

Department: PSHE

Vision Statement:

PSHE helps pupils to develop the knowledge, skills and attributes they need to thrive as individuals, family members and members of society. It helps pupils to manage many of the most critical opportunities, challenges and responsibilities they will face growing up.

Strapline:

Learning Lessons for Life

Curriculum Story:

Personal Social Health Education (PSHE) is at the heart of our schools PRIDE values and runs throughout our curriculum. Our PSHE curriculum aims to enable our children to become healthy, safe, independent, responsible members of society who demonstrate respect and tolerance and who are prepared to face and manage the challenges and opportunities of an ever-changing modern Britain.

Skills developed:

PSHE helps young people to achieve their potential by supporting their wellbeing and tackling issues that can affect their ability to learn. It also helps pupils to develop skills and aptitudes - like teamwork, communication, and resilience - that are crucial to navigating the challenges and opportunities of the modern world and are increasingly valued by employers.

<u>Year 7 PSHE</u>						
Topics	Why we teach this	Links to last topic	Links to future topics	Key skills developed	Cultural capital opportunities	Links to whole school curriculum
<u>Health and Well-Being</u>						
Bullying/Banter Friendship Challenges Coercive Friendships Peer pressure Assertiveness Managing Emotions Managing Reactions Grief and Bereavement Importance of Sleep Vaccinations Personal Safety Railway Safety Water Safety First Aid	To support the transition from primary school to secondary school and to encourage good health and well-being. To teach pupils essential skills to keep them safe as well as skills they may need to keep other pupils safe. To teach pupils with coping strategies if they suffer a bereavement.	N/A	In Year 8, pupils study a unit on Health and well-being in PSHE lessons.	Identity and managing risks Make informed choices Understand what influences their decision Develop a positive self-image Ability to express an opinion	Social justice Healthy Living	Computing English Health and Social Care PE Geography
<u>Relationship and Sex Education (RSE)</u>						
Hygiene Puberty Healthy/Unhealthy Relationships Domestic Violence Consent FGM	To teach pupils about the changes that happen to your body. To make pupils aware of how they should act in relationships. To learn about the dangers of FGM.	N/A	In Year 8, pupils study a unit on RSE.	Identity and managing risks Make informed choices Ability to express an opinion	Civic Responsibility Healthy Living	Science Health and Social Care English
<u>Financial Literacy</u>						
Needs and Wants Budgeting Saving Gambling Gaming Harms	To teach pupils the importance of money and the skills needed to successfully budget and the risks associated with money.	N/A	In Year 8, pupils study a unit on Financial Literacy.	Make informed choices Understand what influences their decision	Ethical Enterprise Social justice	English English Language RS Geography Computing Computer Science

	To teach pupils the importance of making ethical financial decisions.			Ability to express an opinion		
Careers						
Who am I? What is a career? What is work-life balance? What are careers going to be like in the future?	To get pupils to think about the type of career that maybe suited to them and why it is important to have a work-life balance. To teach pupils about how the job market can change.	N/A	In Year 8, pupils study a unit on Citizenship.	Expressing an opinion Make informed choices Understand what influences their decision Ability to express an opinion	Social justice Cultural diversity Civic Responsibility	
Citizenship						
Diversity Identity/Values Stereotyping/Prejudice British Values Parliament Political Parties Terrorism Ethical Decisions	To teach pupils about what type of country we live in and why British Values are important to our country. To teach pupils about how prejudice and stereotyping can have a negative impact on society. To teach pupils how Parliament works in the UK and the importance of political parties.	N/A	In Year 8, pupils study a unit on Citizenship	Expressing an opinion Make informed choices Understand what influences their decision Ability to express an opinion	Social justice Civic Responsibility Cultural diversity	R.S. History Geography English Performing Arts Health and Social Care

<u>Year 8 PSHE</u>						
Topics	Why we teach this	Links to last topic	Links to future topics	Key skills developed	Cultural capital opportunities	Links to whole school curriculum
Health and well-being						
Smoking Vaping Alcohol Energy Drinks Counter and Prescription Drugs Illegal Drugs Mental Health Self-Harm Eating Disorders Healthy Coping Strategies Body Confidence Social Media	To give pupils information with regards to the dangers associated with different type of legal and illegal drugs and how to resist peer pressure. To support pupils' mental health by making them aware of negative coping strategies and how we manage this.	Links to the Health and well-being unit taught in Year 7.	In Year 9 pupils study a unit on Health and well-being.	Identity and managing risks Make informed choices Understand what influences their decision Develop a positive self-image Ability to express an opinion	Civic Responsibility Healthy Living	Science Health and Social Care MFL RS English
<u>Financial Literacy</u>						
Bank Statements Debit Card Credit Cards Debt Payday Loans	To support pupils in improving their knowledge around different financial information they will need to know as they get older.	Links to the Financial Literacy unit taught in Year 7.	In Year 9, pupils study a unit on Financial Literacy.	Identity and managing risks Make informed choices Understand what influences their decision Ability to express an opinion	Ethical Enterprise	Maths Geography Year 10 Enterprise
<u>Citizenship</u>						
Gender Identity Sexuality Racism Religious and Race Discrimination Hate Crime Misogyny	To teach pupils about different groups in society and how they can be discriminated against.	Links to the Citizenship unit taught in Year 7.	In Year 9, pupils study a unit on Citizenship in Enrichment.	Make informed choices Understand what influences their decision Ability to express an opinion	Social justice Cultural diversity Civic Responsibility Healthy Living	RS Health and Social Care History Performing Arts

Careers						
What are my interests? What is a CV and how do I write one? What are the challenges and rewards of work? What do I want my life to look like in the future?	To teach pupils the importance of having a CV when applying for jobs. To teach pupils to be forward thinking with planning their career.		In Year 9, pupils study a unit on Careers.			
Relationship and Sex Education						
Contraceptives-Condoms Other contraceptives Unprotected Sex Consent Sexting Grooming Criminal Exploitation Benefits/Risks- Social Media	To teach pupils about the importance of staying safe during relationships and the risks associated with sex. To teach pupils the importance of consent and the dangers relating to sharing images and the risks of the internet.	Links to the RSE unit taught in Year 7.	In Year 9, pupils study a unit on RSE.	Identity and managing risks Make informed choices Understand what influences their decision Ability to express an opinion	Civic Responsibility Healthy Living	Science Computing RS

<u>Year 9 PSHE</u>						
Topics	Why we teach this	Links to last topic	Links to future topics	Key skills developed	Cultural capital opportunities	Links to whole school curriculum
<u>Health and well-being</u>						
Knives Gangs Assertiveness Cannabis Physical Health-Mental Health Body Image Media and Body image Self-examination Cancer Prevention Unhealthy Relationship Consent Relationship breakdowns Domestic Abuse Pornography	To teach pupils the dangers that young people may encounter and how to respond in those situations. To teach pupils about the importance of looking after their health. To teach pupils about problems they may experience in society or relationships and what support they can get.	Links to Health and well-being unit taught in Year 8.	In Year 10, pupils study a unit on Health and well-being.	Identity and managing risks Make informed choices Understand what influences their decision Develop a positive self-image Ability to express an opinion	Civic Responsibility Healthy Living	Science Health and Social Care RS English MFL P.E.
<u>Citizenship</u>						
Crime Criminal Justice System Courts Fake news Being an active citizen	To teach pupils how the criminal system works in the UK. To introduce to pupils how pupils can support their community.	Links to the Citizenship unit taught in Year 8 and Year 9.	In Year 10, pupils study a unit on Citizenship.	Make informed choices Understand what influences their decision Ability to express an opinion Identity and managing risks	Civic Responsibility	Computing RS
<u>Financial Literacy</u>						
Payslip Tax National Insurance Borrowing Money Fraud Money mule	To teach pupils about financial matters relating to being in employment. To highlight the potential financial problems which others can cause.	Links to the Financial Literacy unit taught in Year 8.	In Year 10, pupils study a unit on Financial Literacy.	Make informed choices Understand what influences their decision Ability to express an opinion	Ethical Enterprise Technological Progress	Geography Business

<u>Careers</u>						
What are my skills? How can I take control of my learning journey? How to manage my money whilst I'm earning? What is a CV and covering letter and why do I need them?	To get pupils to reflect on their skills and why it is important to take control of their learning journey. To teach pupils the importance of CV's and covering letters.	Links to the Careers unit taught in Year 8.	In Year 10, pupils study a unit on Careers.			
<u>Relationship and Sex Education</u>						
Readiness for sex Unprotected Sex STI's Sexting Relationship Expectations Misogyny Different types of families Long term commitments	To teach pupils about staying safe in relationships and how to look after their health and the consequences if they don't. To teach pupils about staying safe in relationships and how to look after their health. To understand the dangers of the internet.	Links to the RSE unit taught in Year 8.	In Year 10, pupils study a unit on RSE.	Identity and managing risks Make informed choices Understand what influences their decision Ability to express an opinion	Social justice Cultural diversity Civic Responsibility Technological Progress Healthy Living	Science RS ICT Health and Social Care RS

<u>Year 10 PSHE</u>						
Topics	Why we teach this	Links to last topic	Links to future topics	Key skills developed	Cultural capital opportunities	Links to whole school curriculum
<u>Health and well being</u>						
Mental Health Depression Anxiety Social Media and Mental Health Sexting Online Hate Digital Footprint Role Model Impact of Alcohol Drink Driving Drug Driving Nitrous Oxide Vaping County Lines Virginity testing and Hymenoplast	To teach pupils effective strategies they can use to help them with their mental health. To teach pupils how they can be influenced positively and negatively and how to manage this peer pressure. To teach pupils about the dangers in society.	Links to the Health and well-being unit taught in Year 9 and Year 10.	In Year 11, pupils study a unit on Health and well-being.	Make informed choices Understand what influences their decision Ability to express an opinion Identity and managing risks Develop a positive self-image	Healthy Living	Health and Social Care Science English
<u>Citizenship</u>						
Extremism/Radicalisation Electoral System Government/Local Authority Spending Pressure Groups Human Rights Civil-Criminal Law	To teach pupils about challenges and risks citizens may experience in society. To teach pupils about how the economy works. To teach pupils about the rights humans have and how they differ across the world.	Links to the Citizenship unit taught in Year 9.	In Year 11, pupils study a unit on Citizenship.	Identity and managing risks Make informed choices Understand what influences their decision Ability to express an opinion	Social justice Cultural diversity Civic Responsibility	Computing History RS MFL
<u>Relationship and Sex Education</u>						
Pressure to have sex Consent- capability Coercive Control	To teach pupils about pressures in relationships and strategies that can be	Links to the RSE unit taught in Year 9	In Year 11, pupils study a unit on RSE.	Make informed choices	Civic Responsibility Healthy Living	RS

Sexual Harassment Sextortion	used to stop this from happening.			Understand what influences their decision Ability to express an opinion Identity and managing risks		
Careers						
Can I reflect on my careers journey? What type of career is best for me? Why is well-being important in a workplace? In person, hybrid or remote, what works best?	To teach pupils the importance of well-being in the workplace. To teach pupils to be reflective on their careers journey.	Links to the Career unit taught in Year 9	Careers is not taught as part of the PSHE curriculum in Year 11.			
<u>Financial Literacy</u>						
Budgeting Pensions Debt Credit Score Payday Lending Gambling Targeted Advertising	To teach pupils the importance of saving but also to teach the risks associated with borrowing money or gambling and getting into debt.	Links to the Financial Literacy unit taught in Year 9.	In Year 11, pupils study a unit on Financial Literacy.	Identity and managing risks Make informed choices Understand what influences their decision Ability to express an opinion	Ethical Enterprise Civic Responsibility Technological Progress	Enterprise Geography

<u>Year 11 PSHE</u>						
<u>Topics</u>	<u>Why we teach this</u>	<u>Links to last topic</u>	<u>Links to future topics</u>	<u>Key skills developed</u>	<u>Cultural capital opportunities</u>	<u>Links to whole school curriculum</u>
<u>Health and well-being</u>						
Stress Personal Safety-social situations First Aid Skills Health- lifestyles and some cancers Self-examination Vaccinations Contraceptives Sexual Health Piercings/Tattoos Sunbeds Cosmetic Surgery Blood Donation Organ Donation Stem Cell Donation Health Care System	To teach pupils about stress and how to manage it. To teach pupils how to keep themselves safe in personal situations and how to deal with an emergency. To teach pupils the importance of looking after their body. To teach pupils the importance of their sexual health.	Links to the Health and well-being unit taught in Year 10	N/A	Identity and managing risks Make informed choices Understand what influences their decision Ability to express an opinion	Healthy Living	Science Health and Social Care
<u>Relationship and Sex Education</u>						
Types of families Long term commitments Parental Responsibilities Pregnancy Options Fertility Menopause Managing loss Miscarriage/Stillbirth	To teach pupils about issues around families and planning for a baby.	Links to the RSE unit taught in Year 10	N/A	Identity and managing risks Make informed choices Understand what influences their decision Ability to express an opinion	Healthy Living	Science Geography RS
<u>Health and Well-being</u>						
Gender Identity Discrimination-sexuality Hate Crime Revenge Porn Impact of Pornography	To teach pupils about different types of harassments and how to effectively deal with them.	Links to the RSE unit taught in Year 10	N/A	Identity and managing risks Make informed choices	Social justice Civic Responsibility Technological Progress Healthy Living	RS

				Understand what influences their decision Ability to express an opinion		
Citizenship						
Democracy Impact- UK Parliament Devolved Government International Governments Media Bringing about change	To teach pupils about democracy and how governments are formed around the world. To demonstrate how groups and individuals can bring about change in the world.	Links to the Citizenship unit taught in Year 10	N/A	Identity and managing risks Make informed choices Understand what influences their decision Ability to express an opinion	Social justice Cultural diversity Civic Responsibility	Geography RS

<u>Year 12 PSHE</u>						
<u>Topics</u>	<u>Why we teach this</u>	<u>Links to last topic</u>	<u>Links to future topics</u>	<u>Key skills developed</u>	<u>Cultural capital opportunities</u>	<u>Links to whole school curriculum</u>
Long Term Career Planning						
Career challenges Decision Fatigue Career Journey and AI Career journeys Long-term career goal Starting a Business Good work-life balance	To teach pupils the challenges they may face in their career. To teach pupils how AI can influence their career journey. To teach pupils how to start a Business. To teach pupils the importance of a good work-life balance.	Links to Careers curriculum in Years 7-10	In Year 13, pupils study a unit on Exploring your future options.	Identity and managing risks Make informed choices Understand what influences their decision Develop a positive self-image Ability to express an opinion	Healthy Living Technological Progress	
Positive well-being						
Depression Benefits of Stress Anxiety Support Coercion and controlling behaviour Sleep hygiene Emotional wellbeing Importance of resilience	To teach pupils the importance of looking after their mental wellbeing. To teach pupils about the signs of coercion and controlling behaviour.	Links to Health and well-being unit throughout KS3 and KS4	N/A	Identity and managing risks Make informed choices Understand what influences their decision Develop a positive self-image Ability to express an opinion	Healthy Living	

	To teach pupils the importance of resilience.					
Revisiting Sexual Health						
Real sex v's porn Masculinity and Misogyny Alcohol and bad choices Importance of sexual health Contraceptives STI's Love and Respect	To teach pupils how pornography can influence expectations in relationships. To teach pupils about misogyny and the impact it can have. To teach pupils how alcohol may impact on decision they make. To teach pupils the importance of sexual health.	Links to Relationship and Sex Education units in KS4	In Year 13, pupils study a unit on Sexual Health and Self Concept	Identity and managing risks Make informed choices Understand what influences their decision Develop a positive self-image Ability to express an opinion	Civic Responsibility Healthy Living	
Forming Respectful Relationships						
Building Relationships Importance of family and friends Online Dating Emotional Intimacy Toxic Friendships Power in Relationships Ending Relationships	To teach pupils about the importance of building relationships. To teach pupils the potential risk on online dating. To teach pupils to be able to identify and evaluate healthy and	Links to Relationship and Sex Education units in KS4	N/A	Identity and managing risks Make informed choices Understand what influences their decision Develop a positive self-image Ability to express an opinion	Cultural diversity Healthy Living	

	unhealthy relationship behaviours					
Personal Finance- Young Adults						
Financial resilience Choosing a bank Savings accounts Credit Cards Mortgage Choices Different types of debt Retirement	To teach pupils the role of financial products and services To teach pupils the ability to compare and evaluate financial options in order to make informed decisions To teach pupils strategies needed to build financial resilience	Links to Financial Literacy units in KS3 and KS4	In Year 13, pupils study a unit on Personal Finance- Young Adults	Identity and managing risks Make informed choices Understand what influences their decision Ability to express an opinion	Ethical Enterprise	

<u>Year 13 PSHE</u>						
<u>Topics</u>	<u>Why we teach this</u>	<u>Links to last topic</u>	<u>Links to future topics</u>	<u>Key skills developed</u>	<u>Cultural capital opportunities</u>	<u>Links to whole school curriculum</u>
Exploring your future options						
Skills needed in the future Choosing a degree course Uni Open Days University Clearing National Apprenticeship Week Job markets Job Seeking	To teach pupils to make informed decisions about their future.	Links to Long Term Career Planning units in Year 12	N/A	Make informed choices Understand what influences their decision Ability to express an opinion	Healthy Living Technological Progress	
Sexual Health and Self Concept						
Main phases of life Body image Appearance v's reality Body Modifications Financial abuse Sexual health Sexual health Misconceptions	To teach pupils how physical, emotional, and social changes occur throughout the main phases of life, To teach pupils to evaluate how body image, appearance, and body modifications can influence identity and wellbeing. To teach pupils the difference between	Links to Revisiting Sexual Health unit in Year 12	N/A	Identity and managing risks Make informed choices Understand what influences their decision Develop a positive self-image Ability to express an opinion	Civic Responsibility Healthy Living	

	appearance and reality and how this can be influences To teach pupils to understand the importance of healthy relationships and sexual health					
Contraception and Parenthood						
Routes to parenthood Unplanned/unwanted pregnancy Fertility Pregnancy Employment Rights Menstrual or Fertility Charting Consent Contraceptive	To teach the factors that influence fertility, conception, and routes to parenthood. To teach pupils to understand contraception and fertility awareness to make informed choices. To teach pupils the importance of consent, rights, and their responsibilities in relationships, parenthood, and sexual health.	Links to Revisiting Sexual Health unit in Year 12	N/A	Identity and managing risks Make informed choices Understand what influences their decision Develop a positive self-image Ability to express an opinion	Civic Responsibility Healthy Living	
Young Adults, Choices, Risks and Decisions						
Taboo Difficulties parenting Road Safety	To teach pupils to understand the impact of personal choices	Links to Health and Wellbeing	N/A	Identity and managing risks	Social justice Civic Responsibility	

SMSC Vape Spiking Young people and debt Decision Making	and behaviours on safety and wellbeing To teach pupils how values, beliefs, and social influences can affect decision-making and relationships. To teach pupils to develop critical thinking and decision-making skills in order to make informed, responsible choices.	units in KS3 and KS4		Make informed choices Understand what influences their decision Develop a positive self-image Ability to express an opinion	Healthy Living	
Personal Finance- Young Adults						
Financial resilience Choosing a bank Savings accounts Credit Cards Mortgage Choices Different types of debt Retirement	To teach pupils the importance of financial resilience To teach pupils to understand and evaluate banks, savings accounts, credit cards, and mortgages To teach pupils about the importance make informed financial decisions.	Links to Personal Finance unit in Year 12	N/A	Identity and managing risks Make informed choices Understand what influences their decision Develop a positive self-image Ability to express an opinion	Ethical Enterprise	