

Year 7 PSHE Programme 2022-2023

Curriculum lessons

Year 7
Health and wellbeing- mental health
Careers- living in the wider world
Health and wellbeing –puberty and risk
Relationships

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, health and wellbeing challenges of growing up 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 7 – Health and well being ; mental health						
	Lesson N°.	Lesson Title	Outline Content	PSHE Association Links		
Block 1	1	What is resilience?	Explore the concept of resilience and how this can be developed throughout school			
	2	Self esteem and emotions	Explore the impacts of resilience and self-esteem on different scenarios.			
	3	Positive language and growth mindset	To explore language and the meaning of words/phrases.			

	YEAR 7 – Careers, living in the wider world						
	Lesson N°.	Lesson Title	Outline Content	PSHE Association Links			
Block 2	1	Enterprise and creativity skills	To understand the skills and qualities associated with enterprise and employability.				
	2	How can social media impact opportunities?	Online reputation and digital footprint				
	3	Workplace behaviours	Learning to understand behaviours for a workplace				
	4	Unifrog	An introduction to Unifrog				

	YEAR 7 – Health and Wellbeing						
	Lesson Nº.	Lesson Title	Outline Content	PSHE Association Links			
Block 3/4	1 & 2	Puberty and Hygiene	What emotional/mental and physical changes take place as part of growing up?	H34			
	3	Puberty and Hygiene	Menstrual Welling – Period awareness	H			
	4	Puberty and Hygiene	Strategies for taking responsibility for personal hygiene. Managing oral health. Responsibility for preventing spread of infection.	H20			
	5	What is risk?	What is risk? Why do we take risks? What risks am I exposed to?	R17			
	6	Risk behaviours and staying safe	Intro to the risk : Understanding drugs	H5			

	YEAR 7 – RSHE - Relationships						
	Lesson N°.	Lesson Title	Outline Content	PSHE Association Links			
SUMMER TERM	1	What is discrimination and what does the law say?	Understand what equality means and why it is important. Understand the Equality Act 2010 and how it can be applied in different cases.	R1	R13		
	2	Timeline of LGBT+ rights in England & Wales	To explore LGBT+ rights in the UK and beyond	R2	R14	R13	
	3	Use of Language LGBT+	Students will describe the importance of respecting the many different aspects of our identities. Students will examine the concept of intersectionality and evaluate its utility in discussing equality issues.	R2			
	4	Exploring the concept of self-esteem.	Students can reflect on how life online can idealised and may not reflect reality Students can empathise with others and offer advice to those who may be struggling online Students can devise strategies to boost their self-esteem and consider 'how to be happy'	R19			
	5	To explore the social and psychological impacts of peer pressure	Students can consider how a good friend should behave and assess if they are a good friend online Students can give advice to others about how to resist peer pressure online and offline	R3	R4		
	6	To explore the effects of cyber bullying	Students can define cyber bullying and recognise examples of it Students can identify which actions cross the line between 'banter' and cyber bullying Students can find help and know who to speak to if they're worried about something online Students can give advice about how to prevent or stop cyber bullying	R19			
	7	The importance of positive wellbeing	Understand how diet and exercise can help physical and mental health Recognise ways of improving their own personal lifestyle Know where to get advice and support related to food	R2	R17		

Year 8 PSHE Programme 2022-2023

Curriculum lessons

Year 8
Finance- living in the wider world
Careers-
Mental health and wellbeing
Relationships

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 – Finance- living in the wider world																	
	Lesson N°.	Lesson Title	Outline Content										PSHE Association Links				
Block 1	1	Wants Vs Needs	To explore why people make different choices about how to save and spend money. Assess the difference between needs and wants; that sometimes people may not always be able to have the things they want														
	2	How do I understand payslips and deductions?	Know the important information contained on a payslip Estimate and calculate take-home pay for different jobs and different circumstances Understand the importance of checking payslips and ensuring deductions are correct														
	3	How do I stay in control of my money?	Suggest ways to resist unwanted pressure to spend or save money Know that being a critical consumer can help people make responsible spending and saving choices Understand that someone's spending and saving choices may affect other people														

	YEAR 8 – Careers- living in the wider world						
	Lesson N°.	Lesson Title	Outline Content	PSHE Association Links			
Block 2	1	Why is education important?	Identify skills needed to transition themselves from school through various stages of their career				
	2	Careers network- Carousel preparation	Assess what skills employers find important Evaluate what skills you have already gained Explore the concept of speed networking				
	3	Skills for the workplace	Identifying skills that are needed in the workplace and how these are developed in our everyday lives.				
	4	Challenging stereotypes	Challenge preconceptions about who does certain jobs explore a wide range of different jobs Identify stereotypes and challenge stereotypical thinking				

	YEAR 8 – Health and Wellbeing- Loss						
	Lesson N°.	Lesson Title	Outline Content	PSHE Association Links			
Block 3	1	How to deal with some of the challenges that can arise with change	Identify changes and transitions that can take place during adolescence Describe the impact that change can have explain different ways of managing change and where to seek support				
	2	Explore the topic of death in an open way and to explore why our society has difficulty using the “real” words such as death and dying.	Think about what the word means to yourselves and to others. Consider why it is difficult to use the “real” words. Understand how to get help and support				

	YEAR 8 – Mental health and Wellbeing					
	Lesson Nº.	Lesson Title	Outline Content	PSHE Association Links		
Block 4	1	Attitudes to mental health and challenging misconceptions	evaluate the links between mental health and physical health identify common misconceptions about mental health recognise and challenge prejudice and discriminatory language and behaviour, in relation to mental health	H1	H8	
	2	Ways to promote emotional wellbeing To build resilience and how to reframe disappointments and setbacks	explain the factors that affect emotional wellbeing identify ways to promote emotional wellbeing and build resilience reframe and learn from disappointments and setbacks	H1 1		
	3	Students will learn: about the impact of social media on mental health and emotional wellbeing. strategies to develop digital resilience	evaluaTe the positive and negative impact of social media on emotional wellbeing analyse the reasons people post and look at online images and the impact this can have on self-esteem and body image describe strategies to promote emotional wellbeing online	H5		
	4	Unhealthy coping strategies, including self-harm and eating disorders Why, when and how to access support for themselves or others	explain why self-harm and eating disorders are unhealthy coping strategies recognise misconceptions about unhealthy coping strategies recognise warning signs of emotional difficulties; identify suitable sources of support; and explain why, when and how to seek help for themselves or others	H3	H5	

YEAR 8 – Relationships RSE						
	Lesson N°.	Lesson Title	Outline Content	PSHE Association Links		
Block 5	1	Romantic relationships	To explore the qualities of healthy and unhealthy relationships			
	2	Contraception	Explain the purpose, importance and different forms of contraception; how and where to access contraception and advice (see also Relationships)			
	3	Consent	Explain that no one has the right to intimidate someone into giving their 'consent' as such an agreement is not consent) and that sexual activity following such a threat is illegal. Explain how to ask someone for their consent without putting them under Pressure. Demonstrate understanding of a person's right to say no and to have their Decision respected; they do not have to justify it.			
	4	LGBT+ relationships	To understand and respect the spectrum of gender identities and sexual orientations			

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

- Jodie Fellow- Sharing nude and semi-nude images

	YEAR 8 – Relationships RSE						
	Lesson N°.	Lesson Title	Outline Content	PSHE Association Links			
Block 6	1	Tackling racism	Student will explore a range of ways to tackle racism and discrimination				
	2	Knife crime	Assess a range of consequences of carrying or using a knife. Explain how young people can make the choice to be knife free.				
	3	Disability discrimination	Demonstrate an increased understanding and awareness of people with disabilities. Recognise disablist language and bullying: how, where and why it happens and the physical and emotional impacts of these behaviours on people with disabilities. Identify and evaluate steps that have been taken or would be taken in law to change attitudes towards and support people with disabilities.				
	4	Sexism	Describe the changes that have taken place over a period of time. Explain how the changes to the law regarding equal rights for women have changed women in today's society. Evaluate the changes to women's rights and evaluate what still needs to be done to men and women equal.				

Year 9 PSHE Programme 2022-2023

Curriculum lessons

Year 9
Relationships RSE
Careers- Living in the wider world
Health and wellbeing- Drugs and alcohol
Consent, Contraception and Conception
Relationships RSE

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 – Relationships RSE						
	Lesson N°.	Lesson Title	Outline Content	PSHE Association Links		
Block 1	1	Exploring relationships, marriage and parenting	Describe the options available to people who wish to make a long term commitment explain how a long term relationship can become legally binding Recognise the unacceptability of forced marriage Identify support for someone who may be at risk			
	2	Exploring relationships, marriage and parenting- Marriage	Describe the legal rights of people in different forms of long-term commitments Explain why people might choose to marry and why marriage must be freely entered into Analyse different attitudes towards marriage			
	3	Exploring relationships, marriage and parenting- Parenting	Identify the roles and responsibilities of parents with respect to raising children Evaluate the characteristics of successful parenting Identify the specific challenges and responsibilities of parenting at different stages in a child's life			

	YEAR 9 – Careers- living in the wider world					
	Lesson N°.	Lesson Title	Outline Content	PSHE Association Links		
Block 2	1	Showcasing personal strengths	Identify risks and benefits to sharing material online that an employer, client or organisation may be able to see Describe strategies to showcase personal strengths online Explain how to create a positive first impression with potential employers or clients through social media			
	2	Managing online reputation	explain that what someone shares on social media how, may affect their employment opportunities in the future identify opportunities for cultivating careers online and associated challenges evaluate the benefits and challenges of maintaining a positive online presence			
	3	Getting ready for your career and option choices	Understand what factors are important when choosing options Understand all Level 3 options			

	YEAR 9 – Health and Wellbeing					
	Lesson N°.	Lesson Title	Outline Content	PSHE Association Links		
Block 3	1	Drugs and Alcohol – Exploring attitudes around drug use	What are drugs and why do people take them? Difference between legal and illegal drugs. Safe use of prescription medication.	H2 3	H2 4	
	2	Drugs and Alcohol – The Law	What are the personal and social risks and consequences of drug use, what is the law relating to supply and use	H2 7	H2 8	
	3	Drugs and Alcohol – Alcohol and Cannabis	What are the consequences of excessive alcohol and drug consumption? Awareness how to deal with addiction and overuse	H2 9		
	4	Drugs and Alcohol – Managing risk	How to manage personal safety and manage peer pressure around drug use	H3 0	H3 1	R2 4

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

- Drugs awareness - YZUP

YEAR 9 – Sexual relationships RSE						
	Lesson N°.	Lesson Title	Outline Content	PSHE Association Links		
Block 4	1	Relationship abuse, power ad control	Understand and can explain what is meant by the term 'relationship abuse'. Understand and can identify the different types of abuse that can be present within relationships have some ideas about how to get help with relationship abuse.	R5		
	2	Consent	Explain what is meant by 'consent', and what this means within healthy relationships Explain some consequences of not giving consent to sexual activity Describe how and where to access support and how to support a friend who may be experiencing abuse	R2 3	R2 1	
	3	Sharing nudes and semi nudes	Describe some of the risks in relation to sharing sexual images (sending 'nudes') explain the implications, including legal implications, of sending or forwarding sexual images Explain how and from where to get help if someone is being pressured to send or share inappropriate images	R1 2	R25- R28	
	4	Sexual harassment	Explain what sexual bullying is and suggest reasons why it occurs Explain and demonstrate techniques for challenging inappropriate sexual behaviour and explain why it is unacceptable Explain when and how to access support around sexual bullying for myself and others	H3 5	R3 2	
	5	Online sexual harassment	Define the term online sexual harassment Recognise examples of online sexual harassment Understand the emotional impact online sexual harassment can have on those involved	H3 6	R3 3	
	6	To understand how online sexual harassment makes victims feel and how to support those who experience it.	Recognise examples of victim-blaming in response to online sexual harassment Explore the gendered context in which online sexual harassment takes place Respond to incidences of online sexual harassment in a sympathetic, helpful and supportive manner	R3 3	R3 4	

YEAR 9 – Sexual relationships RSE						
	Lesson N°.	Lesson Title	Outline Content	PSHE Association Links		
Block 4	1	Healthy	Students will understand the key components of a healthy relationship online. Students will recognise the signs of an unhealthy relationship online. Students will explore misconceptions about what is 'normal' behaviour in healthy relationships online. Students will know where to go for help and advice on healthy relationships			
	2	The impact of pornography on relationships	Students will understand that pornography can show a stereotypical portrayal of relationships, bodies, gender and sex. Students will discuss and develop strategies for resisting pressure to view pornography. Students will know where they can go to find reliable information about sex and relationships.			
	3	Preventing STIs and STDs	Know the signs and symptoms of STIs/STDs Know how to practise safe sex Know how to get help and support			
	4	Female Genital Mutilation (FGM)	Know what FGM is can describe what it is. Explain why it is illegal in many countries. Evaluate the impact on the rights and wellbeing of girls.			
	5	What is Child Sexual Exploitation (CSE)?	To know the signs of CSE To recognise when to get help and support for themselves and others Know where to get help and support			

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

- Brook – contraception and sexual health introduction lesson 3