

PSHCE Curriculum Overview 2023.24

Term	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn Term 1 7 Weeks (4 Lessons)	<u>Health and Wellbeing – Unit 1</u> <u>Topic Focus: Transition and Safety</u> <u>British Value Focus: Individual Liberty</u> 1. Transition to secondary school and dealing with changes in our friendships. 2. Personal safety in and outside of school e.g., Road/Rail/Water x2 Lessons 3. Firework Safety 4. First Aid and CPR x2 Lessons	<u>Health and Wellbeing – Unit 1a</u> <u>Topic Focus: Drugs and Alcohol</u> <u>British Value Focus: The Rule of Law and Individual Liberty</u> 1. Energy Drinks and their Associated Risks 2. Understanding Drugs and risks of Caffeine Consumption 3. Exploring attitudes and influences towards Class A Drugs, E-Cigs and Cannabis etc. x2 Lessons	<u>Health and Wellbeing – Unit 1</u> <u>Topic Focus: Healthy Lifestyle</u> <u>British Value Focus: Mutual Respect and Individual Liberty</u> 1. Cancer Awareness 2. What is Breast Cancer? 3. Movember: Testicular Cancer focus (x2 Lessons)	<u>Health and Wellbeing – Unit 1</u> <u>Topic Focus: Mental Health</u> <u>British Value Focus: Mutual Respect and Individual Liberty</u> 1. New Challenges 2. Reframing Negative Thinking 3. Recognising Mental Ill Health 4. Change, Loss and Grief 5. Why do people self-harm?	<u>Relationships and RSE – Unit 1:</u> <u>Topic: Communication in relationships</u> <u>British Values Focus: Mutual Respect and Individual Liberty</u> 1. Family conflict 2. Long term commitments 3. Sexual health, fertility and routes to parenthood 4. Pregnancy outcomes 5. Pregnancy choices: abortion
Autumn Term 2 7 Weeks (4 Lessons)	<u>Living in the Wider World Unit 1</u> <u>Topic Focus: Financial Decision Making</u> <u>British Value Focus: Individual Liberty</u> 1. What influences my decisions? 2. How can I make informed decisions? 3. Why do my decisions matter? 4. How can I manage financial risk?	<u>Health and Wellbeing – Unit 1b</u> <u>Topic Focus: Drugs and Alcohol</u> <u>British Values Focus: Mutual Respect, Individual Liberty, Democracy. Rule of Law and Tolerance</u> 5. Smoking and the Dangers 6. Alcohol and their risks 7. British Values Lesson	<u>Relationships and RSE – Unit 1</u> <u>Topic Focus: Respectful Relationships</u> <u>British Value Focus: Mutual Respect and Individual Liberty</u> 1. Respectful relationships behaviours 2. Freedom and capacity to consent 3. Sexual health 4. Contraception 5. Managing the ending of relationships	<u>Living in the Wider World – Unit 1</u> <u>Topic Focus: Financial Decision Making</u> <u>British Value Focus: Individual Liberty</u> 1. Understanding Fraud 2. Identity Fraud and Data Protection 3. Money Mules 4. Social Engineering	<u>Living in the Wider World – Unit 1:</u> <u>Topic Focus: Careers - Next steps</u> <u>British Value Focus: Individual Liberty</u> 1. Effective revision techniques and strategies 2. Post-16 options and career pathways 3. CV, personal statement, application writing and interview techniques
Spring Term 1 6 Weeks (3 Lessons)	<u>Relationships and RSE – Unit 1</u> <u>Topic Focus: Diversity</u> <u>British Values Focus: Mutual Respect, Individual Liberty, Democracy. Rule of Law and Tolerance</u> 1. British Values Lesson 2. 'Somethings not right' – Abuse Disclosures 3. Bullying and Cyberbullying	<u>Relationships and RSE – Unit 1</u> <u>Topic Focus: Discrimination</u> <u>British Value Focus: Mutual Respect and Tolerance</u> 1. Challenging Homophobia, Biphobia and Transphobia 2. Disability Discrimination – 'I'm with Sam' 3. Gender Discrimination and Stereotypes	<u>Health and Wellbeing – Unit 2a</u> <u>Topic Focus: Healthy Lifestyle</u> <u>British Value Focus: Mutual Respect and Individual Liberty</u> 1. Introduction to Body Image and its impact on our mental health 2. Male Body Image 3. Eating Disorders	<u>Relationships and RSE – Unit 1a</u> <u>Topic Focus: Healthy Relationships</u> <u>British Value Focus: Mutual Respect and Individual Liberty</u> 1. The role of intimacy and pleasure 2. The impact of pornography 3. Pressure, persuasion, and coercion	<u>Health and Wellbeing – Unit 1:</u> <u>Topic Focus: Independence</u> <u>British Values Focus: Mutual Respect, Individual Liberty, Democracy. Rule of Law and Tolerance</u> 1. British Values Lesson 2. Personal safety in social situations and on the roads

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	4. LGBTQ+ Community: Representation and History				3. Emergency first aid skills and assessing emergency and non-emergency situations. 4. Blood, organ, and stem cell donation (x2 lessons) 5. How to access health services 6. How to manage influences and risks relating to cosmetic and aesthetic body alterations 7. Stress management and maintain healthy sleep habits
Spring Term 2 7 Weeks (4 Lessons)	<u>Relationships and RSE – Unit 2a</u> <u>British Value Focus: Mutual Respect and Tolerance</u> 1. Puberty and Emotional Changes 2. Menstrual Wellbeing 3. FGM	<u>Health and Wellbeing: Emotional Wellbeing</u> <u>Topic Focus: Mental Health</u> <u>British Value Focus: Mutual Respect and Individual Liberty</u> 1. Understanding Mental Health and Wellbeing and promoting Emotional Wellbeing 2. Digital Resilience 3. Health and Unhealthy Coping Strategies 4. Mental Health: Depression	<u>Health and Wellbeing – Unit 2b</u> <u>Topic Focus: Peer influence, substance use and gangs.</u> <u>British Values Focus: Mutual Respect, Individual Liberty, Democracy. Rule of Law and Tolerance</u> 1. British Values Lesson 2. Knife Crime 3. Preventing involvement in serious and organised crime 4. Gangs – how it might start, the risks and consequences. 5. Gangs – getting out.	<u>Relationships and RSE – Unit 1b</u> <u>Topic Focus: Healthy Relationships</u> <u>British Value Focus: Mutual Respect, Rule of Law and Individual Liberty</u> 4. Managing relationship conflict and breakups 5. Addressing relationship abuse 6. Gambling: How can we manage risk, impulses and influences to gamble and help people who have developed problems with gambling?	
Summer Term 1 5 Weeks (2 Lessons)	<u>Relationships and RSE – Unit 2b</u> <u>British Value Focus: Mutual Respect and Tolerance</u> 1. Healthy and Unhealthy Relationships 2. Managing Conflict 3. Introduction to Consent 4. Digital Literacy: Piracy and risk-taking Behaviours	<u>Relationships and RSE – Unit 2a</u> <u>British Value Focus: Mutual Respect and Tolerance</u> 1. Relationship Values 2. Influences on Relationship Expectations	<u>Health and Wellbeing – Unit 2a</u> <u>Topic Focus: Healthy Lifestyle</u> <u>British Value Focus: Individual Liberty</u> 1. Keeping a Balance and Healthy Diet 2. Exercise, its importance and their effects on physical and mental health. 3. Sleep and its effects on physical and mental health	<u>Living in the Wider World – Unit 2</u> <u>Topic Focus: Addressing extremism and radicalisation.</u> <u>British Values Focus: Mutual Respect, Individual Liberty, Democracy. Rule of Law and Tolerance</u> 1. British Values Lesson 2. Valuing Diversity 3. Understanding and preventing extremism 4. How are people drawn into extremist groups?	<u>Relationships and RSE Unit 2</u> <u>Topic Focus: Families</u> <u>British Values Focus: Mutual Respect, Individual Liberty. Rule of Law and Tolerance</u> 1. The legal status of marriage 2. Parenting 3. Honour based violence and forced marriage

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Summer Term 2 7 Weeks (3 or 4 Lessons)		<u>Relationships and RSE – Unit 2b</u> <u>British Value Focus: Mutual Respect and Tolerance</u> 3. Sexual Orientation and Gender Identity 4. Consent – Avoiding assumptions 5. Introduction to contraception 6. Digital Literacy: Piracy and risk- taking Behaviours	<u>Health and Wellbeing – Unit 2b</u> <u>Topic Focus: Healthy Lifestyle</u> <u>British Value Focus: Individual Liberty</u> 4. Caffeine 5. Dental Care	<u>Relationships and RSE – Unit 2</u> <u>Topic Focus: Employability Skills</u> <u>British Values Focus: Individual Liberty</u> 1. Showcasing personal strengths 2. Managing online reputation	
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