|  |  |  |  |
| --- | --- | --- | --- |
| PSHE Curriculum Map KS3 | | | |
| Autumn 1 | | Autumn 2 | |
| Theme 1 Health and well being  Unit title: Transitions and safety | | Theme 3 Living in the wider world  Unit 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 Relationships  Unit title: Diversity and discrimination | | Theme 1 health and well being  Unit 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 | R3  R4  R38  R39  R40  R41  R42  R43 | 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 | H3  H4  H6  H7  H8  H9  H10  H11  H12  L24 |
| Summer 1 | | Summer 2 | |
| Theme 2 Relationships  Unit title: Building relationships | | Theme 3 Living in the wider world  Unit 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 being  Unit title: mental health | | Theme 3 Living in the wider world  Unit 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 Relationships  Unit title: healthy relationships | | Theme 1 health and well being  Unit 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 Relationships  Unit title: addressing extremism and radicalisation | | Theme 3 Living in the wider world  Unit 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,  R34  L24  L26  L27  L28  L29 | 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 | H1  L1  L2  L3  L5  L7  L8  L9  L10  L11  L12  L13  L14  L15  L23 |

|  |  |  |  |
| --- | --- | --- | --- |
| PSHE Curriculum Map Year 11 | | | |
| Autumn 1 | | Autumn 2 | |
| Theme 1 Health and well being  Unit title: building for the future | | Theme 3 Living in the wider world  Unit 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 | H2  H3  H4  H8  H12  L22 | 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 | L1  L2  L3  L4  L6  L7  L8  L11  L12  L21 |
| Spring 1 | | Spring 2 | |
| Theme 2 Relationships  Unit title: Communication in relationships | | Theme 1 health and well being  Unit 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 | H26  H27  H28  H29  R16  R17  R21  R23  R32 | 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 | H3  H4  H11  H13  H14  H15  H16  H17  H18  H22  H23  H24 |
| Summer 1 | |  | |
| Theme 2 Relationships  Unit 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 | H30  H31  H32  H33  R4  R11  R12  R13  R24  R25  R26  R27  R33 |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| PSHE Curriculum Map KS3 Year 2 | | | |
| Autumn 1 | | Autumn 2 | |
| Theme 1 Health and well being  Unit title: Drugs, alcohol, substance use and gangs | | Theme 3 Living in the wider world  Unit 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 | H23  H24  H25  H26  H27  H28  H29  H31  R1  R20  R42  R44  R45  R46  R47 | 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 | R39  R41  L3  L8  L9  L10  L22  L12 |
| Spring 1 | | Spring 2 | |
| Theme 2 Relationships  Unit title: respectful relationships | | Theme 1 health and well being  Unit 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 | H2  R1  R6  R19  R21  R23  R35  R36 | 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 | H3  H4  H6  H7  H8  H9  H10  H11  H12  L24 |
| Summer 1 | | Summer 2 | |
| Theme 2 Relationships  Unit title: Relationship and intimacy | | Theme 3 Living in the wider world  Unit 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 | R4  R5  R7  R8  R10  R11  R12  R16  R18  R24  R25  R26  R27  R29  R30  R32 | 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 | H32  L2  L4  L5  L8  L9  L14  L15  L16  L17  L18  L21  L24  L27  R13  R14 |