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| A picture containing text  Description automatically generated | PSHE Curriculum | AUTUMN 2023 |
|  | YEAR 7 | YEAR 8 | YEAR 9 | YEAR 10 | YEAR 11 |
| AUT 1 TOPIC | Independence and aspirations | Independence and aspirations | Independence and aspirations | Independence and aspirations | Independence and aspirations |
| Key Focus | Developing goal setting, organisation skills and self- awareness:* Personal identity and values
* Learning skills and teamwork
* Respect in school
 | Developing risk management skills, analytical skills and strategies to identify bias:* Managing online presence
* Digital and media literacy
 | Developing goal-setting, analytical skills and decision making:* GCSE options
* Sources of careers advice

Employability | Developing self-awareness, goal-setting, adaptability and organisation skills:* Managing transition to key

stage 4 including learning skills. And managing mental health concerns | Developing resilience and risk management skills:* Money management
* Fraud and cybercrime

Preparing for adult life |
| CAREERS |  |  |  |  |  |
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| AUT 2 TOPIC | Autonomy and advocacy | Autonomy and advocacy | Autonomy and advocacy | Autonomy and advocacy | Autonomy and advocacy |
| Key Focus | Developing empathy, compassion, and communication:* Making and maintaining friendships
* Identifying and challenging bullying

Communicating online | Developing respect for beliefs, values and opinions and advocacy skills:* Stereotypes, prejudice and discrimination

Promoting diversity and equality | Developing self-confidence, risk management and strategies to manage influence:* Friendship challenges
* Gangs and violent crime
* Drugs and alcohol

Assertive communication | Developing empathy and compassion, strategies to manage influence and assertive communication:* Relationship expectations
* Impact of pornography
* Identifying and responding to abuse and harassment
 | Developing communication and negotiation skills, risk management and support-seeking skills:* Relationship values
* Maintaining sexual health
* Sexual health services
* Managing relationship

challenges and endings |
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| SPR1 TOPIC | Choices and influences | Choices and influences | Choices and influences | Choices and influences | Choices and influences |
| Key Focus | Developing agency, strategies to manage influence and decision making:* Regulating emotions
* Diet and exercise
* Hygiene and dental health

Sleep | Developing agency and strategies to manage influence and access support:* Drugs and alcohol
* Introduction to contraception
* Resisting peer influence

Online choices and influences | Developing empathy, compassion and strategies to access support:* Mental health (including self- harm and eating disorders)
* Change, loss and bereavement

Healthy coping strategies | Developing agency and decision making, strategies to manage influence and access support:* First aid and life-saving
* Personal safety. And Online relationships
 | Developing confidence, agency and support-seeking skills:* Making safe and healthy lifestyle choices
* Health promotion and self- examination
* Blood, organ, stem cell donation
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| SPR2 TOPIC | Independence and aspirations | Independence and aspirations | Independence and aspirations | Independence and aspirations | Independence and aspirations |
| Key Focus | Developing self-confidence and self-worth:* Puberty and managing change
* Body satisfaction and self-

concept | Developing goal setting, motivation and self-awareness:* Aspirations for the future
* Career choices
* Identity and the world of work
 | Developing analytical skills and strategies to identify bias and manage influence:* Financial decisions
* Saving and borrowing
* Gambling, financial choices and debt
 | Developing goal setting, leadership and presentation skills:* Skills for employment
* Applying for employment
* Online presence and reputation
 | Developing empathy and compassion, clarifying values and support-seeking skills:* Families and parenting
* Fertility, adoption, abortion
* Pregnancy and miscarriage
* Managing grief and loss
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| SUM1 TOPIC | Autonomy and advocacy | Autonomy and advocacy | Autonomy and advocacy | Autonomy and advocacy | Autonomy and advocacy |
| Key Focus | Developing assertive communication, risk management and support-seeking skills:* Rights in the community
* Relationship boundaries
* Unwanted contact

FGM and forced marriage | Developing communication and negotiation skills, clarifying values and strategies to manage influence:* Healthy relationships
* Boundaries and consent
* LGBT+ inclusivity
* ‘Sexting’

Managing conflict | Developing assertive communication, clarifying values and strategies to manage influence:* Healthy/unhealthy relationships
* Consent
* Relationships and sex in the

media | Developing respect for diversity, risk management and support- seeking skills:* Nature of committed relationships
* Forced marriage
* Diversity and discrimination

Extremism | Developing confidence, self-worth, adaptability and decision-making skills:* Recognising and celebrating

successes* Transition and new opportunities

Aligning actions with goals |
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| SUM2 TOPIC | Choices and influences | Choices and influences | Choices and influences | Choices and influences | Choices and influences |
| Key Focus | Developing agency and decision-making skills:* Drugs, alcohol, and tobacco
* Safety and first aid
 | Developing agency and strategies to manage influence and access support:* Maintaining positive mental

Health. And the importance of physical activity | Developing decision making, risk management and support-seeking skills:* Sexually transmitted infections (STIs)
* Contraception
* Cancer awareness

First aid | Developing motivation, organisation, leadership and presentation skills:* Preparation for, and reflection on, work experience
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