

Christ the King Catholic High School: PSHE – Curriculum Overview 2023 - 2024



KEY STAGE 2

PSHE at Key Stage 2 is non-statutory and therefore teachers have the flexibility to teach topics that are best suited to the needs of their students. However, under the guidance issued by the DfE, from September 2020, Relationships Education at primary school is compulsory. Relationships Education focuses on giving children the knowledge they need to make informed decisions about their wellbeing, health and relationships, and to build their self-efficacy. Health education focusses on equipping children with the knowledge to make good decisions about their own health and wellbeing. Examples of topics taught at KS2 might include:

Health and Wellbeing:
About the scale of emotions.
About managing mental health.
Impact of bullying on mental health.
About importance of health, lifestyle, diet, exercise and sleep to help our mental wellbeing.
Importance of hygiene.
Personal hygiene and spreading of germs.
Loneliness and depression.
About phobias and poverty.
Basic first aid.
Immunisation and vaccination.
Addictive behaviour and OCD.
To know the key facts about puberty and the changing adolescent body, particularly from age 9 through to 11 including physical and emotional changes.
Key facts about the menstrual cycle.

Relationships:
Explore how families give love, security and stability.
About different family types.
Characteristics of healthy family life.
Importance of self respect.
Importance of friendships
Manage conflicts and recognise who to trust.
How to report concerns of abuse.
Online safety within relationships.
About marriage and its legal binding.
Tolerance of others
About the terms: sex, gender identity and sexual orientation.

Living in the Wider World:
Road safety
About online safety and people who pretend they are someone they are not.
About online abuse, bullying and harassment.
Responding safely to adults
About keeping secrets and staying safe
Types of bullying, the impact of bullying.
Understanding personal boundaries
permission seeking within relationships
Drugs education
The role of money and managing money.
About homelessness, radicalisation, terrorism and extremism.

TERM 1

TERM 2

TERM 3

YEAR 7

Unit 1: Celebrating Differences
Key Themes: Multicultural Britain. What is your identity? Nature vs nurture. Equality act 2010. Breaking down stereotypes, prejudice and discrimination, challenging islamophobia
Rationale: Living in a multicultural society, students need to understand equality their rights, to understand both how they should be treated, and how they should treat others. Teaching these topics creates a safe place for students to explore, discuss, challenge and form their own opinions and values.

Unit 2: Puberty and Body Development
Key Themes: Introduction to puberty, puberty in girls, puberty in boys, personal and oral hygiene, growing up, FGM, assertiveness, consent, hormones, self esteem and empowerment
Rationale: Students are taught about the impact of puberty so that they can understand the physical and emotional changes and impact on their health and wellbeing. They should know that there is a relationship between good physical health and mental wellbeing. Students should be aware of the illegality and impacts of FGM. Students will learn skills to communicate in an appropriate way about what they want

Unit 3: Managing Friendships
Key Themes: Consent and boundaries, respect, friendships, positivity, pressure and influence
Rationale: Students should know the characteristics of positive and healthy friendships (including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.

Unit 4: Staying Safe online and Drugs
Key Themes: Avoiding gangs, staying safe online, drugs, alcohol, gaming (context of Fortnite), vaping
Rationale: Today's students are growing up in an increasingly complex world, living their lives seamlessly on and offline. This presents many exciting opportunities, but also challenges and risks. Students need knowledge in how to the best use of the internet and technology in a safe, considered and respectful way, so they are able to reap the benefits of the online world.

Unit 5: Rights, Responsibility and British Values
Key Themes: Importance of politics, political parties, elections and campaigning, parliament and debates, the role of the Prime Minister
Rationale: Students are encouraged to respect democracy and help students to understand the importance of their role in a democratic society and how they can participate for example through voting or standing for election. Students develop respect for the basis on which the law is made and applied.

Unit 6: Managing Change
Key Themes: What is a community, careers and your future, transition points and your life, financial education, sleep and relaxation
Rationale: This unit helps to prepare students for the workplace by providing a clear understanding of the world of work including the routes to jobs and careers that they might find engaging and rewarding. It supports them to acquire the self-development and career management skills they need to achieve positive employment destinations. This helps students to choose their pathways, improve their life opportunities and contribute to a productive and successful economy.

YEAR 8

Unit 1: LGBTQ+ Rights in modern society
Key Themes: Defining LGBTQ+, LGBTQ+ in school and society, homophobia and transphobia, supporting a friend
Rationale: Living in a diverse society, students need to understand equality their rights, to understand both how they should be treated, and how they should treat others. Teaching these topics creates a safe place for students to explore, discuss, challenge and form their own opinions and values.

Unit 2: Identity, Relationships and Sex Education
Key Themes: healthy relationships, dealing with conflict, sexual orientation, gender identity, introduction to contraception
Rationale: Students should know the characteristics of positive and healthy relationships including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. Students need to be aware of protected characteristics and respect the identity and sexuality of others. Students will be provided with an introduction to contraception.

Unit 3: Rights, Responsibilities and British Values
Key Themes: desert island living (building a community and decision making), criminals and the law, law making, prison reforms and punishment
Rationale: Students are encouraged to respect democracy and help students to understand the importance of their role in a democratic society and how they can participate for example through voting or standing for election. Students develop respect for the basis on which the law is made and applied.

Unit 4: Staying Safe on and off line
Key Themes: What is county lines and who is at risk, substance misuse and alcohol safety, cyber bullying, grooming, child exploitation online protection
Rationale: Today's students are growing up in an increasingly complex world, living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. Students need knowledge in how to the best use of the internet and technology in a safe, considered and respectful way, so they can reap the benefits of the online world.

Unit 5: Physical Health and Wellbeing
Key Themes: health, wellbeing and mental health, positive body image, child abuse, bullying, healthy eating, stress management
Rationale: Students should know that there is a relationship between good physical health, healthy diet and mental wellbeing. Students must be aware of the different types of child abuse and how to identify if they are a victim. They must also be aware of how to report child abuse. Awareness of the different types of bullying will help to protect them and their peers and signpost where to seek help. Students will be provided with information to help them manage stress in both their home and school life.

Unit 6: Proud to be me
Key Themes: Employability skills and exploring careers, self-esteem and the media, labour markets information
Rationale: This unit helps to prepare students for the workplace by providing a clear understanding of the world of work including the routes to jobs and careers that they might find engaging and rewarding. It supports them to acquire the self-development and career management skills they need to achieve positive employment destinations. This helps students to choose their pathways, improve their life opportunities and contribute to a productive and successful economy.

YEAR 9

Unit 1: Legal and Illegal drugs
Key Themes: Introduction to drugs, types of addiction, drug classifications, party drugs, illegal drugs, cannabis, volatile substance abuse
Rationale: Students must understand the effects of both legal and illegal drugs and alcohol on their bodies. They must also be aware of the wider issues associated with addiction such as financial issues, the impact on family and loved ones, both mental and physical health. Students must be aware of the law surrounding drug use and drug dealing and the impact that this may have on their future lives.

Unit 2: Body confidence
Key Themes: self-esteem, male and female genitalia. Types of bullying, dealing with grief and loss, media and airbrushing, cancer prevention and healthy lifestyles
Rationale: Students must understand the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health. Students must understand the impact of airbrushing in the media and the negative and unrealistic body image this can promote. Grief and loss can have a significant impact on mental health and wellbeing, so students need to be aware of how to deal with this and are signposted towards support resources/organisations. Awareness of the different types of bullying will help to protect them and their peers and signpost them where and how to seek help.

Unit 3: Essential skills for life
Key Themes: from failure to success, first aid, happiness and anger, money and savings, employment and financial management
Rationale: Life isn't just filled with constant success, students must learn how to deal with failure and how to turn this into a positive. They must also understand with happiness comes anger. Students will be given advice on how to deal with these feelings. Leaving school is daunting experience and so students will be provided with some basic advice of how to manage their finances when they leave school such as saving money and budgeting. They will also be provided with basic information around loans and some of the disadvantages. Students will also be provided with a lesson in basic first aid explaining how to perform basic life support, recovery position and how publicly available defibrillators work

Unit 4: Sex, Consent and the law
Key Themes: why have sex, sexual consent and the law, contraception, STIs, HIV and AIDS, AIDS prejudice and discrimination, sexual harassment and stalking, pornography and the law, sexting and the law, healthy relationships and partners
Rationale: It is important to know what the law says about sex, relationships and young people, as well as broader safeguarding issues. This includes a range of important facts and the rules regarding sharing personal information, pictures, videos and other material using technology. This will help young people to know what is right and wrong in law, but it can also provide a good foundation of knowledge for deeper discussion about all types of relationships. There are also many different legal provisions whose purpose is to protect young people and which ensure young people take responsibility for their actions.

YEAR 10

Unit 1: Exploring World Issues
Key Themes: International organisations, Brexit, Foreign aid and supporting other countries, Fairtrade, peace, war and conflict, women's rights and equality, MeToo and Times Up movements
Rationale: Living in a multicultural society, students need to understand equality their rights, to understand both how they should be treated, and how they should treat others. Teaching these topics creates a safe place for students to explore, discuss, challenge and form their own opinions and values.

Unit 2: Mental Health and Wellbeing
Key Themes: Child sexual abuse, screen time and safe use of mobiles, common types of mental health, self-harm, dealing with thoughts and feelings of suicide, promoting emotional wellbeing
Rationale: Students must be aware of Child Sexual abuse and how to identify if they are a victim. They will be provided with signposting on how to report it. Students must be aware of the impact of screen time on sleep and mental health and also how to stay safe online and social media and messaging services. Mental health is as important as physical health and so students will be provided with information on how to protect their own emotional wellbeing and where to seek help if feelings of suicide occur.

Unit 3: Exploring British values
Key Themes: Critical thinking and fake news, what is a cult, exploring Britishness and British values, LGBTQ+ rights and British values, human rights (what are they and exploring)
Rationale: Students need to be aware of their basic human rights and their importance in society. Social media and the news are full of information and students need to be equipped with the skills to interpret and filter this information. Students must understand the law surrounding protected characteristics.

Unit 4: Exploring relationships and sex education
Key Themes: Campaigning against FGM, inappropriate messaging, dangers of pornography, domestic abuse and violence, relationships (sexual assault and rape), sexualisation of the media
Rationale: It is important to know what the law says about sex, relationships and young people, as well as broader safeguarding issues. This includes a range of important facts and the rules regarding sharing personal information, pictures, videos and other material using technology. This will help young people to know what is right and wrong in law, but it can also provide a good foundation of knowledge for deeper discussion about all types of relationships. There are also many different legal provisions whose purpose is to protect young people and which ensure young people take responsibility for their actions.

Unit 5: Violent crimes and seeking safety
Key Themes: honour-based violence, forced marriages, online gambling, social media validation, keeping data safe, modern day slavery, causes of knife crime
Rationale: Today's students are growing up in an increasingly complex world, living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. Students need knowledge in how to the best use of the internet and technology in a safe, considered and respectful way. Students must also be aware of the signs of grooming and how to protect themselves and others from exploitation. With cases of knife crime seemingly reported daily in the media, students need to be aware of knife crime prevention.

YEAR 11

Year 11 do not receive timetabled PSHE lessons. Content is delivered to year 11 on Extended Learning Days.
Topics covered include:
Abortion, pregnancy, Stalking, sexual health and STIs, male and female cancers (awareness and risk reduction), domestic abuse and exam stress
This list is not exhaustive and changes depending on the current needs of our students

Cultural capital: The PSHE curriculum at Christ the King Catholic High School significantly boosts students' cultural capital by enabling our students to become healthy, independent and responsible members of society. It aims to help students understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of becoming young adults. Students are provided with opportunities to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. They are encouraged to develop their sense of self-worth by developing competencies and by playing a positive role in contributing to school life and the wider community.

Extra-curricular: The PSHE department offers a wide array of extra-curriculum opportunities both via Extended Learning Days, external speakers and other workshops throughout the year (e.g. road safety workshop, Lancashire Fire and Rescue Service delivering a water safety and fireworks safety session. Through a progressive curriculum and engaging workshops, the department ensures students are well-prepared for life beyond school and employment by fostering independent learning and critical thinking.



Christ the King Catholic High School: **PSHE Department** - Curriculum Overview 2023 - 2024

| ENRICHMENT & PERSONAL DEVELOPMENT | | CAREERS EDUCATION | |
|-----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| YEAR 7 | Road Safety Presentation by Lancashire County Council, Bright Sparx and Water Safety talks by Lancashire Fire and Rescue Service, | Impact of stereotypes on career choices, diversity and discrimination in the workplace, risk management and impact of behaviours on employment prospects, well-being for aspirations and success at school and beyond, careers within the political and justice system. | |
| YEAR 8 | Talk by external partners including Blackburn Prevent and Radicalisation team, cultural trip to Liverpool (in conjunction with Humanities), Bright Sparx and Water Safety talks by Lancashire Fire and Rescue Service, | Diversity and equality in the workplace, impact of health and wellbeing on its potential impact on long term prospects, potential career choices, local Labour Market Information, understanding employment sectors, risk management and impact on career choices. Students in year 8 are also given access to the careers fair. | |
| YEAR 9 | Talk by external partners including Lancashire Targeted Youth Support, We are with you (drugs charity), Bright Sparx, Compass Bloom, Personal Finance Society and Water Safety talks by Lancashire Fire and Rescue Service, | Risk management and impact on your future, healthy/unhealthy relationship permeates all aspects of your life including employment, the consequences of an abusive relationship can also affect your career and finances, consequences of behavioural and financial decisions, discrimination in the workplace. Students in year 9 are also given access to the careers fair. | |
| YEAR 10 | Students attend taster days at Newman and Preston Colleges Talks by external partners including Future U, Safenet, Personal Finance Society, Bright Sparx and Water Safety talks by Lancashire Fire and Rescue Service Students in Year 10 also attend college taster days at Preston and Newman Colleges. | Post-16 options, CV writing, personal statements, interview skills, Labour Market Information, time management, careers within the political and justice system and the international aid sector, impact of health and wellbeing on its potential impact on long term prospects, risk management and impact on career choices, discrimination in the workplace Students in year 10 also attend taster days at Preston and Newman Colleges. Students in year 10 are also given access to the careers fair. | |
| YEAR 11 | Talk by external partners including Life Voices (S.P.U.C), Paladin, Blackpool Sexual Health team, Bright Sparx and Water Safety talks by Lancashire Fire and Rescue Service. | Post-16 options, CV writing, personal statements, interview skills, Labour Market Information, time management, risk management and impact on career choices, college assemblies and course choices. Students in year 11 are also given access to the careers fair. | |
| LITERACY & NUMERACY | <p>The PSHE classroom is a "safe space", therefore students are encouraged to debate and share their opinions during their lessons, whilst respecting the views of others. Students are exposed to new vocabulary, particularly around British values, justice and politics.</p> <p>Numeracy is well supported in PSHE a number of ways, for example sessions on finances organised by the Personal Finance Society and other sessions such as the Real game and the BP Trading game which are kindly run by the Maths department. These sessions focus on topics such as payslips, tax, stock market trading.</p> | CATHOLIC ETHOS | Extended Learning Day sessions and PSHE lessons throughout the academic year cover themes of "love one another". Sessions teach tolerance and respect for all humans regardless of their background and identity. Sessions have the dignity of the student at their hearts and encourage students to support each other. Human Relationship and Sex Education is taught in line with the teachings of the Catholic church, the Diocese of Lancaster and is age appropriate. |