

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

