

## Programme of Study (PSHCE)

### Year 7- PSHCE (Once a fortnight)

Autumn- Health & Wellbeing	Spring- RSE (Relationship, Sex Education)	Summer- Citizenship
<ol style="list-style-type: none"> <li>1. What is PSHE and how do we transition into high school?</li> <li>2. How can we keep good mental health?</li> <li>3. What is good personal hygiene?</li> <li>4. What do we mean by a healthy lifestyle and what are the consequences of not living healthily?</li> <li>5. Why is smoking and second-hand smoke so dangerous?</li> <li>6. What's the big deal about energy drinks?</li> </ol>	<ol style="list-style-type: none"> <li>0. Why is appropriate language important and how do we identify harassment? *</li> <li>1. Why do people bully and how can we prevent it?</li> <li>2. What are the different type of families, and does it matter what kind of family I have?</li> <li>3. What can I expect in puberty?</li> <li>4. What is FGM and why is it so dangerous?</li> <li>5. What is CSE and how do we report it?</li> <li>6. How does radicalisation happen?</li> </ol>	<ol style="list-style-type: none"> <li>1. What is multiculturalism and how does it impact British Culture?</li> <li>2. What are the benefits and challenges of multiculturalism?</li> <li>3. What is diversity and how do we promote community cohesion?</li> <li>4. What laws do we have in the UK and how do we treat criminals in the UK?</li> <li>5. What is knife crime and why is a concern in the Britain?</li> <li>6. What is criminal exploitation? (County Lines, Gangs)</li> </ol>

### Year 8- PSHCE (Once a fortnight)

Autumn- Health & Wellbeing	Spring- RSE (Relationship, Sex Education)	Summer- Living in the Wider World
<ol style="list-style-type: none"> <li>1. What is self-awareness and why is it important?</li> <li>2. What is vaping and is it as bad as smoking?</li> <li>3. What are the risks of excessive screen time?</li> <li>4. What are the consequences of smoking and how can people get help with addiction?</li> <li>5. What do we need to know about cancer?</li> <li>6. How do we respond in an emergency?</li> </ol>	<ol style="list-style-type: none"> <li>0. Why is appropriate language important and how do we identify harassment? *</li> <li>1. What is consent, why is it important and what does the law say?</li> <li>2. What is sexting and why is it so risky?</li> <li>3. What is contraception and why is it important?</li> <li>4. What are STI's and why are the dangerous?</li> <li>5. What is Pornography and why can it be dangerous?</li> <li>6. How do we manage conflict and relationship break ups?</li> </ol>	<ol style="list-style-type: none"> <li>1. What is prejudice and how do teens experience this?</li> <li>2. What is disability prejudice and discrimination?</li> <li>3. Why do we need to improve LGBTQ+ rights globally?</li> <li>4. Why is racism still a concern in 21<sup>st</sup> century UK and what can we do to promote equality?</li> <li>5. What is religious prejudice and discrimination? (Equality Act)</li> <li>6. What risks might we face online, why is our behaviour online so important, and where do we get support?</li> </ol>

### Year 9- PSHCE (Once a fortnight)

Autumn- Health & Wellbeing	Spring- RSE (Relationship, Sex Education)	Summer- Citizenship
<ol style="list-style-type: none"> <li>1. How does media affect body image?</li> <li>2. Does media contribute to eating disorders?</li> <li>3. What are the consequences of excess alcohol drinking?</li> <li>4. Why do people take illegal drugs and what does the law say?</li> <li>5. What is peer pressure and how can it be a danger?</li> <li>6. What is self-harm and why do people do this?</li> </ol>	<ol style="list-style-type: none"> <li>0. Why is appropriate language important and how do we identify harassment? *</li> <li>1. What is harassment and how can it affect the victim?</li> <li>2. What do we mean by LGBTQ+ and why is it important?</li> <li>3. Why do some people have same-sex relationships?</li> <li>4. What do we need to know about gender and trans identity?</li> <li>5. Why do sexism and gender stereotypes still exist?</li> <li>6. What is the importance of contraception in all kinds of relationships? (Condom demonstration)</li> </ol>	<ol style="list-style-type: none"> <li>1. Who are UNICEF and how do they help globally?</li> <li>2. What is genocide and why does it happen?</li> <li>3. How and why does the UK help people in other countries?</li> <li>4. What is sustainability and how can we be more sustainable?</li> <li>5. How can we care for our changing environment?</li> </ol>

\* Whole school delivery

## Year 10- RSW (Religion, Society, & Wellbeing)

Autumn- Religious Education	Spring- Citizenship (Society)	Summer- How can I prepare for my college journey and beyond? PSHE (Wellbeing)
<ol style="list-style-type: none"> <li>1. What is the difference between a human being and a person?</li> <li>2. What is Euthanasia?</li> <li>3. What is the law on Euthanasia and its effects on people?</li> <li>4. Why do humans go to war?</li> <li>5. What are the views on abortion?</li> <li>6. What is Justice and how does it relate to criminals?</li> <li>7. What are the different opinions on Capital Punishment?</li> <li>8. What are the risks to our planet and our responses to it?</li> <li>9. Should animals have rights and what are divergent opinions on this idea?</li> </ol>	<ol style="list-style-type: none"> <li>0. Why is appropriate language important and how do we identify harassment? *</li> <li>1. How is the UK governed and how are we a democratic country?</li> <li>2. What happens in a general election? (Mini election)</li> <li>3. What is the role of the monarch in our country?</li> <li>4. Why is it important to volunteer and where can citizens access help?</li> <li>4. What diverse national, regional, religious, and ethnic identities are found in the UK?</li> <li>5. What are human rights and why are they needed?</li> <li>6. What are the different forms of governing? (Democracy/ Dictatorship)</li> <li>7. What is a genocide and how did this effect Rwanda?</li> <li>8. What is the history of the Israeli/ Palestine conflict? (Solutions Not Sides)</li> </ol>	<ol style="list-style-type: none"> <li>1. What are my pathways post 16? (Vocational and A Levels)</li> <li>2. What skills do I have and how can I prove I have them?</li> <li>3. What do I need to create a professional college application?</li> <li>4. What do I need to create a professional college application? (Part 2)</li> <li>5. What do I need to create a professional college application? (Part 3)</li> <li>6. What is an apprenticeship and why are they so competitive?</li> <li>7. How do you complete a successful interview?</li> </ol>

## Year 11 Z band- RSW (Religion, Society, & Wellbeing) [One hour per fortnight] CORE UNITS ONLY

Autumn- Living in the Wider World	Spring- RSE (Relationship, Sex Education)	Summer- Health & Wellbeing
<ol style="list-style-type: none"> <li>1. What would you do with a big win?</li> <li>2. What is credit and debit?</li> <li>3. How do we budget effectively?</li> <li>4. What is tax and national insurance?</li> <li>5. How should the Government spend tax money?</li> <li>6. What do I need to know about independent living?</li> <li>7. What are the risks associated with gambling and online gaming?</li> </ol> <p>*During this unit will be completion of personal statements and applications for colleges and apprenticeships</p>	<ol style="list-style-type: none"> <li>0. Why is appropriate language important and how do we identify harassment? *</li> <li>1. What do we need to know about forced and arrange marriages?</li> <li>2. What are the benefits of regular self-examination and screening?</li> <li>3. What is revenge porn and how can we protect ourselves from it?</li> <li>4. What are the facts and what is the science relating to immunisation and vaccination?</li> <li>5. What is 'Chem Sex' and what do we mean by safe sex?</li> <li>6. What do I need to know about parenting?</li> </ol>	<ol style="list-style-type: none"> <li>1. What is CPR and how do I perform it?</li> <li>2. How can we celebrate our diversity and identities?</li> <li>3. Why is our digital footprint important?</li> <li>4. Independent GCSE Revision</li> </ol>

\* Whole school delivery

## Year 11 H band- PSHCE (One hour per week) CORE AND TARGETTED UNITS

Autumn- Living in the Wider World	Spring- RSE (Relationship, Sex, Education)	Summer- Health and Wellbeing
<ol style="list-style-type: none"> <li>1. What would you do with a big win?</li> <li>2. What is credit and debit?</li> <li>3. How do we budget effectively?</li> <li>4. What is tax and national insurance?</li> <li>5. How should the Government spend tax money?</li> <li>6. What do I need to know about independent living?</li> <li>7. What are the risks associated with gambling and online gaming?</li> </ol> <p>*Alongside this unit will be completion of personal statements and applications for colleges and apprenticeships</p>	<ol style="list-style-type: none"> <li>0. Why is appropriate language important and how do we identify harassment? *</li> <li>1. What do we need to know about forced and arrange marriages?</li> <li>2. What are the benefits of regular self-examination and screening?</li> <li>3. What is revenge porn and how can we protect ourselves from it? (Zara McDermott)</li> <li>4. What are the facts and what is the science relating to immunisation and vaccination?</li> <li>5. What is 'Chem Sex' and what do we mean by safe sex?</li> <li>6. What do I need to know about parenting?</li> <li>7. What can we do to stay positive and happy?</li> <li>8. Why do sexism and gender stereotypes still exist? (Duplicate, to discontinue 2023-24)</li> <li>9. Why do we still need an international women's day?</li> <li>10. Why is my digital footprint so important?</li> <li>11. What are the risks of our growing dependence on social media?</li> </ol>	<ol style="list-style-type: none"> <li>1. What is CPR and how do I perform it?</li> <li>2. How can we celebrate our diversity and identities?</li> <li>3. Why is our digital footprint important?</li> <li>4. Can tattoos and piercings be dangerous?</li> <li>5. Independent GCSE Revision</li> </ol>

PSHE lessons run alongside our LEARN sessions

\* Whole school delivery