

Key Stage 3 and 4 Programme of Study PSHE

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	All About Me <ul style="list-style-type: none"> - Conflict Resolution - Anger Management - Respect - Theale Green Values 	Good Citizens <ul style="list-style-type: none"> - What is a community? - What is a good citizen? - Rights - Stereotypes - Beliefs and Values 	Health and Wellbeing <ul style="list-style-type: none"> - Food and Performance - Food Advertising - Fitness - Managing Moods - Health Camp Project 	World of Work <ul style="list-style-type: none"> - Skills and Qualities - Stereotypes in the World of Work - Jobs of the Future - Selling yourself 	Personal Safety <ul style="list-style-type: none"> - Road - Water - Fire - Sun - Internet - Electricity and Railway 	SRE <ul style="list-style-type: none"> - Types of relationships - Sexual identity - Discrimination - Appropriate behaviours - Trust, respect and loyalty.
Year 8	Money Sense <ul style="list-style-type: none"> - Bank accounts - Budgeting - Debt - Create cards 	Teenage Pressures <ul style="list-style-type: none"> - Developing Friendships - Peer pressures - Alcohol - Negative and positive pressure - Youth Crime - Anti-Social Behaviour 	Tobacco <ul style="list-style-type: none"> - Why people smoke - Health effects and risks - The Law - Image, the Media and Advertising. 	Government and Politics <ul style="list-style-type: none"> - Elections - Manifestos - Lobbying - Media - UK Laws - MPs 	Travel <ul style="list-style-type: none"> - Planning a holiday - Budgeting - Vaccinations 	SRE <ul style="list-style-type: none"> - Body image - Sex in the media - Stress and anxiety - Social Media - Sharing information - Intimacy and consequences
Year 9	World of Drugs <ul style="list-style-type: none"> - Alcohol - The Community - Law - Drugs - Effects - Drugs in the media 	Making Options <ul style="list-style-type: none"> - Dreams - Qualities - SMART Targets - Ambitions - Case Studies - Post 16 Options - GCSE Options 	Health and Wellbeing <ul style="list-style-type: none"> - Body Image - Self Esteem - Eating disorders - Mental Health - Stress - Healthy relationships - Online Safety - Risk taking 	SRE <ul style="list-style-type: none"> - Relationships - Contraception - Pregnancy - Parenting - STI/STDs 	Diversity <ul style="list-style-type: none"> - Stereotypes - Discrimination - Prejudice - Racism - Disability - Mutli-Cultural - Knife Crime 	Enterprise Challenge
Year 10 and 11	Mock Interviews <ul style="list-style-type: none"> - CV Writing - Interview Skills - Initial impressions 	First Aid <ul style="list-style-type: none"> - Asthma Attacks - Minor bleeding - Casualty Care - Fainting - Primary Survey - Recovery position - Coping in an emergency 	Stress Management <ul style="list-style-type: none"> - Stress - Anxiety - Exam Techniques - Revision - Resilience - Self Harm 	Topical issues <ul style="list-style-type: none"> - Going to war - Abortion - Euthanasia 	EXAMS	EXAMS

Lesson Number	Year 7	Year 8	Year 9	Year 10	Year 11
1 AUTUMN TERM Relationships	Types of relationships	Expectations Boyfriends/Girlfriends	Law and sex	Parenting – Flour babies	Drugs and Alcohol – Influence on sex
2	Positive and negatives of relationships	Intimacy and consequences	Media relationships	Abusive relationship	LGBT
3	Sexual identity – discrimination	Body image Sexual identity and readiness	Consent and confidence to say no	Stalking	Emotional abuse
4	Trust, boundaries, respect	Sex in the media	Sexual health	Sexual health	Sexual Norms
5	Appropriate behaviours	Sharing information	Support	Pornography and sexting	Respect and support
6 SPRING TERM Health and Wellbeing	‘Who am I?’ Role models	Healthy eating/Food choices	First aid	Mental Health	Contraception
7	Responsibilities of personal health	Stress	Legal drugs	Depression	Self-Harming
8	Healthy lives – exercise and mindfulness	Anxiety	Illegal drugs - Intro	Stress busters	Self-management
9	Tobacco	Mobile phones Use of social media	Effects of drugs on self, family, relationships	Resilience	Eating disorders
10	Alcohol	Cannabis	Addiction	Body modification: Tattoos, piercings, sun beds, over use of the gym	‘Who am I?’
11 SUMMER TERM Living in the wider world	Law and British Values	What makes someone a person?	Gambling	History and Parliament	Law work
12	Intro to money/life goals	Life goals	Online presence	Voting	Diversity and Human Rights
13	Project week 1	Job interviews	Social media and money	Debates as MP’s	
14	Project week 2	Employment	Bullying	Laws	
15	Project week 3	Choices – Year 9	Transition to year 10 and GCSE studies	Political Ideologies	

	Unit 1 Health and Wellbeing – Transition into Sixth Form	Unit 2 Health and Wellbeing – First Aid and Personal Health	Unit 3 - Relationships	Unit 4 – Living in the Wider World - Personal Safety	Unit 4 – Living in the Wider World – Online Safety	Unit 5 – Living in the Wider World Budgeting	Unit 6 – Careers and the Future	Unit 7 Health and Wellbeing – Mental Health	Unit 8 Health and Wellbeing - SRE
Content to be covered – as recommended by the PSHE association/ statutory guidance.	<p>H4. maintain 'work life balance' including understanding the importance of continuing with regular exercise and sleep,</p> <p>Skills for success – study skills, revision techniques, organization etc...</p> <p>H5. manage being 'new' in 'new places'; fitting in and making new friends.</p>	<p>H1. take responsibility for monitoring their own health and wellbeing (including breast and testicular self-examination and the benefits of health screenings); how to recognise illnesses that affect young adults, such as meningitis and 'freshers' flu'.</p> <p>H3. perform first aid including CPR and evaluate when to summon emergency services, including when there may be concern over drawing attention to illegal activity.</p> <p>H2. maintain a healthy diet, especially on a budget.</p>	<p>R1. develop and maintain healthy relationships; differentiate between 'love' and 'lust'; understand what it means to be 'in love'</p> <p>R2. accept and use positive encouragement and constructive feedback</p> <p>R3. recognise and manage negative influence, manipulation and persuasion in a variety of contexts;</p> <p>R4. manage the ending of relationships safely and respectfully.</p> <p>R5. recognise, manage and escape from different forms of physical and emotional abuse; how and where to get support; how to support others they care about to manage and escape from abuse</p> <p>R6. understand and value the concept and qualities of</p>	<p>L1. travel safely in the UK: alone; by road; rail; at night (including the safe use of 'hired transport' such as taxis)</p> <p>L2. travel safely abroad (including legal issues such as passports; visas and work permits, their costs and allowing sufficient time to acquire them; the role of embassies and consulates; cultural issues including respecting local customs and laws; understanding that legal rights and penalties for offences may be different in other countries; personal safety especially socialising safely and the use of alcohol; hiring and riding mopeds; health issues including vaccinations, tattoos, sun safety, travel insurance and seeking medical and legal help abroad.)</p> <p>L3. plan a 'gap year'</p>	<p>L4. be a 'critical consumer' of online information in all its forms; appreciate how social media can expand, limit or distort their view of the world; recognise the importance of critical questioning of information presented through all forms of media; understand how social media can be used to distribute propaganda, coerce and manipulate; understand why they should think critically before forwarding or sharing stories or images received via social media</p> <p>L5. set and maintain clear boundaries around their personal privacy; protect their personal reputation especially online; be a 'responsible provider' of online data about themselves or about others (including understanding how cameras and microphones in</p>	<p>L9. exercise their consumer rights; know who can help if they feel they have a grievance.</p> <p>L10. manage contracts; understand the process of renting items and accommodation; know who can support them if they need help</p> <p>L11. plan their budget, especially when living away from home for first time</p> <p>L12. understand and manage taxation and national insurance</p> <p>L13. understand the concept of 'customer service', its relevance to all employees, why it is important in a competitive, global market</p> <p>L14. understand savings options; know where to save, when to save and why</p> <p>L15. understand and manage debt, differentiating between 'good' and 'bad' debt; assess sources of and risks associated with</p>	<p>L17. match career to personal interests, attributes and skills; develop a life plan that identifies personal aspirations and sets compelling goals; balance ambition with realism; identify how the benefits offered by unattainable ambitions can still be met in realistic ways</p> <p>L18. be enterprising in life and work</p> <p>L19. understand and be able to access further and higher education options and training, including apprenticeships</p> <p>L20. understand and manage health and safety in the workplace; understand the importance of following workplace policies and protocols</p> <p>L21. understand and appreciate the importance of workplace confidentiality and security; understand the importance of following cyber-security protocols in the work-place and the importance of the data protection act in the work-place</p>	<p>H7. apply strategies for maintaining positive mental health</p> <p>H8. recognise when they need to employ strategies to re-establish positive mental health including managing stress and anxiety</p> <p>H9. recognise when they, or others, need support with their mental health and how to access the most appropriate support</p> <p>H10. recognise common mental health issues such as anxiety, depression, disordered eating, self-harm and compulsive behaviours in themselves; evaluate support available to manage these behaviours, and to access the most appropriate support for themselves or others</p> <p>H11. recognise mental health issues in others; be able to offer or find support for</p>	<p>H15. understand and manage the issues and considerations concerning body 'enhancement' or 'alteration' including cosmetic procedures and surgery, tattoos, body piercing and dietary supplements</p> <p>H16. avoid contracting or passing on a sexually transmitted infection (STI); know what to do if they are concerned about or think they may have put themselves at risk of contracting an STI (including getting tested, stopping sexual activity until tests come back clear, telling partners) and know where and how to access local and national advice, diagnosis and treatment.</p> <p>H18. manage alcohol and drug use in relation to immediate and long term health; understand alcohol and drug use can affect decision making</p>

			<p>consent in relationships</p> <p>R7. understand the moral and legal responsibility borne by the seeker of consent, and the importance of respecting and protecting people's right to give, not give, or withdraw their consent</p> <p>R8. understand and appreciate the legal consequences of failing to respect others' right to not give or to withdraw consent</p> <p>R9. seek redress if their consent has not been respected; how to recognise and seek help in the case of sexual exploitation, assault or rape</p> <p>R10. appreciate the ways different cultures and faiths view relationships, respecting others' right to hold their own views</p>		<p>computers and mobile phones can be activated without their knowledge)</p> <p>L6. understand cults, extremism and radicalisation; recognise when someone is at risk of being radicalised; understand why it is important to tell someone; whom to tell.</p> <p>H19. manage personal safety off-line, including when socialising (including meeting someone in person for the first time whom they met online, drink spiking, looking out for friends) and travelling (especially cycle safety, young driver safety, and passenger safety, including the risks of being a passenger with an intoxicated driver, and using only licenced taxis).</p> <p>H17. manage online safety in all its forms; protecting their privacy; protecting their 'online presence' and building and maintaining a positive personal reputation.</p>	<p>loans; calculate repayments; understand the concepts of 'affordability' (its impact on broader lifestyle and relationships) and 'being able to pay' (having the money); understand the consequences of failure to repay, especially short-term high interest loans; assess the risks associated with 'underwriting' or being a guarantor for another's debt</p> <p>L16. understand pensions and their importance; the benefits of starting early and making regular, realistic contributions</p>	<p>L22. recognise and manage bullying and harassment in the workplace in all its forms; how to get support if they experience work place harassment</p> <p>L23. recognise the different roles of human resources (HR) departments, trade unions and professional organisations; understand 'whistleblowing': what it is and when it is appropriate</p> <p>L24. apply for future roles; 'market' themselves by promoting their personal 'brand', including personal presentation; identify their skills and talents; identify examples from their own lives that can evidence where they have demonstrated specific qualities sought by employers (including effective team working; working inclusively; creativity and problem solving; responding to change; respecting diversity; showing initiative; working independently and to deadlines; taking personal responsibility; working to direction); produce a concise and compelling curriculum vitae; prepare for and undertake interviews;</p>	<p>those experiencing difficulties with their mental health</p> <p>H12. work alongside those with mental health issues and know how (and when) to provide support</p> <p>H13. recognise how pressure to conform to media stereotypes (or manipulated images) can adversely affect body image and the impact this can have on self-esteem; develop strategies to manage this pressure</p> <p>H14. assess and manage risk in different contexts; understand how risk is 'calculated' and why it is essential to critically evaluate such calculations (especially those relating to health and offered by the media)</p>	<p>and personal safety; evaluate the impact of their use on road safety, work-place safety, legal safety, reputation and career</p>
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