

**PSHCE 2022 23 Personal Development 5 Year Curriculum Overview - Tarleton Academy**

This document shows what students at Tarleton Academy study as part of our 5 year spiral Personal Development Curriculum. This is delivered on our drop-down days spread over the academic year, through our weekly tutor programme and assemblies.

Curriculum Intent:

- Students are reflective about their own beliefs, religious or otherwise, that inform their perspective on life and their interest in, and respect for, different people’s faiths, feelings and values
- Students have a sense of enjoyment and fascination in learning about themselves, others and the world around them
- Students use imagination and creativity in their learning
- Students reflect on their experiences
- Students know difference between right and wrong and apply this in school and in their own lives
- Students understand the consequences of their behaviour and actions
- Students develop social skills in different contexts, for example working and socialising with other pupils, including those from different religious, ethnic and socio-economic backgrounds
- Students participate in a variety of community and social settings, including by volunteering, cooperating with others and being able to resolve conflict effectively
- Students accept and engage with the fundamental British Values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs; develop and demonstrate skills and attitudes that will allow them to participate fully and contribute positively to life in modern Britain.

	Year 7	Year 8	Year 9	Year 10	Year 11
<b>Living in the Wider World</b>	Prejudice & Discrimination - Racism & Stereotypes Personal Identity - What does it mean to be a British Citizen? Keeping Safe Online - Safe Social Media Use Sexting (Captured by West Lancs Police) How can we prevent online bullying? What is Online Radicalisation and why is it a problem? Introduction to Budgeting & Saving What different types of Financial Transactions are there? What are Wants and Needs? CEIAG Employability & Workplace Skills – World of Work Day (Willmott Dixon)	What is Religious Discrimination and why does it still happen? How are Disabled People Portrayed in the Media? Online Safety: What is grooming and can we recognise the warning signs? County Lines: What is it and how are young people being exploited? Why is Extreme Nationalism, Xenophobia and Racism so dangerous to Britain? What are LGBT Rights Like Around the World? Finance: Income & Expenditure (Credit and Debit) Financial Products What is an Entrepreneur? Careers Focus - Communication Skills Careers Focus - Teamwork	Discrimination and The Equality Act 2010 Knife Crime - Why do teens get involved and what are the consequences? How does the Law deal with Young Offenders? Behaving to Achieve - How do Rules help us? Human Trafficking, how is this still happening? How can we prevent Radicalisation and Extremism? Our Rights as Consumers What is Tax and National Insurance? How is Tax Spent - Public Services? Finance - Savings/ Loans/ Interest Rates CEIAG Employability & Workplace Skills – World of Work Day (Willmott Dixon)	Racism - Exploring why it is wrong What is ‘Hate Crime’ and why does it happen? How does our Criminal Justice System work? Antisocial Behaviour, why do people do it? What is Fake News and how do we spot it? Terrorism and Holy War: What do Christianity and Islam teach about this? What can Religions teach us about Tolerance? How do Rights & Responsibilities affect us in the Workplace? Health and Safety in the workplace Preparing for Work Experience What are employers looking for in CVs?	Personal Safety – keeping myself and my friends safe in the world Multiculturalism Internet Safety-The Dark Web & Cybercrime Health & Safety Digital Footprints Right Wing Extremism Extremism - SHARIA LAW in the UK? How Can I avoid Debt? Living Independently Student Budgeting and Finance How to prepare for Job Interviews Applying to College & University
	Tutor Programme and Assembly Focused Themes ( Delivered to all students)				
	Weekly News/Current Affairs Standards and Expectations - Steps to Success Review of Academic performance and behaviour - SMART Target setting with Personal Tutor The Importance of PSHCE, Our Personal Development Curriculum Multicultural Week (Including Celebrating European Day of Languages) ADHD Awareness Week Black History Month (Discrimination & Prejudice) Remembrance Focus – Equality, Mutual Respect, Holocaust Memorial Day Exploring Faculty Linked Careers - Creative Industries, English, Maths, Science (STEM), Humanities & MFL Role Models Internet Networks - Staying Safe and Avoiding Toxicity National Apprenticeship Week Helping the Environment - Doing your bit in ECO CLUB Supporting Others Charity Focus (Turkey and Syria Aid) World Book Day - The Importance of Reading				

<p>Careers Week  International Women's Day  Invest in Our Planet (National Earth Day)  What are Trade Unions and Why do People Take Strike Action?  Going Green - World Environment Day (Sustainability)  The National Health Service  Exploring Post 16 - A Levels, T Levels, Apprenticeships and Vocational Routes  Working Teens - Part Time Laws and guidance  Poverty and Homelessness  First Impressions – At school, In the Community, In Life  Apprenticeship and various college Assemblies (Y10 Only)</p>
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<b>Relationships &amp; Sex</b>	<p>Family Relationships (Inc Marriage &amp; Civil Partnerships)  Romance, Love, New Feelings &amp; Teen Relationships (Move to Y7 next year)  Maintaining Genuine Friendships and Avoiding Toxic Ones  Bullying or Banter - what is and isn't acceptable  How Does Self-esteem Help us Achieve?</p>	<p>Domestic Conflict  Why is it important we learn about Sex, Gender and Trans identity?  How can we Keep Safe and Positive Relationships?  Sexting &amp; Image Sharing Dangers  Consent  Contraception  What are STI's?  The Dangers of Pornography</p>	<p>LGBTQAI+ What does this stand for and what do we need to know about it?  Domestic abuse – how can we tell the difference between healthy and abusive relationships?  How do we recognise Child Sexual Exploitation and how easily can this happen?  How can we deal with Peer Pressure?  FGM – what is it, why is it so serious and what can we all do to help?</p>	<p>Same Sex &amp; LBGT &amp; Relationships  Sexism &amp; Gender Prejudice  Forced &amp; Arranged Marriages  Honour Based Violence  Conflict Management  Harassment &amp; Stalking  Revenge Porn  Teenage Pregnancy &amp; Parenting  Developing Interpersonal Skills</p>	<p>Types of Relationships  Relationship Break-Ups  Consent, rape and sexual harassment – how can we establish clear sexual boundaries?  Different types of contraception (revisited)  Safe Sex and Chem Sex  Being a New Parent  Attitudes to abortion  What is body shaming, is it bullying and why do people do this?</p>
	Tutor Programme and Assembly Focused Themes ( Delivered to all students)				
	<p>Girls Assemblies - Periods in School (Normalising periods and establishing understanding of where girls can go for support)  Anti Bullying Week, Including the School's Policy on Bullying and how to seek support ( Odd Socks Day)  Random Act of Kindness day</p>				
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<b>Health &amp; Wellbeing</b>	<p>What do we mean by a 'Healthy Lifestyle'?  Why is smoking and Vaping so bad for us and why should we try and avoid secondary smoking?  How dangerous are drugs and what are the different types?  Puberty &amp; Periods. What's normal and what can I expect?  Personal Safety &amp; First Aid  How can I control anger?  Mental Health - Depression</p>	<p>Is smoking really that bad and is Vaping ok?  What's the big deal about Energy Drinks?  Cancer Awareness Introduction  Emotional Literacy – Why is self-awareness and sensitivity important?  What is Mindfulness? (Move to older years)</p>	<p>Why must we be so careful with alcohol?  Drugs &amp; the Law  Vaccinations, Organ, Blood &amp; Stem Cell Donation  Managing Stress &amp; Anxiety  Why do people Self-Harm?  How can we recognise and prevent developing eating disorders?  How can we keep good mental health and a positive body image?  Why Are people Selfie Obsessed?</p>	<p>How harmful is Binge Drinking?  Fertility &amp; Reproductive Health (and Menopause)  Managing Social Anxiety  Managing Tough times - Grief, Bereavement &amp; Change  Social Media &amp; Keeping up with others  Tattoos, Piercings and Cosmetic Procedures Awareness  Time Management - How can I organise myself to succeed?</p>	<p>Risk Taking and Decision Making  Gambling Addiction and online Gaming (including Online risk)  Body Positivity  Perseverance &amp; Procrastination  GCSE Revision &amp; Study Skills</p>
	Tutor Programme and Assembly Focused Themes (Delivered to all students)				
	<p>Healthy Lifestyles and Routines  First Aid and CPR  Nutrition and Hydration Week - Looking after Ourselves  Developing Resilience  Mental Health Awareness Week  Self Confidence  Practice Examinations - preparation/study skills/ expectations  Revision Strategies to support Mental Health</p>				