

PSHE

Cross curricular links

English, mathematics, science, digital skills, history, geography, PE, social skills, careers, preparation for adulthood, equality and diversity, 9 protected characteristics, British values.

Skills

Reading, writing, speaking, listening, communicating, respect, social skills, team work, customer service, budgeting, positive action in the community, role modelling.

Further study

Health, social and childcare, crime and society, budgeting and money management, customer service

Career paths

Teacher, customer service assistant, healthcare worker, community worker, volunteer, career advisor.

Relationships - Sexual Health Awareness

- Define key terms: relationships, intimacy, sexual health
- Risky behaviour
- The reproductive system
- Contraception
- How the media represents sex and sexuality
- Pornography
- Visit from the school nurse – using a condom correctly
- HIV, AIDS and transmission
- STIs, symptoms, consequences and prevention
- Sexual health advice and treatment centres
- Sexual health and stigma
- Legislation – sex and relationships

Living in the Wider World - Substance Misuse Awareness

- Types of substances
- What is substance misuse?
- Prescription medicines
- Potential causes of substance misuse
- Factors that influence the effects of substances
- Wellbeing and health issues
- Local and national help and support services and agencies
- Media portrayal, stereotypes and discrimination associated with substance misuse
- The extent of substance misuse in the UK
- Factors that may prevent substance misuse
- Building resilience and protecting individuals from the risk of misusing substances

Health & Wellbeing - Alcohol Awareness

- Government guidance and laws
- Effects of alcohol
- International policy on alcohol and comparison to the UK
- Alcohol misuse and its causes
- Psychological and physiological effects of alcohol misuse
- Data research project – facts and figures
- Presentation of findings
- History of alcohol use in the UK
- Effects on friends, family and wider society
- How alcohol impacts health
- Alcohol withdrawal and support organisations
- Alcohol and the media
- Case study

Living in the Wider World

- What makes a healthy lifestyle
- Staying safe online
- Balanced diet and exercise
- Take part in a healthy activity
- Take part in a different healthy activity
- Gambling

Personal Safety

- Manage Personal Safety
- Recognise Peer Influence
- Social & Emotional Skills
- Trusted Adults
- Knife Crime
- County Lines
- Grooming
- Exploitation

KS4 YEAR 2

Relationships

- Identify strengths and areas for development
- Agree and set a short-term goal
- Identify steps to achieve a goal
- Review progress
- Recognise steps to achieve goals
- Identify if the goal has been achieved

Health & Wellbeing

- Alcohol and its effects
- Units of alcohol
- Rules and regulations
- Drug misuse
- Smoking
- Vaping

Living in the Wider World

- Project and budgeting
- Market research and questionnaires
- Planning
- Risk assessments
- Customer service
- Communication

KS4 YEAR 1

Relationships

- Families
- Friendships
- Safe Relationships
- Characteristics of a Healthy Family
- Diverse Marriages
- Gillick
- Competence

- Health
- Healthy Lifestyles
- Sexual Health
- Healthy Relationships
- Consent
- Sexual Imagery
- Parenthood

Health & Wellbeing

- How actions of humans affect the environment
- How actions of humans can help improve the environment
- Environmental issues and their effects
- Activities to improve the local area
- Take part in an activity

Online Media

- Rights & Responsibilities
- Online Risks
- Social Media
- Artificial Intelligence
- Inappropriate Content
- Controlling Behaviour
- Pornography

KS3 YEAR 3

Online Media

- Rights & Responsibilities
- Online Risks
- Social Media
- Artificial Intelligence
- Inappropriate Content
- Controlling Behaviour
- Pornography

Health & Wellbeing

- Media and current affairs
- Physical health
- Mental health
- Positive reporting in the media
- Maintaining a healthy lifestyle
- Facts/evidence about vaccinations

Relationships

- Youth mental health
- Beliefs and ethics
- Vegetarianism and veganism
- Self-confidence
- Trolling

Living in the Wider World

- Employment types – employed, self-employed, volunteering
- Bank accounts
- Fraud
- Household bills
- Credit and Debt
- Financial wellbeing

Health & Wellbeing

- Project and budgeting
- Market research and questionnaires
- Planning
- Risk assessments
- Customer service
- Communication

Being Safe

- Consent & Boundaries
- Sexual Harassment
- Concepts
- Laws
- Domestic Abuse
- Exploitation
- Sexual Behaviours
- Marty's Law
- Misogyny

KS3 YEAR 2

Health and Wellbeing

- Mental health
- Emotional health
- Mental wellbeing
- Depression/Anxiety
- Support for Mental Health
- Stigma
- Gambling

Living in the Wider World

- What is Enterprise Day
- Effective communication
- Teamwork
- Problem-solving
- Career aspirations
- Enterprise Day project
- Participate in Enterprise Day

Living in the Wider World

- What are British Values?
- Democracy
- Rule of Law
- Tolerance
- Individual Liberty
- Mutual Respect

Health & Wellbeing

- Balanced diet
- Exercise
- Consequence of being unhealthy
- Legal and illegal substances
- Mental health
- Personal hygiene
- Consolidation

Relationships

- Sexual Friendships
- Consent
- Inequalities
- Inequalities
- Disempowerment

- Respecting Ourselves
- Respecting Others
- Explore Personal Identity and Diversity
- The Quality Act
- Equal Opportunities
- LGBTQ+
- Current Affairs

Living in the Wider World

- Law and Order
- The Justice System
- Roles and Responsibilities
- Crime and Punishment
- Police Resourcing
- The Justice System
- What is an emergency?
- UK Law

Health & Wellbeing

- Health
- Healthy Lifestyles
- Sexual Health
- Healthy Relationships
- Drugs and Alcohol
- Conflicts
- Anxiety/Depression
- Gillick Competence

Relationships

- Families
- Friendships
- Safe Relationships
- Characteristics of a Healthy Family
- Diverse Marriages
- Conflicts

KS3 YEAR 1

PREPARATION FOR ADULTHOOD KEY:

Employment & Higher Education

Independent Living

Community Inclusion

Good Health