

# ASHTON COMMUNITY SCIENCE COLLEGE: PSHE CURRICULUM

1 - Rights Responsibilities + BV

2 - Diversity + Equality

3 - Relationships + Sex Ed

4 - Staying Safe online + offline

5 - Health and Wellbeing

6 - Life Beyond School

Year 7						
	Half term 1 Life as an ACSC Student	Half term 2 Bullying & Discrimination	Half term 3 Mental & Physical Wellbeing - Changing Body	Half term 4 Dangerous substances	Half term 5 Charities	Half term 6 Managing Risks
	Rights Responsibilities + BV Diversity + Equality Relationships Health and Wellbeing	Rights Responsibilities + BV Diversity + Equality Relationships Staying Safe online + offline Health and Wellbeing	Diversity + Equality Health and Wellbeing	Rights Responsibilities + BV Staying Safe Health and Wellbeing	Rights Responsibilities + BV Diversity + Equality Health and Wellbeing Life Beyond School	Staying Safe Health and Wellbeing
Knowledge	<p><u>Topic:</u> Life as an ACSC Student</p> <ul style="list-style-type: none"> <li>Transition</li> <li>Expectations</li> <li>British Values Introduction</li> <li>Important Relationships – Friendship</li> </ul>	<p><u>Topic:</u> Bullying &amp; Discrimination</p> <ul style="list-style-type: none"> <li>ACSC does not tolerate any forms of bullying or discrimination</li> <li>Types of bullying</li> <li>Types of discrimination</li> <li>Types of harassment</li> </ul>	<p><u>Topic:</u> Mental &amp; Physical Wellbeing – Changing Body</p> <ul style="list-style-type: none"> <li>Importance of wellbeing</li> <li>Body Confidence</li> <li>Mental Health related to puberty</li> </ul>	<p><u>Topic:</u> Drugs, Alcohol &amp; Tobacco</p> <ul style="list-style-type: none"> <li>Dangers of substance abuse</li> <li>Addiction</li> <li>Peer Pressure</li> <li>Laws associated with substances</li> <li>VAPING</li> </ul>	<p><u>Topic:</u> Charities</p> <ul style="list-style-type: none"> <li>Employability Skills</li> <li>Community initiatives</li> </ul>	<p><u>Topic:</u> Managing Risk</p> <ul style="list-style-type: none"> <li>Sun, Water, Fire, Road, Railway safety</li> </ul>
Skills/ application of knowledge	<ul style="list-style-type: none"> <li>Preparing students life as at ACSC</li> <li>the characteristics of positive and healthy friendships</li> <li>practical steps they can take in a range of different contexts to improve or support respectful relationships.</li> <li>that there are a range of strategies for identifying and managing peer pressure, including understanding peer pressure, resisting pressure and not pressuring others.</li> <li>that happiness is linked to being connected to others.</li> </ul>	<ul style="list-style-type: none"> <li>how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).</li> <li>different types of bullying the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.</li> <li>Understand what consent is</li> <li>Understand what harassment is – including forms of sexual harassment</li> <li>Respect others including people in positions of authority and due tolerance of other people's beliefs.</li> </ul>	<ul style="list-style-type: none"> <li>the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress and improving mental wellbeing and happiness.</li> <li>what constitutes a healthy lifestyle</li> <li>the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.</li> <li>key facts about puberty, the changing adolescent body and</li> <li>menstrual wellbeing."</li> <li>"the main changes which take place in males and females, and the implications for emotional and physical health."</li> <li>how to recognise the early signs of mental wellbeing concerns.</li> <li>common types of mental ill health (e.g. anxiety and depression).</li> </ul>	<ul style="list-style-type: none"> <li>facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.</li> <li>the law relating to the supply and possession of illegal substances.</li> <li>the physical and psychological risks associated with alcohol consumption and dependency.</li> <li>awareness of the dangers of drugs which are prescribed but still present serious health risks.</li> <li>the facts about the harms from smoking tobacco (particularly the link to lung cancer)</li> <li>how to maintain healthy eating and the links between a</li> </ul>	<ul style="list-style-type: none"> <li>the roles played by public institutions and voluntary groups in society, and the ways in which citizens work together to improve their communities, including opportunities to participate in school-based activities</li> <li>Recognise the need for a range of local charities</li> <li>Explore how and why these charities exist</li> <li>Examples of how money can be raised or support given to charities and the impact it can make</li> </ul>	<ul style="list-style-type: none"> <li>The dangers of being exposed to the sun and impact of not wearing protection</li> <li>The dangers of entering open water and local water sources</li> <li>Dangers of starting fires and steps to assist in putting out a fire</li> <li>Road safety for both pedestrians and cyclists</li> <li>Other local issues – railway lines / powerlines</li> </ul>

