



Curriculum Overview - PSHE

| | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
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| Year 7 | <p>Me and My identity. Influences on identity. What is it to be unique. British identity and values. Peer Pressure and belonging. My Online Identity Online Safety - Rules.</p> | <p>Understanding stereotypes, prejudice and Discrimination. Challenging discrimination and bullying. The Structure of government. Uni Frog Character Lesson</p> | <p>My Dreams and Goals Risk/strategyCoping Strategies Blame Managing setbacks Making Choices/influences Responsible/irresponsible Risks - Gambling</p> | <p>Anxiety and Stress Signs Strategies to combat Healthy Choices Positive Impact of healthy eating, sleep, Physical exercise What are vaccines Medication safety Understanding Substances Harmful substances /drug classification Why people choose to use substances Law and substances Uni Frog Character Lesson</p> | <p>Relationship & Changes How to build positive relationships Supportive relationships Conflict & Discernment Managing conflict in friendship groups Discernment and the media Assertiveness in Relationships Aggressive, assertive, passive Consent to use social media Assertive action against sexting</p> | <p>Puberty Changing body Having a baby Conception and development Feelings and choices around having a baby Babies and responsibilities How media can impact Self-esteem/body image Strategies to build self esteem Emotional changes during puberty Uni Frog Character Lesson</p> |
| Year 8 | <p>Family Family's influence and expectations Managing expectations First impressions, Faiths and beliefs Britain as a multicultural society Race, Religion and Multicultural Britain</p> | <p>Social injustice and social inequality Bullying and how to combat it Self-Awareness Banter/positive language Understanding the cabinet</p> | <p>My Long-Term Goals How these might change Digital footprint – Online identity job goals/dreams Value of Money Different relationships and money Financial decisions</p> | <p>Managing stress Combat stressful situations Me and My Health Dimensions of wellness Long term physical wellness Oral Hygiene Diseases/vaccinations/</p> | <p>Relationships with yourself/social media Positive/ stable relationships Personal Space and culture Using social media Safety and the Law</p> | <p>Intimate relationships And feelings associated Romantic relationships Positive Behaviours in relationships Feelings and</p> |



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| | Hate incidents/crimes Benefits of multiculturalism | Media How to identify fake news Uni Frog | Good debt/bad debt Money and Earnings Earning of people in the UK Budget management World Poverty | Antibiotics Substance use and misuse Law around substance misuse and possession Role of substance misuse in CCE and county lines, money mulling Avoidance Uni Frog Character Lesson | Coercion in Relationships What is unhealthy, Power balance Where to access support | attraction Sexuality and feelings Pornography/Reality Risk behaviour specifically around alcohol -/sex The Law Uni Frog Character Lesson |
| Year 9 | Relationships Friendships – Peer Approval Intimate relationships Accessing support and advice Self-identity/Social Groups Social Media/Risk Social risks – gangs, drugs, sex Positive/negative self-identity Positive identity and positive relationships Consent and the Law | Prejudice and discrimination Equalities Act Bullying and LBGTQ+ The Law and the justice system Uni Frog Character Lesson | My Plans and Goals SMART Targets Living in the moment Mental Health, Self esteem What is mental Health? Resilience/help Factors/media manipulation Social Media & Mental Health Substances Substance use and misuse Law around substance misuse and possession Support plans for how to get help information | Grooming and Exploitation – (Radicalisation, CCE) Knife crime Taboo FGM, Breast Ironing and Honour Based Abuse Being a good citizen- Contributing to Society/First Aid including drug/alcohol poisoning Uni Frog Character Lesson | Mental Health and Emotions Stigma & Mental Health How to Support or access support Change and Resilience Sleep – Facts Importance for mental/physical health Power and Assertiveness Equality in relationships Understanding choice and saying “no” Assertiveness skills in a relationship Consent and Law | CSE Online sexual grooming Sexting Where to access help Pornography/ Reality ideal bodies/low self esteem Law – Online & social Media Contraception and consequences Sexual Health Informed decisions/help Law Uni Frog Character Lesson |
| Year 10 | Human Rights and the | Financial terms | Mental/physical health | Diseases, | Relationships with | Change, society and |



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| | <p>Equality Act Grief and Loss Physical and mental responses to grief How to get support with grief Risk in real life and online Online identity Netiquette On line data use The Laws - Online</p> | <p>Financial risk and how to mitigate Financial Fraud – (Money mulling) Equity in the workplace Equalities Act Multiculturalism, society and inequality Benefits of multiculturalism Different Relationships and impact Power/change in relationships Coercive control -Physical/Mental Resilience Uni Frog Character Lesson</p> | <p>Balance -Wheel of life Digital footprint – Online identity can affect job/ goals/dreams Health MOT Checking your bits Detriments to health Protecting my health Substances and the body Prescribed drugs Mental Health disorders Who can help Nature and Mental Health</p> | <p>Stem cell therapy Organ donation STI's Treatments Sex – Consent, choice, pressure, support Being an adult, relationship Law, legal status and Law Unacceptable behaviours Coercive, DV, HBV,FM Uni Frog Character Lesson</p> | <p>Peers Teen violence Gangs Anti-social Behaviour Healthy Relationships & Connections Love and how this portrayed in the media and society Love and Loss Different types and stages of relationships Ending a romantic relationship and consequences</p> | <p>how this affects us How change is reflected in the media Climate change Sexuality and gender Gender stereotypes Changes- Physical, Emotional How to manage change Pregnancy and Abortion Gender & sexual identity Uni Frog</p> |
| <p>Year 11</p> | <p>Relationships and the law Unacceptable behaviours Coercive, DV, HBV,FM Law and why age limits. Use of drugs in relationships Confusion between love and abuse Being an internet citizen and the law Illegal online activity Consequences of viewing pornography</p> | <p>Keeping yourself and others safe in an emergency situation Managing anxieties and lifestyle choices Finances- how to budget, avoid debt. Consequences of gambling and debt Uni Frog Character Lesson</p> | <p>Jobs and Aspirations Skills for the future Employment opportunities My Job Plan Relationships, Parenting when and why Recognising and managing stress levels Healthy Choices Positive Impact of healthy eating, sleep, Physical exercise</p> | <p>Personal Hygiene and Health – STI's Self-examination Dealing with Pressure in Relationships, coercion consent, Rape Consent Law Having Children, Contraception, fertility, feelings about having children Uni Frog Character Lesson</p> | <p>Intimate Relationships - Relationship stages The role the media plays in unrealistic expectations of sex and relationships Safe sexual relationships Diverse relationships Challenges involved in "coming out" Media - stereotyping people and relationships Power and relationships Identifying when a relationship is not balanced in power How to manage or end unsafe relationships</p> | |



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| | | | | | FGM- Honour based violence, forced marriage What is a hate crime Hates crimes within LGBT& Communities | |
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