

## PSHCE Curriculum Overview 2023-2024

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 7</b> 1 hr per week	<b>Managing the Transition to Secondary School (8h):</b> HHS as a welcoming and inclusive school Managing feelings Changing friendships Positive and healthy vs. toxic friendships Arguments & resolving issues (practical steps to support friendships) Peer pressure Bullying & where to get help if it happens What is mental health & how can we look after it? The impact of relationships, hobbies & interests on wellbeing	<b>Online Safety (7h):</b> Choosing online friends carefully Rights, responsibilities, and opportunities online Online behaviour expectations PEGI ratings and gaming safely Sharing personal information – dangers/ramifications How to navigate social media safely How to report online material Online bullying and how to get help Sharing nudes & the law Difficulties removing online content	<b>Changing Bodies (5h):</b> Puberty (physical and emotional changes) – build on KS2 knowledge Menstrual wellbeing Personal hygiene Germs, viruses, bacteria, infection control and antibiotics FGM and the law (& how this can affect future relationships)	<b>Looking to the Future (5h):</b> <b>Future Skills Questionnaire</b> Identifying interests and strengths – what future learning/career pathways might be interesting?  Taking responsibility for financial choices Income and expenditure Budgeting Saving Bank accounts	<b>Healthy Lifestyle (7h):</b> Looking after our bodies: healthy diet, regular exercise, managing a healthy weight & good dental health The links between poor diet and tooth decay Developing positive habits: diet, exercise, sleep, dental care Avoiding negative habits: overeating, inactivity, drug and alcohol use, smoking and vaping, energy drinks (incl. basic info. on the laws relating to these) Immunisation & vaccination – prevention of disease (facts/science)	<b>Committed &amp; Stable Relationships (7h):</b> Different types of positive, healthy, committed & stable relationships & the importance of these Different types of families (incl. blended & non-nuclear) When will I know I am ready for a boyfriend or girlfriend (link to self-worth/esteem)? The concept of consent and personal boundaries (incl. the law) The choice to delay sex & enjoy intimacy without sex Recognising HSBs & getting help Practical steps to support positive relationships
<b>Year 8</b> 1 hr per week	<b>Equality &amp; British Values (8h):</b> The Equality Act, 2010 & Protected Characteristics Discrimination (incl. racism, sexism, ageism, ablism, homophobia, transphobia, misogyny, misandry) How stereotypes cause damage & normalise prejudice/non-consensual behaviour British Values (the precious liberties enjoyed by UK citizens) Treating others (and expecting to be treated) with respect & due tolerance for their beliefs Democracy in the UK Black History Month prep.	<b>Negative External Influences (7h):</b> The concepts of, and laws relating to, sexual exploitation (CSE), criminal exploitation (CCE), abuse, grooming, coercion and how these can affect current and future relationships Online risk of exploitation and grooming The concept of County Lines and risk factors linked to this The reasons why children might go missing from home and the dangers associated with this	<b>Emotional Wellbeing (5h):</b> How to talk about emotions Normal low mood vs. when to seek help Recognising when something is having a positive/negative effect Common types of mental ill health Healthy coping mechanisms: physical activity, hobbies/interests, community participation, work, volunteering, staying connected to others Unhealthy coping mechanisms: isolation self-harm, substances	<b>Getting One Step Ahead Online (5h):</b> How to be a discerning consumer of info. online Dis/misinformation online and effective responses The dangers of biased information Filter bubbles and their isolating effects The impact of viewing harmful content online Online hate: how to respond The problems with online gambling incl. addiction & debt Not providing material to others that you would not want shared further How info. & data is generated, collected, shared, and used online How advertising targets individuals online	<b>Career Possibilities (7h):</b> Identifying skills and personal qualities and linking back to strengths & interests work (Y7) Exploring and identifying different jobs and careers using Unifrog linked to strengths, interests, personal qualities and skills Different post-16 pathways, both academic and non-academic, incl. attending FE colleges, UTCs, school sixth forms Intro. to apprenticeships and traineeships Linking careers with education/training pathways	<b>Identity and Safe Relationships (7h):</b> Revisit different types of positive committed relationships LGBTQ+ awareness and allyship Gender identity (& the law) Respecting and celebrating differences - love is love Introduction to the importance of contraception and the responsibility to stay safe in an intimate relationship Where to access confidential advice on contraception/sexual health & treatment Revisit ways to support/improve a relationship

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<p><b>Year 9</b> 1hr per week</p>	<p><b>Peer Influence (8h):</b> Revisit healthy vs. unhealthy friendships &amp; increase depth of knowledge re. negative impact of pressuring others into behaviours How to recognise peer pressure (incl. sexual pressure) and strategies for resisting it Not pressuring others (incl. sexually) The negative impact of antisocial behaviour, gangs, knife crime/carrying weapons Understanding the law relating to these and Young Offenders INCEL subculture and the negative impact of being drawn into online misogyny/hate</p>	<p><b>Employability &amp; Options (7h):</b> What makes someone employable? The importance of qualifications/ knowledge as well as skills The influence your online presence and social media use have Labour Market Information and the different employment sectors (as opposed to academic subjects) Revisit post-16 pathways Post-18 pathways KS4 options – which courses are right for me and why?</p>	<p><b>Body Image &amp; Self-Esteem (5h):</b> Appearance ideals (current and past) Setting unrealistic expectations of body image and understanding appearance ideals Media messages (incl. social media, photo editing, how people curate an image of their life online) The negative impact of obsessive comparison with others online Confronting comparisons Positive self-talk &amp; building self-esteem The negative impact of appearance ideals on emotional wellbeing, incl. eating disorders</p>	<p><b>Intimate relationships (5h):</b> The choice to delay sex or enjoy intimacy without sex (revisit) How people can actively communicate &amp; recognise consent, incl. sexual, &amp; how and when consent can be withdrawn (all contexts) The facts about the full range of contraceptive choices, efficacy, and options available The facts around pregnancy incl. miscarriage Unintended pregnancy &amp; choices STIs, transmission &amp; risk reduction (incl. the importance of testing) Prevalence, impact and treatment of STIs Alcohol &amp; drugs leading to risky sexual behaviours How to access confidential advice (revisit) Pornography - distorted view of sexual behaviours + impact on relationships &amp; future sexual partners</p>	<p><b>Physical Health (7h):</b> The positive association between physical activity &amp; mental health (revisit) Nutrition (incl. macro- and micronutrients), hydration and exercise and their impact on healthy lifestyle Sleep health and links between sleep and cognitive impairment Maintaining a healthy weight Links between inactive lifestyle, poor diet and ill health (cancer, cardiovascular illness) The links between substance use and health issues, incl. mental ill health Revisit things that support emotional wellbeing Revisit the law relating to substance use Low risk alcohol consumption in adulthood Risks of smoking tobacco and how to access support to quit smoking First Aid: how to administer CPR and defibrillators</p> <p><b>Future Skills Questionnaire</b></p>	<p><b>Responsible relationships (7h):</b> The importance of respect in relationships &amp; practical steps to improve or support respectful relationships Managing &amp; resolving conflict in a romantic relationship How family relationships (&amp; others) contribute to human happiness The importance of committed and stable relationships for bringing up children What marriage is (incl. legal status and rights of other long-term relationships) Why marriage is an important choice for many &amp; why it must be freely entered into The concepts of, and laws relating to, forced marriage and Honour Based Violence, and how these can affect current &amp; future relationships Parental responsibilities &amp; characteristics of successful parenting How to determine when a relationship is unsafe &amp; get help How to recognise abuse &amp; seek help/advice (incl. about others)</p>
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<p><b>Year 10</b> 1hr per week</p>	<p><b>Financial Decisions (8h):</b> Credit and debt The impact of financial decisions resulting in debt (incl. on emotional wellbeing) How to get help with money worries. The impact of advertising on financial choices Earning a salary &amp; deductions Financial products and services (revisit bank accounts, + loans, credit cards, currency, mortgages, insurance, pensions, savings, etc.) How to be a discerning online shopper How public money is raised and spent</p>	<p><b>Healthy Intimate Relationships (7h):</b> How to recognise the characteristics of healthy/unhealthy intimate relationships, incl. consent &amp; coercion/control Clare's Law Assertive communication Reconciliation vs. ending a relationship Expectations of sex (myths, pleasure, etc.) – revisit the influence of pornography What constitutes sexual harassment &amp; violence and why these are always unacceptable Revisit the impact of sharing nudes and the law The difficulties with removing shared online content (revisit and deepen) and how to go about this</p>	<p><b>Extremism &amp; Radicalisation (5h):</b> Extremism, radicalisation &amp; the law Recognising how individuals can be drawn into extremism Extremism &amp; radicalisation online - recognising and identifying risk factors, incl. algorithms Misogyny and INCEL subculture (reminder) Preventing &amp; challenging extremism Inclusion/belonging in communities – preventing isolation or being drawn into extremism Challenging stereotypes Recognising hate crime and why it is wrong</p>	<p><b>Democracy &amp; Government (5h):</b> Parliamentary democracy &amp; the key elements of the UK constitution, incl. the power of government, the role of citizens &amp; Parliament in holding those in power to account, &amp; the different roles of the executive, legislature and judiciary and a free press The different electoral systems used in and beyond the UK and actions citizens can take in democratic &amp; electoral processes to influence decisions locally, nationally, and beyond Exercising your right: mock election Other systems &amp; forms of government, both democratic and non-democratic, beyond the UK Local, regional, &amp; international governance &amp; the UK's relations with Europe, the Commonwealth, the UN &amp; the wider world</p>	<p><b>Preparing for the World of Work (6h – 1 week out):</b> Preparation for work experience including managing expectations, revisiting employability and readiness for the workplace 1 week of work experience (placement) Evaluating work experience Writing a CV/putting together an application for sixth form/employment How to write a covering letter What to expect in an interview and practice Revisit Labour Market Information</p>	<p><b>Celebrating Diversity (7h):</b> What has a multicultural society and diversity brought to the UK? Diverse national, regional, religious and ethnic identities in the United Kingdom and the need for mutual respect and understanding Hidden prejudice Tolerance of different faiths and cultural practices (and respect for those with no faith) British Values (revisit &amp; deepen) Revisit Equality Act and Protected Characteristics</p>
<p><b>Year 11</b> 1hr per fortnight</p>	<p><b>Building for the Future (4h):</b> Stress management strategies linked to increased exam/Y11 pressure Understanding self-efficacy Strategies for studying and revising effectively, incl. effective time management Revisit academic and work-related post-16 pathways Local post-16 provider knowledge Revisit and deepen understanding of post-18 pathways Open events and understanding application processes</p>	<p><b>Illegal Drugs (4h):</b> Illegal drugs and the law (greater depth – possession, supply, production) The dangers of prescription drug dependency The negative impact of drug use on self and others Risky behaviours resulting from substance use (incl. sexual – revisit) The consequences of addiction The impact of the illegal drugs trade (briefly revisit County Lines then global consequences)</p>	<p><b>The Law (2h):</b> The legal system in the UK, different sources of law and how the law helps society deal with complex problems Human rights and international law The role of Amnesty International</p>	<p><b>Responsible Health Choices (3h):</b> The impact of poor health choices on health as you age Revisit (brief) healthy lifestyle, incl. physical activity, healthy diet, hydration, sleep, etc. Managing dental health (incl. flossing) and accessing regular dental check-ups Accessing healthcare and treatment independently Which level of healthcare is appropriate at which time? Basic treatment for common injuries The science relating to blood, organ and stem cell donation The benefits of regular self-examination and screening The facts about reproductive health, incl. fertility, and the potential impact of lifestyle on fertility Understanding menopause and considering how best to support those going through it</p>	<p><b>Preparing for exams (3h):</b> Revision planning Relaxation and stress management strategies (revisit) Revision</p> <p><b>Future Skills Questionnaire</b></p>	<p><b>STUDY LEAVE</b></p>

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KCSIE 2023 guidance re. RSHE:

This programme tackles at age-appropriate stages issues such as:

- healthy and respectful relationships
- boundaries and consent
- stereotyping, prejudice and equality
- body confidence and self-esteem
- how to recognise an abusive relationship, including coercive and controlling behaviour
- the concepts of, and laws relating to sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, so called honour-based violence such as forced marriage and Female Genital Mutilation (FGM), and how to access support
- what constitutes sexual harassment and sexual violence and why these are always unacceptable.

NB:

The Department for Education has produced a one-stop hub for teachers which can be accessed here: [Teaching About Relationships, Sex and Health \(Gov.uk\)](#). This includes teacher training modules on the RSHE topics and non-statutory implementation guidance. Further guidance focused on teaching relationships education specifically to prevent sexual harassment and sexual violence was published in Spring 2022.