



PERSONAL GROWTH | ACADEMIC EXCELLENCE

PSHE curriculum overview

Curriculum Intent:

PSHE education is central to our vision of “positively changing lives through personal growth and academic excellence”. This curriculum gives pupils the knowledge, skills, and attributes they need to keep themselves healthy and safe and to prepare them for life and work in modern Britain. We believe that our PSHE curriculum will help pupils to achieve their academic potential, and leave school equipped with skills they will need throughout later life.

Half Term 5

Half Term 6

- The different types of committed, stable relationships
 - How relationships might contribute to human happiness and their importance for bringing up children
 - The qualities and behaviours they should expect and exhibit in a wide variety of positive relationships (including teams, class, friendships etc.)
 - The similarities, differences and diversity among people of different race, culture, ability, disability, sex, gender identity, age and sexual orientation
 - Recognising bullying and abuse in all its forms (including prejudice based bullying both in person and online/via text)
 - The impact of stereotyping, prejudice, bigotry, bullying, and discrimination on individuals and communities
 - The skills and strategies to manage being bullied or witnessing others being bullied
 - Managing strong feelings and emotions
 - Establishing clear personal boundaries around those aspects of their lives they wish to be private and to understand their right to privacy
 - Laws relating to the carrying of offensive weapons (including what might motivate someone to carry one and the range of consequences)
 - Strategies for managing pressure to carry a weapon
 - The difference between friendship groups and gangs (including the risks posed by membership of gangs on individuals, families and communities)
 - Strategies for managing pressure to join a particular group or gang and how to access appropriate support
- Discussing emotions
 - Peer impacts on happiness and self esteem
 - Types of mental ill health (e.g. anxiety and depression)
 - Recognising the early signs of mental wellbeing concerns
 - Impact of situations and decisions on mental health
 - Promoting positive mental wellbeing (Physical exercise, time outdoors, community participation and voluntary and service-based activities)
 - Physical impacts on mental and emotional health and strategies for managing it; a range of healthy coping strategies
 - The impact of screen time on mental health
 - The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn
 - Dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist
 - To understand and manage risk within the context of personal safety, especially accident prevention and road and cycle safety (through the Bikeability programme)
 - Key facts about puberty, the changing adolescent body and menstrual wellbeing
 - The main changes which take place in males and females, and the implications for emotional and physical health
 - Making our own choices

Year 8	<ul style="list-style-type: none"> • The factors that can affect relationships (including age, gender, power and interests) • The nature and importance of marriage, civil partnerships and other stable, long-term relationships for family life and bringing up children • The roles and responsibilities of parents, carers and children in families • Unacceptability of sexist, homophobic, biphobic, transphobic, racist and disablist language and behaviour, the need to challenge it and how to do so • Recognising that they have the same rights to opportunities in learning and work as all other people; to recognise and challenge stereotypes; and/or family or cultural expectations that may limit their aspirations • The difference between assigned/biological sex, gender identity and sexual orientation • The terms associated with sex, gender identity and sexual orientation and to understand accepted terminology • To understand the feelings and pressure that the need for peer approval can generate, including in relation to the purchase and use of tobacco and alcohol (including cheap/illicit alcohol and cigarettes), drugs and other risky behaviours • Recognising peer pressure and have strategies to manage it • Acknowledging and respecting the right not to have intimate relationships until ready 			<ul style="list-style-type: none"> • The causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders • Positive coping strategies • Coping with bereavement • How the media portrays young people and to recognise its possible impact on body image and health issues • To understand how the inappropriate use of mobile phones can contribute to accidents • To explore social and moral dilemmas about the use of money • Factual information about legal and illegal substances, including alcohol (including current government recommendations for consumption), volatile substances, new psychoactive substances, tobacco, e-cigarettes, shisha, e-shisha and cannabis • The law relating to the supply, use and misuse of legal and illegal substances • The personal and social risks and consequences of substance use and misuse, including the benefits of not drinking alcohol (or delaying the age at which to start) and the benefits of not smoking including not harming others with second-hand smoke • The purpose and importance of immunisation and vaccination (including the facts and science relating to immunization and vaccination) 		
	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6

Year 9	<p>Recognising bullying with a focus on abuse, exploitation and trafficking</p> <p>The skills and strategies to manage being a victim of, or witnessing the above</p> <p>Practical steps they can take in a range of different contexts to improve or support respectful relationships</p> <p>The support services available should they feel, or believe others feel, they are being abused or in an unhealthy relationship and how to access them</p> <p>What marriage is, including its legal status e.g. the legal rights of marriage</p> <p>To recognise the portrayal and impact of sex in the media and social media (including music videos, advertising and sexual images, the unrealistic portrayal of relationships and sex in pornography)</p>	<p>The importance of protecting their own and others' reputations; protecting their 'on-line presence': the concept of having a personal 'brand' that can be enhanced or damaged</p> <p>The law in relation to consent (including the legal age of consent for sexual activity, the legal definition of consent and the responsibility in law for the seeker of consent to ensure that consent has been given)</p> <p>How to seek the consent of another person and be sure that consent has been given; how to assertively withhold or withdraw consent</p> <p>Concepts and laws around grooming & sexual exploitation</p> <p>Considering different levels of intimacy and their consequences</p> <p>Readiness for sex and the benefits of delaying sexual activity</p> <p>Contraception including the condom and pill, and developing communication and negotiation skills necessary for</p>	<p>Understanding that certain infections can be spread through sexual activity and that barrier contraceptives offer some protection against certain STIs</p> <p>The personal and social risks and consequences of substance use and misuse (linking to sexual behaviour)</p> <p>The risks and consequences of 'experimental' and 'occasional' substance use</p> <p>Understanding the terms 'dependence' and 'addiction'</p>	<p>The safe use of prescribed and over the counter medicines</p> <p>How to access local health services and other sources of support such as smoking services or if concerned about own or others' alcohol or substance use</p> <p>The importance of, and strategies for, maintaining a balance between work, leisure and exercise</p> <p>Cancer and cancer prevention, including healthy lifestyles, acknowledging that childhood and adolescent cancers are rarely caused by lifestyle choices</p>	<p>The risks and myths associated with female genital mutilation (FGM), its status as a criminal act and strategies to access sources of support for themselves or their peers who they believe may be at risk, or who may have already been subject to FGM</p> <p>To manage unwanted attention in a variety of contexts (including harassment and stalking)</p> <p>Exploitation and trafficking- online links</p> <p>Skills and strategies to manage being targeted or witnessing others being targeted</p> <p>The legal and personal risks associated with being asked for or sharing intimate images of others and strategies for managing these risks</p> <p>Skills and strategies to manage being targeted or witnessing others being targeted</p>	<p>Dangers associated with specific online apps (including social media)</p> <p>Skills and strategies to manage being targeted or witnessing others being targeted</p> <p>Gambling (including on-line) and its consequences, why people might choose to gamble, influence of gambling sites; managing pressure and accessing support</p> <p>The characteristics of emotional and mental health and the causes, symptoms and treatments</p> <p>Promoting positive mental wellbeing (Physical exercise, time outdoors, community participation and voluntary and service-based activities)</p> <p>PREVENT</p>
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		contraceptive use in healthy relationships				
	Half Term 1 In Personal Development lessons			Half Term 2 In Personal Development lessons		
Year 10	<p>The concept of consent in relevant, age-appropriate contexts building on Key Stage</p> <p>Concepts & laws around forced marriage, honour based violence and FGM</p> <p>Assessing readiness for sex</p> <p>Accessing and the correct use of contraception (including emergency contraception) negotiating condom use</p>			<p>How the different STIs, including HIV/AIDs, are transmitted, how risk can be reduced through safer sex, and the importance of and facts about testing & treatment</p> <p>Recognise the impact of drugs and alcohol on choices and sexual behaviour</p>		
Year 10&11	Additional aspects of the PSHE curriculum are delivered weekly in form time by Year 10 and Year 11 tutors.					
	Year 10 form time			Year 11 form time		
	Sex and relationships: Families					
	Why marriage is an important relationship choice for many couples and why it must be freely entered into			Parenting skills and qualities and their central importance to family life (including the implications of young parenthood; to be able to make informed choices about parenting including issues around breastfeeding)		
	The characteristics and legal status of other types of long-term relationships					
	Awareness of exploitation, bullying, harassment and control in relationships (including online, physical, emotional, sexual abuse) in all types of teenage relationships, including in group settings such as gangs)					
	Skills and strategies to respond / access support in negative relationships					
	The impact of separation, divorce and bereavement on families and the need to adapt to changing circumstances (including support services)					
	Sex and relationships: Respectful relationships					
	The characteristics and benefits of positive, strong, supportive, equal relationships			Sexual harassment and sexual violence and why these are always unacceptable		
				The strategies to manage this or access support for self or others at risk		

Diversity in sexual attraction and developing sexuality, including sources of support and reassurance and how to access them	To recognise when a relationship is unhealthy or abusive (including emotional and physical abuse or violence, 'honour' based violence, forced marriage and rape) The strategies to manage this or access support for self or others at risk
Unacceptability of all forms of discrimination, and how to challenge it, prejudice and bigotry in the wider community including the workplace	The legal rights and responsibilities regarding equality (Equality Act 2010) and that everyone is unique and equal
Understanding and respecting others' faith and cultural expectations concerning relationships and sexual activity	
Developing an awareness of exploitation, bullying, harassment and control in relationships The skills and strategies to respond appropriately or access support for the above	
Managing changes in personal relationships including the ending of relationships	
Sex and relationships: online & media	
The legal and personal risks associated with being asked for or sharing intimate images of others and strategies for managing these risks & accessing support for this	To understand the role of sex in the media and its impact on sexuality (including pornography and related sexual ethics such as consent, negotiation, boundaries, respect, gender norms, sexual 'norms', trust, communication, pleasure, orgasms, rights, empowerment, sexism and feminism) Accessing support
	That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partner Accessing support
Sex and relationships: being safe	
The impact of domestic abuse (including sources of help and support)	How to seek consent and to respect others' right to give, not give or withdraw consent to engage in different degrees of sexual activity

Recognising when others are using manipulation, persuasion or coercion and how to respond	
Understanding the influence of gender double standards and victim-blaming	
Sex and relationships: intimate and sexual relationships	
The reasons why parents choose to 15adopt/foster or to place children for adoption/fostering	The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women (inc. consequences of STIs)
	Abortion, including the current legal position and the range of beliefs and opinions about it
	The choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help)
	How lifestyle choices affect a developing foetus
	The options open to people who are not able to conceive
Health and wellbeing: mental well being	
The impact of situations and decisions on 15mental health	Strategies for managing mental health including stress, anxiety and depression; a broader range of strategies for promoting their own emotional wellbeing
Promoting a good school / life balance	Coping with exam stress The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress
Coping with bereavement	Brain food & impacts of caffeine
Health and wellbeing: Internet safety and harm	

To recognise and manage feelings about, and influences in, their body image including the media's portrayal of idealized and artificial body shapes	The risks related to online gambling including the accumulation of debt
Targeted information and advertising	Exploitation and trafficking- online links (development from KS3)
To manage unwanted attention in a variety of contexts (including harassment and stalking)- building upon KS3	The legal and personal risks associated with being asked for or sharing intimate images of others and strategies for managing these risks
To recognise how social media can distort situations or issues; can narrow understanding and appear to validate these narrow views	Dangers associated with specific online apps (including social media)
Dangers associated with specific online apps (including social media)	
To recognise and manage influences on their financial decisions, (including managing risk, planning for expenditure, understanding debt and gambling in all its forms)	
How to access appropriate support for financial decision-making and for concerns over money, gambling etc.	
Health and wellbeing: drugs, alcohol and tobacco	
The short and long-term consequences of substance use and misuse for the health and mental and emotional wellbeing of individuals, families and communities, including the health risks related to second-hand smoke	The wider risks and consequences of legal and illegal substance use, including on their personal safety, future career, relationships and future lifestyle
Understanding the terms 'habit', 'dependence' and 'addiction' in relation to substance use and where and how to access support if they have concerns	
Health and wellbeing: health and prevention	
To assess and manage risks associated with cosmetic and aesthetic procedures, including tattooing, piercings, the use of sun lamps and tanning salons	Checking themselves for cancer (including testicular and breast self-examination) and other illnesses, including knowing what to do if they are feeling unwell
	Strategies to overcome worries about seeking help and being a confident user of the NHS