

Appendix One - Years 7-11 PSHE Overview by Theme

RSHE Curriculum /Wider non-statutory PSHE

Theme 1 – Health and Wellbeing

| Year Group | Module | Area of development |
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| 7 | <p>Unit 2 : How can I be safe in mind and body?</p> <ul style="list-style-type: none"> • First Aid, including CPR, basic life support and managing bleeding • Cyber-bullying; social media – how to report inappropriate behaviour • Consequences of sharing online | <p>Online safety is covered in PSHE throughout Years 7-11; Computing has units in KS3</p> |
| 7 | <p>Unit 3 : How to keep healthy?</p> <ul style="list-style-type: none"> • Managing change at puberty • Managing external factors – sun, weather, dark • Personal hygiene, including oral health • Diet, exercise and sleep | |
| 8 | <p>Unit 1 : Why is it so important that I like myself?</p> <ul style="list-style-type: none"> • The importance of self esteem • The role of the media and how this can impact on self esteem • Body image – what can happen when this is unhealthy? <p>Unit 4 : How can I take care of myself? – Knowing about drugs and addiction</p> <ul style="list-style-type: none"> • Knowledge and understanding of the dangers of addiction - gambling; screen time • Knowledge and understanding of using drugs, including alcohol and tobacco – <ul style="list-style-type: none"> a) Why they are taken? b) Identifying drugs and understanding the effect they have mentally and physically | <p>Importance of self esteem is revisited in all units regarding relationships in Years 9 and 10 as well as in those about mental wellbeing eg Unit 1 and 2 in Year 9; Units 1, 2 in Year 10</p> <p>Drugs education is revisited in both Year 9 and 10 – Unit 1 in Year 9 and Unit 1 in Year 10</p> |

| | c) Looking at the law and drugs | about health and wellbeing |
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| 9 | <p>Unit 1 : Making the right decisions: Looking after my Body & Mind</p> <ul style="list-style-type: none"> • Re-cap – how can I be healthy? • Thinking positively • Exploring issues linked to mental health i.e. eating disorders, depression and self –harm • Drugs and the law <p>Drop Down Session</p> <ul style="list-style-type: none"> • Run by Dave and Sam from the Mix on Drugs and Self Esteem • Drop Down Morning on managing health decisions – Tattoos, Piercings, organ and blood donation | Deliberate overlap with content from Year 8 Units 1 and 4 on mental wellbeing, healthiness and substance/drug use |
| 10 | <p>Unit 1 : Health and wellbeing : Respecting Ourselves?</p> <ul style="list-style-type: none"> • Re-cap – Sexual health and use of alcohol • Pornography – the harmful effects on relationships • Managing power and authority in relationships/abuse – controlling, coercive and abusive • Avoiding unhealthy substances • The importance of screening and self examination • Illness and management of illness - a lesson on cancer and identification of early signs | Re-cap sexual health message within health and wellbeing. |
| 11 | <p>Drop Down Afternoon 1</p> <ul style="list-style-type: none"> • Emotional health and wellbeing; importance of resilience <p>Drop Down Afternoon 2</p> <ul style="list-style-type: none"> • Being safe and understanding all actions have consequences i.e. drink driving; texting when driving or being in the car with others • Sexual health – contraception and STI reminder • Is this Rape? Importance of having consent | Deliberate overlaps – higher level material used and directed at the time student are most likely to be impacted eg Christmas time in Year 11 for the second Drop Down afternoon |

Years 7-11 PSHE Overview by Theme

Theme 2 – Relationships

| Year Group | Module | Area of development |
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| 7 | <p>Unit 1 : How can I have healthy friendships in the real world?</p> <ul style="list-style-type: none"> • What is friendship? • How to make and keep friends in the real world and online • How to manage peer pressure • What is a toxic friendship? • How to resolve conflict within relationships? | |
| 7 | <p>Unit 2 : How can I be safe in mind and body?</p> <ul style="list-style-type: none"> • First Aid, including CPR, basic life support and managing bleeding • Cyber-bullying; social media – how to report inappropriate behaviour • Consequences of sharing online | <p>Developing safe relationships online so building on Unit 1 on real life friendship</p> |
| 8 | <p>Unit 2 : How to manage growing up in a family?</p> <ul style="list-style-type: none"> • What is a family – Look at diversity of family structure • Benefits and challenges of being in a family • Identification of challenges facing a family i.e. bereavement, illness, new siblings, grandparents moving in ... • Working on ways to manage these stages in life | <p>Links to KS4 RE on Relationships and Families</p> |
| 9 | <p>Unit 2 : Relationships : How to make the right decisions?</p> <ul style="list-style-type: none"> • Love, relationships, intimate relationships – pros and cons • Sexuality and sexual identity i.e. diversity in relationships • Consent – being in control/managing peer pressure | <p>Links to KS4 RE on Relationships and Families – marriage and alternative to marriage; relationships within their religious context</p> |

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| | <p>Unit 4 : Sexual Health – How can I take care of myself?</p> <ul style="list-style-type: none"> • ESafety in relationships – Sexting; exploitation on line • Contraception • STIs, including HIV/AIDs | <p>Units 1 and 2 in Year 10 ; Drop Down in Year 11 revisit the importance of good sexual health</p> |
| 10 | <p>Unit 2 : Relationships : Relationships – preventing pregnancy, planned and unplanned pregnancy, miscarriage and infertility</p> <ul style="list-style-type: none"> • Sexual health – prevention of pregnancy. Contraception re-cap; emergency contraception • Pregnancy – concept of family planning; fertility; management of pregnancy; unplanned • Alternatives to having a baby – abortion; foster care and adoption • Problems with having a baby – miscarriage; infertility • Parenting – emotional and physical impact; what makes a good parent | <p>Re-cap sexual health message from Year 9; emphasis on parenting so revisiting family structures again.</p> <p>Parenting and family in KS4 RE</p> |
| 11 | <p>Drop Down Afternoon 2</p> <ul style="list-style-type: none"> • Sexual health – contraception and STI reminder • Is this Rape? Importance of having consent | <p>Deliberate overlaps – higher level material used and directed at the time student are most likely to be impacted eg Christmas time in Year 11 for the second Drop Down afternoon</p> |

Theme 3 – Living in the Wider World

| Year Group | Module | Area of development |
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| 7 | <p>Unit 3 : What qualities do I need to do well in school and in my future career?</p> <ul style="list-style-type: none"> • Looking forward – Aspirations for the future • Qualities to ensure success in careers and within school life – i.e. why is education important; skills and qualities • Link to future reference writing • Management of time and money <p>Unit 5 : Why is it so good to live in a diverse society?</p> <ul style="list-style-type: none"> • Our rights and responsibilities in a society • How are people the same/different? • Multi-cultural/Diverse Britain – what is so good about this this? • How do we keep distinct traditions and build respect/tolerance? <p>Study Skills</p> | <p>Deliberate use of Study Skills in all year groups to revisit, develop skills</p> <p>Deliberate focus on careers and the importance of developing the skills needed for the workplace in all years</p> <p>Links with financial independence and numeracy for Units 4 in Year 7; Unit 5 in Year 9 and Unit 4 in Year 10</p> <p>The idea of human rights introduced in Year 7 and built upon</p> |
| 8 | <p>Common Unit : Aiming High</p> <ul style="list-style-type: none"> • Aspiration – Where am I now? Where do I want to be in 10 years' time? • Building up a portfolio of success • What routes are on offer to me in the future? <p>Unit 3 : How can I be an active and responsible citizen?</p> <ul style="list-style-type: none"> • What are my human rights? Why are they important? • What are my responsibilities? • Understanding prejudice and discrimination – why are these wrong? | <p>Development of the Careers and Guidance units according to age and needs within their education but with the main focus being on aspiration. Also every two years solidified by Careers Week</p> <p>Human rights and how to challenge abuse of human rights begins in Year 8 and is looked at again in Year 10 Unit 3</p> |

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| | <ul style="list-style-type: none"> • Case studies on those fighting for human and civil rights eg Martin Luther King, Suffragettes, Fathers for Justice <p>Unit 5 : How can I be politically aware?</p> <ul style="list-style-type: none"> • The importance of voting; general elections • Understanding the political system in the UK; the role of the government and parliament – both currently and evolution over history • Understanding peoples’ role in democracy • How does the UK compare to other countries in Europe? The world? • Case study of world organisations in the world eg EU, World Health Organisation, G8, NATO | <p>Links to the Human Rights Unit in Year 10</p> <p>Links also to Year 8 and 9 History on development of voting rights</p> |
| 9 | <p>Common Unit :</p> <ul style="list-style-type: none"> • Aspiration – Options focus – how to make the right decisions? • Study Skills for the Exams <p>Unit 3 : Crime and Anti-Social Behaviour</p> <ul style="list-style-type: none"> • What is anti-social behaviour? • Crime and the Criminal Justice System • Knife crime • County Lines <p>Unit 5 : Looking after yourself and your money</p> <ul style="list-style-type: none"> • Understanding the importance of budgeting at individual and wider levels • Having a job at 14 • Understanding how banks work; saving money • How to get the best deal for your money – a case study on buying a mobile phone • Borrowing – the danger of borrowing with high interest rates • Feeding yourself well on a budget | <p>Links to all Aiming higher Units Years 7-11</p> <p>Links to KS4 RE Crime and Punishment unit</p> <p>Links to Unit 4 in Year 7; Unit 4 in Year 10</p> |

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| <p>10</p> | <p>Common Unit : Careers – Being prepared</p> <ul style="list-style-type: none"> • Future Plans – Where am I aiming for? • What skills and qualities do I need? What does an employer look for? • Action planning on how to develop key skills and qualities • Understanding how to apply for jobs/sixth form – importance of references and CVs • Importance of digital footprint <p>Unit 3 : Human Rights – What are our human rights? How are these abused? How can they be challenged?</p> <ul style="list-style-type: none"> • What are our human rights? Are they in place across the world? • Extremism and radicalisation • Use of torture • Female gender mutilation; forced and arranged marriage; honour-based violence <p>Unit 5 : Living in the wider world – How best to manage your money and online life</p> <ul style="list-style-type: none"> • Wants and needs linked to finance. • Understanding of the tax system • Understanding of pay slips and what is taken from these • Interest rates/exchange rates • Consumer rights and ethical training • Why is my digital footprint important? • Keeping yourself safe online in relationships and after these have ended | <p>Links to all Aiming higher Units Years 7-11</p> <p>Links to human rights in Years 7 Unit 5 and Year 8 in Unit 3</p> <p>Links to religious belief/cultural practice as in Unit 2 in Year 9; RE unit on Relationships and Families re arranged marriages</p> <p>Links to Units 4 in Year 7 and 5 in Year 9 re money; Units 2 in Year 7, Unit 4 in Year 9 on sending indecent images; Aiming Higher Unit in Year 10</p> |
| <p>11</p> | <p>Drop Down Afternoon 3</p> <ul style="list-style-type: none"> • Managing examinations – Planning and managing time; Revision strategies; managing stress <p>Study Skills</p> <ul style="list-style-type: none"> • Maximise session | <p>Links to study skills in all years</p> |

