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| PSHE Curriculum Map KS3 |
| Autumn 1 | Autumn 2 |
| Theme 1 Health and well beingUnit title: Transitions and safety  | Theme 3 Living in the wider worldUnit title: developing skills and aspirations. Goal setting |
| This term pupils will learn:* How to identify, express and manage emotions in a constructive way
* How to manage change
* How to establish and manage friendships
* How to improve study skills
* How to identify personal strengths and areas for development
* Personal safety strategies and travel safety
* How to respond in an emergency situation
* Basic first aid
 | H1, H2, H30, H33, R13, L1, L2  | This term pupils will learn:* How to be enterprising including problem solving, team work
* About a broad range of careers and the abilities and qualities required and the pathways
* How to manage feelings relating to future employment
* About post 16 options
* Equal opportunity
* How to challenge stereotypes and broaden horizons
* About the link between values and career choices
* How to demonstrate strengths
* Skills for decision making
 | R15, R29, L1, L2, L3, L4, L5, L6, L7, L8, L9, L10, L11, L12, L13, L14 |
| Spring 1 | Spring 2 |
| Theme 2 RelationshipsUnit title: Diversity and discrimination  | Theme 1 health and well beingUnit title: Health, puberty and lifestyle  |
| This term pupils will learn:* About identity, rights and responsibilities
* About living in a diverse society
* How to challenge prejudice, stereotypes and discrimination
* The signs and effects of all types of bullying
* How to respond to bullying
* How to manage influences on beliefs
* How to develop self worth and confidence
* About gender identity, transphobia and gender based discrimination
* How to recognise and challenge homophobia, biphobia, racism and religious discrimination
 | R3R4R38R39R40R41R42R43 | This term pupils will learn:* How to make healthy lifestyle choices
* How to manage influences relation to caffeine, smoking and alcohol
* How to manage physical and emotion changes during pubity
* About personal hygiene
* How to recognise and respond to inappropriate contact
* About FGM
* About the relationship between physical and mental health
* How to manage influences on body image
* To take increased responsibility for physical health including testicular self examination
 | H3H4H6H7H8H9H10H11H12L24 |
| Summer 1 | Summer 2 |
| Theme 2 RelationshipsUnit title: Building relationships | Theme 3 Living in the wider worldUnit title: Digital literacy  |
| This term pupils will learn: * How to develop self worth and self-efficacy
* About qualities and behaviours relating to different types of positive relationships
* How to recognise unhealthy relationships
* How to recognise and challenge media stereotypes
* How to evaluate expectations for romantic relationships
* About consent and how to seek and assertively communicate consent
 | H1, R2, R9, R11, R13, R14, R16, R24  | This term pupils will learn:* About online communication
* How to use social networking sites safely
* How to recognise online grooming in different forms e.g. in relation to sexual or financial exploitation, extremism and radicalisation
* How to respond and seek support in cases of online grooming
* How to recognise biased or misleading information online
* How to critically assess different forms of media and how to make responsible decisions
* How to protect financial security online
* How to assess and manage risks in relation to gambling and chance based transaction
 | H3, H30, H32, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27 |
| PSHE Curriculum Map Year 10  |
| Autumn 1 | Autumn 2 |
| Theme 1 Health and well beingUnit title: mental health  | Theme 3 Living in the wider worldUnit title: financial decision making  |
| This term pupils will learn:* How to manage challenges during adolescence
* How to reframe negative thinking
* Strategies to promote mental health and emotional well being
* About the signs of emotional or mental ill health
* How to access support and treatment
* About the portrayal of mental health in the media
* How to challenge stigma, stereotypes and misinformation
 | H2, H5, H6, H7, H8, H9, H10 | This term pupils will learn:* How to effectively budget and evaluate savings options
* How to prevent and manage debt including understanding credit rating and pay day lending
* How data is generated, collected and shared and the influence of targeted advertising
* How thinking errors e.g. gambler’s fallacy, can increase susceptibility to gambling
* Strategies for managing influences related to gambling
* About the relationship between gambling and debt
* About the law and illegal financial activities including fraud
* How to risk manage in relation to financial activities
 | H25, R38, L16, L17, L18, L19, L20, L25  |
| Spring 1 | Spring 2 |
| Theme 2 RelationshipsUnit title: healthy relationships | Theme 1 health and well beingUnit title: Exploring influence  |
| This term pupils will learn:* About relationship values and the role of pleasure in relationships
* About myths, assumptions, misconceptions and social norms about sex, gender and relationships
* About the opportunities and risks of forming and conducting relationships online
* How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours
* About the ethical and legal implications in relation to consent
* How to recognise and respond to pressure, coercion and exploitation including reporting and support
* How to recognise and challenge victim blaming
* About asexuality, abstinence and celibacy
 | H19, H20, H21, R20, R35, R36, R37 | This term pupils will learn:* About positive and negative role models
* How to evaluate the influence of role models and become a positive role model for peers
* About the media’s impact on perceptions of gang culture
* About the impact of drugs and alcohol on individuals, personal safety, families and wider communities
* How drugs and alcohol affect decision making
* How to keep self and others safe in situations that involve substance use
* How to manage peer influence in increasing independent scenarios in relation to substance, gangs and crime
* Exit strategies for dangerous situations
* How to seek help for addiction
 | H19, H20, H21, R20, R35, R36, R37 |
| Summer 1 | Summer 2 |
| Theme 2 RelationshipsUnit title: addressing extremism and radicalisation  | Theme 3 Living in the wider worldUnit title: work experience  |
| This term pupils will learn: * About communities, inclusion, respect and belonging
* About the Equality Act, diversity and values
* About how social media may distort, mis represent or target information in order to influence
* How to manage conflicting views and misleading information
* How to safely challenge discrimination
* How to recognise and respond to extremism and radicalisation
 | R5, R6, R9, R10, R14, R28, R29, R30, R31,R34L24L26L27L28L29 | This term pupils will learn:* How to evaluate strengths and interests in relation to career development
* About opportunities in learning and work
* Strategies for overcoming challenges or adversity
* About responsibilities in the workplace
* How to manage practical problems for health and safety
* How to maintain a positive personal presence online
* How to evaluate and build on the learning from work experience
 | H1L1L2L3L5L7L8L9L10L11L12L13L14L15L23 |

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| PSHE Curriculum Map Year 11 |
| Autumn 1 | Autumn 2 |
| Theme 1 Health and well beingUnit title: building for the future | Theme 3 Living in the wider worldUnit title: Next Steps |
| This term pupils will learn:* How to manage the judgement of others and challenge stereotyping
* How to balance ambition and unrealistic expectations
* How to develop self-efficacy, including motivation, perseverance, and resilience
* How to maintain a healthy self-concept
* About the nature, cause and effects of stress
* Stress management strategies, including maintaining healthy sleep habits
* About positive and safe ways to create content online and the opportunities this offers
* How to balance time online
 | H2H3H4H8H12L22 | This term pupils will learn:* How to use feedback when planning
* How to set and achieve smart targets
* Effective revision techniques and strategies
* About options post 16 and career pathways
* About application processes including writing CVs, personal statements and interview techniques
* How to maximise employability, including managing online presence and taking opportunities to broaden experiences
* About rights, responsibilities and challenges in relation to working part time while studying
* How to manage work/life balance
 | L1L2L3L4L6L7L8L11L12L21 |
| Spring 1 | Spring 2 |
| Theme 2 RelationshipsUnit title: Communication in relationships  | Theme 1 health and well beingUnit title: Independence  |
| This term pupils will learn:* About core values and emotions
* About gender identity, gender expression and sexual orientation
* How to communicate wants and needs
* How to handle unwanted attention including online
* How to challenge harassment and stalking
* About various forms of relationship abuse
* About unhealthy, exploitative and abusive relationships
* How to access support in abusive relationships and hoe to overcome challenges in seeking support
 | H26H27H28H29R16R17R21R23R32 | This term pupils will learn:* How to assess and manage risk and safety in new independent situations
* Emergency 1st aid skills
* How to assess emergency and non emergency situations and contact appropriate services
* About the links between lifestyle and some cancers
* About the importance of screening and how to perform self examination
* About vaccinations and immunisations
* About registering with and accessing doctors, sexual health clinics, options and other health services
* How to manage influences and risks relating to cosmetic body alterations
* About blood, organ and stem cell donation
 | H3H4H11H13H14H15H16H17H18H22H23H24 |
| Summer 1 |  |
| Theme 2 RelationshipsUnit title: Families |   |
| This term pupils will learn: * About different types of families and the changing family structures
* How to evaluate readiness for parenthood and positive parenting qualities
* About fertility
* About pregnancy, birth and miscarriage
* About unplanned pregnancy options including abortion
* About adapting and fostering
* How to manage change, loss and bereavement
* About “honour based” violence and force marriage and how to safely access support
 | H30H31H32H33R4R11R12R13R24R25R26R27R33 |  |  |

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| PSHE Curriculum Map KS3 Year 2 |
| Autumn 1 | Autumn 2 |
| Theme 1 Health and well beingUnit title: Drugs, alcohol, substance use and gangs | Theme 3 Living in the wider worldUnit title: community and careers |
| This term pupils will learn:* About medicinal and reaction drugs
* About the over consumption of energy drinks
* About the relationship between habit and dependence
* How to use over the counter and prescription medications safely
* How to assess the risks of alcohol, tobacco and nicotine and e-cigarettes
* How to manage influences in relation to substance use
* How to recognise and promote social norms
* How to distinguish between healthy and unhealthy friendships
* How to recognise passive, aggressive and assertive behaviour
* To manage risk in relation to gangs
* About the legal and physical risk of carrying a knife
 | H23H24H25H26H27H28H29H31R1R20R42R44R45R46R47 | This term pupils will learn:* About equality of opportunity in life and work
* How to challenge stereotypes and discrimination in relation to work and pay
* About employment, self-employment and voluntary work
* How to set aspirational goals for future careers and challenge expectations that limit choices
 | R39R41L3L8L9L10L22L12 |
| Spring 1 | Spring 2 |
| Theme 2 RelationshipsUnit title: respectful relationships | Theme 1 health and well beingUnit title: Emotional wellbeing  |
| This term pupils will learn:* About different types of families and parenting, including single parents, same sex couples, blended families, adoption and fostering
* About positive relationships in the home and ways to reduce homelessness amongst young people
* About conflict and its causes in different contexts e.g. with friends and families
* Conflict resolution strategies
* How to manage relationships and family changes, including relationship breakdown, separation and divorce
* How to access support services
 | H2R1R6R19R21R23R35R36 | This term pupils will learn:* About attitudes towards mental health
* How to challenge myths and stigma
* About daily wellbeing
* How to manage emotions
* How to develop digital resilience
* About unhealthy coping strategies (e.g. self harm and eating disorders)
* About healthy coping strategies
 | H3H4H6H7H8H9H10H11H12L24 |
| Summer 1 | Summer 2 |
| Theme 2 RelationshipsUnit title: Relationship and intimacy  | Theme 3 Living in the wider worldUnit title: Financial decision making and employability skills  |
| This term pupils will learn: * The qualities of positive healthy relationships
* How to demonstrate healthy relationships
* About gender identity and sexual orientation
* About forming new partnerships
* The law in relation to consent
* How to communicate about consent
* About the risks of sexting
* About basic forms of contraception e.g pill and myths connected to these
* About readiness for sexual activity
* About STIs and consequences of unprotected sex
* How the portrayal of relationships in the media/ pornography might affect expectations
 | R4R5R7R8R10R11R12R16R18R24R25R26R27R29R30R32 | This term pupils will learn:* How to make safe and financial choices
* About ethical and unethical practices and consumerism
* About saving, spending and budgeting
* How to manage risk taking behaviour
* About young people’s employment rights and responsibilities
* Skills for enterprise and employability
* How to give and act upon constructive feedback
* How to manage their personal brand online
* Habits and strategies to support progress
* How to identify and access support for concerns relating to life online
 | H32L2L4L5L8L9L14L15L16L17L18L21L24L27R13R14 |