

# Year 7 PSHE Programme 2021-2022

Curriculum lessons

<b>Year 7</b>
<b>My Big Life</b>
<b>Puberty and Hygiene</b>
<b>Friendships and Bullying</b>
<b>Discrimination and Conflict</b>

### BIG PICTURE

As Year 7 make the transition from primary to secondary school they experience a great deal of change in their lives; from social changes to greater independence and freedom. The focus of the Year 7 PSHE plan is to ensure that students are equipped with practical skills to help them navigate these changes as well as emotional resilience. It is therefore essential that they understand the physical and emotional changes through their studies in health and wellbeing and the impact these will have on their relationship with others through the RSE curriculum.

CURRICULUM LINKS																	
SMSC:	SPIRITUAL					MORAL			SOCIAL			CULTURAL					
	1	2	3	4	5	1	2	3	1	2	3	1	2	3	4	5	6
BRITISH VALUES:	DEMOCRACY					RULE OF LAW			INDIVIDUAL LIBERTY			RESPECT AND TOLERANCE					
OTHER SUBJECTS:	PE, Science, RE, Computing																

YEAR 11						
	Lesson N°.	Lesson Title	Outline Content	PSHE Association Links		
AUTUMN TERM	1	My Big Life	Understanding your feelings	H1	H6	
	2	My Big Life	How to live a big life	H2	H7	
	3	My Big Life	How to think in a big life	H4	H8	
	4	My Big Life	Overcoming problems / building inner confidence	H9	H4	
	5	My Big Life	Staying strong			
	6	What is risk?	What is risk? Why do we take risks? What risks am I exposed to?	R17		
	7	How can I be safe?	How can I make safe decisions? Road safety. Safety in the home.			

	YEAR 7 – CONT -					
	Lesson N°.	Lesson Title	Outline Content	PSHE Association Links		
SPRING TERM	7	Puberty and Hygiene	What emotional/mental changes take place as part of growing up?	H34		
	8	Puberty and Hygiene	Strategies for taking responsibility for personal hygiene. Managing oral health. Responsibility for preventing spread of infection.	H20		
	9	What are relationships?	The different types of relationships – families, friendships, romantic relationships. What factors can affect our relationships?	R1	R13	
	10	What makes a good friend?	What are the indicators of positive relationships? What qualities and behaviours do we look for in our friends? What qualities and behaviours should we offer our friends in return?	R2	R14	R13
	11	What is bullying?	Define what bullying is. Outline the different types of bullying (including cyber bullying) and how to identify them.	R2		
SUMMER TERM	12	How can we deal with bullying?	To discuss how you can help someone who is being bullied. To discuss strategies for managing bullying in other settings. To clearly understand the role of school in helping.	R19		
	13	What is discrimination and why does it happen?	To know the different types of discrimination that take place. To identify the emotional impacts of discrimination. Link to co-operative values of our college.	R3	R4	
	14	How can we manage conflict within our relationships?	To identify why conflict can occur in a relationship. To identify what a toxic friendship is. To know strategies for managing toxic friendships.	R19		
	15	How do I build positive online relationships?	To know why we have online relationships with people. To set ground rules for maintaining our online presence. To be clear on strategies for managing unsafe situations online.	R2	R17	
	16	Review – What strategies do I have for managing change?				

# Year 8 PSHE Programme 2021-2022

Curriculum lessons

<b>Year 8</b>
<b>Healthy Body, Healthy Mind</b>
<b>Risk and Responsibility</b>
<b>Relationships</b>
<b>Peer Pressure</b>

### BIG PICTURE

In Year 8 the focus of all three areas of the curriculum is around greater self-responsibility and understanding different coping strategies people display. This covers taking responsibility for hygiene and food choices for example and understanding in greater depth about the changing nature of their relationships with others. In living in the wider world students will be introduced to concepts of financial responsibility. Healthy, informed choices will form a large part of the Year 8 curriculum.

### CURRICULUM LINKS

SMSC:	SPIRITUAL					MORAL			SOCIAL			CULTURAL					
	1	2	3	4	5	1	2	3	1	2	3	1	2	3	4	5	6
BRITISH VALUES:	DEMOCRACY					RULE OF LAW			INDIVIDUAL LIBERTY			RESPECT AND TOLERANCE					
OTHER SUBJECTS:	PE, Science, RE, Computing																

YEAR 8						
	Lesson N°.	Lesson Title	Outline Content	PSHE Association Links		
AUTUMN TERM	1	Healthy Body, Healthy Mind	Mental health language and stigma – What does it mean?	H1	H8	
	2	Healthy Body, Healthy Mind	How can issues with mental health be displayed? What are the causes and triggers?	H11		
	3	Healthy Body, Healthy Mind	What is self esteem? What lifestyle/appearance pressures do we face?	H5		
	4	Healthy Body, Healthy Mind	How can social media influence our self-esteem?	H3	H5	
	5	Healthy Body, Healthy Mind	What coping strategies can be used and ways to boost wellbeing and mood.	H10	H12	
	6	Risk and Responsibility	What do we mean by risk? Understanding what is meant by online risks	R13		
	7	Risk and Responsibility	How do we manage risky situations? Be able to identify some ways to keep yourself safe online and offline	R17		

YEAR 7 – CONT -						
	Lesson N°.	Lesson Title	Outline Content	PSHE Association Links		
SPRING TERM	7	Risk and Responsibility	What can influence our physical health? Include alcohol, smoking and illegal drugs.	H26		
	8	Risk and Responsibility	How can I keep myself and others physically safe – risk identification and basic first aid.	H33		
	9	Relationships	What are characteristics of positive relationships (including trust)?	R9	R10	
	10	Relationships	What are the characteristics of negative/toxic relationships?	R37		
	11	Relationships	How does the media portray relationships and what impact does this have on us?	R7		
SUMMER TERM	12	Relationships	What is a romantic relationship? What are our expectations of romantic relationships?	R11		
	13	Relationships	How to manage strong feelings of romantic relationships? The law about sex. Sexual health introduction.	R18	H35	
	14	Peer Pressure	What is peer pressure and why does it happen? Explore scenarios when peer pressure is experienced.	R43	R44	
	15	Peer Pressure	Managing peer pressure.	R43	R44	
	16	Review – What strategies do I have for managing greater independence?				

NB: lessons need to be supplemented with the following workshops:

- Sexting – Devon and Cornwall Police (R29; R30)
- Alcohol – YZUP (H26)

# Year 9 PSHE Programme

## 2021-2022

Curriculum lessons

Year 9
Healthy Body, Healthy Mind
Drugs and Alcohol
Relationships
Consent, Contraception and Conception

### BIG PICTURE

In Year 9 the focus of PSHE is being healthy. This covers a broad range of factors. In PSHE lessons we will discuss mental health, lifestyle choices and the need for balance in our lives. We will also further explore healthy relationships. There will be specific focus on increasing exposure to risks such as drugs and alcohol use. In the spring and summer term we will cover sexual health, safe sex and consent (linked to healthy relationships).

### CURRICULUM LINKS

SMSC:	SPIRITUAL					MORAL			SOCIAL			CULTURAL					
	1	2	3	4	5	1	2	3	1	2	3	1	2	3	4	5	6
BRITISH VALUES:	DEMOCRACY					RULE OF LAW			INDIVIDUAL LIBERTY			RESPECT AND TOLERANCE					
OTHER SUBJECTS:	PE, Science, RE, Computing, Food Technology																

YEAR 9						
	Lesson N <sup>o</sup> .	Lesson Title	Outline Content	PSHE Association Links		
AUTUMN TERM	1	Healthy Body, Healthy Mind	Mental health language and stigma – What does it mean?	H1	H8	
	2	Healthy Body, Healthy Mind	How can issues with mental health be displayed?	H13	H15	
	3	Healthy Body, Healthy Mind	What are the signs of stress and anxiety? How to people manage stress/anxiety? How do I know if someone needs help with stress? Sources of support	H11	H12	
	4	Healthy Body, Healthy Mind	What coping strategies can be used and ways to boost wellbeing and mood.	H10	H12	
	5	Healthy Body, Healthy Mind	What is a balanced lifestyle? What strategies can I use to have balance in my life?	H15	H18	H13
	6	Healthy Body, Healthy Mind	Making choices about diet and exercise	H14		
	7	Healthy Body, Healthy Mind	How do I keep my body healthy? Cancer awareness. Vaccinations.	H21	H19	



	YEAR 7 – CONT -					
	Lesson N°.	Lesson Title	Outline Content	PSHE Association Links		
SPRING TERM	8	Drugs and Alcohol	What are drugs and why do people take them? Difference between legal and illegal drugs. Safe use of prescription medication.	H23	H24	
	9	Drugs and Alcohol	The effects of drugs and the impact of withdrawal. Concepts of addition and dependence.	H24	H27	H29
	10	Drugs and Alcohol	What are the consequences of excessive alcohol consumption? The law relating to alcohol consumption.	H24	H25	H28
	11	Drugs and Alcohol	The personal and social risks and consequences of substance misuse. The law relating to the supply, use and misuse of legal and illegal substances.	H27	H28	R20
	12	Relationships	Diverse relationships.	R5		
	13	Relationships	What are the characteristics of healthy and unhealthy relationships? How to access support for managing relationships (including relationship breakdown)	R23	R21	
	14	Relationships	Intimacy and consent	R12	R25-R28	
SUMMER TERM	15	Relationships	Contraception and responsibility	H35	R32	
	16	Relationships	What are the consequences of not using contraception? Sexual health focus	H36	R33	
	17	Relationships	What are the consequences of not using contraception? – Pregnancy/parenting focus	R33	R34	
	18	Relationships*	How is sex portrayed in the media and how does this affect us?	R8		
	19	Relationships	What is FGM and why is it so dangerous?	H22		
	20	Review – How can we have healthy intimate relationships?				

NB: lessons need to be supplemented with the following workshops:

- Brook – contraception and sexual health introduction.
- Drugs awareness - YZUP