; managing emotions; what does it mean to be a friend; Studying for Success; Personal Safety.	Diversity, prejudice and bullying: Signs and impacts of bullying, responding to bullying and peer pressure, what it means to live in a diverse society, challenging prejudice and stereotypes.	Digital literacy and Online safety: Using social media safely and positively, recognising and responding to online grooming, understanding what is meant by cybercrime	Health and Puberty: Exploring healthy lifestyles relating to diet, exercise and sleep, personal hygiene and oral health, physical and emotional changes during puberty, awareness of FGM.	Building relationships; Exploring what we mean by healthy and unhealthy relationships, relationship boundaries and consent, recognising media stereotypes of romantic relationships, and evaluating expectations of romantic relationships.	Careers, teamwork and enterprise skills: What does it mean to be enterprising, exploring future career aspirations.
FBV	1,3,4,5	ALL	1,2,3	1,4,5	ALL	ALL

8	<p>Drugs and Alcohol: Dangers of energy drinks, medical versus recreational drugs, attitudes, risks and consequences of smoking, vaping and alcohol; Managing influence and decision making.</p>	<p>Discrimination: Explore the meaning of discrimination, factors that influence our beliefs, identify types of discrimination, including transphobia, homophobia, racial and religious discrimination; explore ways of challenging discrimination.</p>	<p>Community and Careers: Exploring different types of employment, personal strengths and skills audit, setting workplace related goals.</p>	<p>Emotional Well being: Attitudes to mental health, strategies for managing emotions effectively and building digital resilience.</p>	<p>Identity and Relationships: What does a healthy relationship look like? Gender and sexual orientation are defined, and sources of further information are signposted. Relationship expectations and consent; safety in relationships, including an introduction to contraception.</p>	<p>Financial decision making: Understanding budgeting, savings and debt; Consumerism and ethical business practices; making informed decisions and managing risk.</p>
FBV	1,2,3	ALL	1,4	1,4	1,5	1,3,4
9	<p>Peer influence, Substance use and gangs: Group think, assessing risk and managing influence in decision making; aggressive versus assertive behaviours, gangs and knife crime, the law in relation to drugs and alcohol.</p>	<p>Setting Goals, employment types and career paths: Self audit of skills, abilities and interests, identifying good teamwork and problem solving skills, Employment types and career paths, setting aspirational goals.</p>	<p>Respectful Relationships: Exploring what different types of families can look like, causes of family conflict and how these can be managed, understanding changing relationships (separation and divorce), homelessness and young people.</p>	<p>Healthy Lifestyles: The relationship between physical and mental health, Exploring influences on healthy eating choices, body image, self examination and cancer prevention awareness.</p>	<p>Intimate Relationships: Respectful relationship behaviours, Capacity to consent, Sexual Health, Contraception.</p>	<p>Employability Skills: What are employability skills? Managing online reputation, Employment rights and responsibilities.</p>
FBV	ALL	1,2,3	1,3,4,5	1,3,4	1,3,4	1,3

Key Stage 4:

YEAR GROUP	AUTUMN 1: Health and Wellbeing	AUTUMN 2: Relationships	SPRING 1: Living in the Wider World	SPRING 2: Health and wellbeing	SUMMER 1: Relationships	SUMMER 2: Living in the Wider World
10	<p>Mental Health: Attitudes to mental health, What are the signs of emotional or mental ill-health? Mental health support and treatment, How to reframe negative thinking, Strategies for promoting good mental health.</p>	<p>Healthy Relationships: Assumptions, misconceptions and social norms: Exploring sex, gender and relationships, Forming and conducting relationships online, Consent, Sexual attitudes, expectations and behaviours.</p>	<p>Financial decision making: Effective money management, Cybercrime, the law and financial activity, Fraud and money mules, Gambling and Debt.</p>	<p>Exploring influence: Drugs, gangs and role models: The importance of role models, What is gang culture. Managing peer influence, Keeping safe and seeking help from substance misuse.</p>	<p>Preparing for work: Writing formal emails, interview skills and CV production. <i>This is placed here to feed into work experience placements during Service Week.</i></p>	<p>Extremism and radicalisation: Recognising and responding to extremism and radicalisation, community cohesion act, exploring the impact of misleading information on social media.</p>
FBV	1,4	ALL	3	1,3	1,4	ALL
11	<p>Building for the future: Stress management and building self efficacy: Developing self-efficacy, motivation, and resilience, Ambition and expectations, Judgement and Stereotype, Managing stress, Healthy Sleep habits, Developing</p>	<p>Next Steps: Application process, skills for further education: Managing online profile for future employment, Setting SMART targets, work / life balance, Post 16 options and pathways, CV and personal statement writing, Interview techniques, Exam preparation and</p>	<p>Communication in relationships: assertive communication, personal values, contraception and sexual health, abusive relationships: Core values and effective communication in relationships, Abusive relationships, How do I</p>	<p>Independence: safety and responsible health choices: Assessing and managing risk in new situations, Emergency first aid skills, Healthy lifestyle choice, Safety and Body Enhancements, Responsible health choices.</p>	<p>Relationships and Families: Sexual health and understanding fertility, Parenthood and family structure, Contraception and STIs, Long term commitments - Forced marriage, Managing change.</p>	

	healthy online behaviours.	revision strategies.	handle unwanted attention?			
FBV	1, 4	1, 3	1, 3, 4	ALL	ALL	

SIXTH FORM:

YEAR GROUP	AUTUMN 1: Health and Wellbeing	AUTUMN 2:	SPRING 1:	SPRING 2: Health and wellbeing	SUMMER 1:	SUMMER 2: Living in the Wider World
12	Building success at 6th form: How can I make the most of my 6th form experience? Vision for the future, Implementing the vision - SMART targets; Common values and community cohesion.	Healthy Relationships: Respectful Communication within Relationships, Love or Lust? Understanding sexuality and sexual orientation, Relationships - Online dating, Managing strong emotions.	Managing online activity: Building a positive online profile, Marketing yourself online, Body image and social media, What are the risks of online gambling and gaming? Cybersecurity and online safety.	Well being and personal safety: Alcohol consumption, Sexual Health; Consent + sexual exploitation, STIs and Contraception.	Careers and future employability: How can we approach making hard choices? Staying motivated, Financial Choices - working and earning.	Personal Safety: Understanding personal safety in public, What is extremist behaviour? Safe travel, Managing your mental health.
FBV	1,2	1, 4	1,3	1, 3, 4	1, 4	ALL
13	Growth mindset and Critical thinking: Exploring the difference between growth and fixed mindset; the role of confidence and	Futures Focus: Goal setting: How to make Y13 a success, Financial Literacy, Meal planning and budgeting, Democracy and Current Affairs.	Relationships: Ending intimate relationships respectfully, Unhealthy and unsafe relationships, Managing challenging	Healthy Living: Monitoring your health, Stress Management, Time management and keeping healthy while studying, Healthy sleep habits, Preparing	Independence and adulthood: Travel planning and safety while travelling, workplace legislation.	

	resilience; the 7 principles underlying growth mindset; explore what it means to think critically.	Content to be finalised in response to input from students during the first half term.	relationships at work.	to live independently.		
FBV	1, 4	1,2.	3,4,5	1	ALL	