

The Taught Personal Development Curriculum (PSHCE)

Year 7	Transition	Identity	Community	Body awareness	Independence
Year 8	Relationships			Wellbeing	
Year 9	Transition	Identity	Community	Body awareness	Independence
Year 10	Relationships			Wellbeing	Independence
Year 11	Transition	Identity	Community	Body awareness	

PSHE, SRE, Citizenship

At Harefield School we take a thematic approach to PSHE education, covering all three core themes of the Programme of Study over six half terms. The themes we cover are:

- Transition
- Relationships
- Health & wellbeing
- Living in the wider world

At Harefield School the personal development curriculum teaches statutory content on Relationships Sex and Health Education (RSHE) and Relationships education, Citizenship, British Values and Social, Moral, Spiritual and Cultural education. The personal development curriculum also supports the delivery of Careers Education Information and Guidance at Harefield School alongside our Careers Plan.

	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	<p>Transition</p> <ul style="list-style-type: none"> ● Transition to secondary school ● Starting in secondary school ● Becoming independent at school ● Becoming independent outside of school ● Making new friends ● Respectful behaviours 	<p>Relationships</p> <ul style="list-style-type: none"> ● Introduction to relationships ● Introduction to family relationships ● Maintaining healthy family relationships 	<p>Transition to KS4</p> <ul style="list-style-type: none"> ● Dealing with changes in life ● Study skills, resilience and managing stress ● Basics of mental health ● Managing mental health including self-harm 	<p>Relationships</p> <ul style="list-style-type: none"> ● Marriage and Civil Partnerships ● Becoming a parent ● Family relationships and conflict ● Respectful relationships & communication 	<p>Identity</p> <ul style="list-style-type: none"> ● Self-worth ● Gender ● Identity ● Diversity

	<ul style="list-style-type: none"> • Healthy phone use and communication online 				
Breck Foundation: Online Safety workshops https://www.breckfoundation.org/ - online safety					
Autumn 2	<p>Identity</p> <ul style="list-style-type: none"> • Exploring identities and similarities • Exploring similarities and differences <p>Community</p> <ul style="list-style-type: none"> • Appreciating diversity, what is a community? • Identifying and understanding bullying • Challenging bullying <p>Body Awareness</p> <ul style="list-style-type: none"> • Knowing your body (reproductive system) 	<p>Relationships</p> <ul style="list-style-type: none"> • Healthy friendships • Romantic relationships • Physical intimacy 	<p>Identity</p> <ul style="list-style-type: none"> • Identities and belonging, peer pressure exploitation and knife crime • Forms of discrimination and allyship <p>Community</p> <ul style="list-style-type: none"> • Discrimination and prejudice 	<p>Relationships</p> <ul style="list-style-type: none"> • Abusive relationships • Sexual violence • Sexual violence, gender stereotypes • Making decisions about sex • Foetal development, pregnancy and abortion 	<p>Relationships & Community</p> <ul style="list-style-type: none"> • Stereotypes • Body Image • Relationships
Relationships CSE - https://theatre-for-schools.com/alterego/ Chelsea's story - November					
Spring 1	<p>Body Awareness</p> <ul style="list-style-type: none"> • Reproductive system and sex • Body image & self-care • Puberty and Bodily changes • Introduction to periods • Period positivity • Developing Sexual Awareness • Developing sexuality 	<p>Relationships</p> <ul style="list-style-type: none"> • Unhealthy relationships, boundaries and consent. • Relationships and intimacy online • Introduction to contraception 	<p>Community</p> <ul style="list-style-type: none"> • Understanding racism • Anti-racism • Sexual violence and harassment - part 1 	<p>Wellbeing</p> <ul style="list-style-type: none"> • Know your rights • Online wellbeing - bias and extremism • Media influence and gangs • Media influence, radicalisation and extremism 	<p>Body Awareness</p> <ul style="list-style-type: none"> • RSE • Parenthood • Fertility • Sexual relationships
Anti Bullying					
Spring 2	<p>Body Awareness</p> <ul style="list-style-type: none"> • Privacy and Consent • FGM -Female Genital Mutilation • Child Forced Marriage 	<p>Wellbeing</p> <ul style="list-style-type: none"> • Know your rights • Online wellbeing- Fake news and echo chambers • Online safety, grooming and 	<p>Community</p> <ul style="list-style-type: none"> • Sexual Violence and harassment - part 2 • Sexual Violence and harassment - part 3 	<p>Wellbeing</p> <ul style="list-style-type: none"> • Conversations about mental health • Mental wellbeing • Alcohol and drug misuse 	<p>Body Awareness</p> <ul style="list-style-type: none"> • Sexual Health • Consent

	<p>Independence</p> <ul style="list-style-type: none"> ● Introduction to First Aid ● Introduction to Fire Safety ● Personal Safety in Everyday life 	self-esteem	<p>Body Awareness</p> <ul style="list-style-type: none"> ● Body image 1- Depiction Of relationships and sexuality 		
<p>External workshop: Oli Leigh Trust - Suicide Prevention https://www.theolileightrust.com/about</p>					
Summer 1	<p>Independence</p> <ul style="list-style-type: none"> ● Healthy Choices, personal hygiene ● Healthy choices, eating and sleep ● Evaluating influences 	<p>Title</p> <ul style="list-style-type: none"> ● Media influence - influencers, gender and pornography ● Media influence on body image ● Physical and mental wellbeing 	<p>Community</p> <ul style="list-style-type: none"> ● Sexual Violence and harassment - part 2 ● Sexual Violence and harassment - part 3 <p>Body Awareness</p> <ul style="list-style-type: none"> ● Body image 1- Depiction Of relationships and sexuality 	<p>Independence</p> <ul style="list-style-type: none"> ● First Aid CPR, wounds and choking ● Healthy choices, cosmetic surgery 	Exams
Summer 2	<p>Title</p> <ul style="list-style-type: none"> ● Topic/themes 	<p>Title</p> <ul style="list-style-type: none"> ● Attitudes to mental health- recognising and dealing with emotions ● Alcohol and smoking/vaping ● Drug (mis)use 	<p>Body Awareness</p> <ul style="list-style-type: none"> ● Developing sexuality and readiness for sex ● Contraceptive Methods ● Consent - part 1 	<p>Independence</p> <ul style="list-style-type: none"> ● Organ donation ● Vaccines ● Health Clinics ● Creating influence 	Exams
<p>Solomon Theatre: Vaping, County Lines Your life You Choose</p>					