

Curriculum Overview: PSHEE

The aim of our curriculum is to prepare pupils for life in modern Britain by raising awareness of keeping safe, including online safety. Through PSHEE, we want to equip pupils to make responsible and well-informed decisions. The teaching of RSHE can help to prepare pupils and students for the opportunities, responsibilities and experiences of adult life. It allows us to promote the spiritual, moral, social, cultural, mental and physical development of pupils/students at school and in the wider society, providing pupils with the necessary skills to lead happy and fulfilling lives. The PSHEE curriculum is based around the 3 themes of Relationship and Sex Education (RSE), Health and Wellbeing (H&W), and Living in the Wider World (LITWW), complying with the statutory content for RSHE. It has been designed as a spiralling curriculum where pupils return to similar themes at a higher level as they move through the school.

Year 7	Transition into Secondary education - friendships, self care and British values.	H&W - Healthy lifestyles, Dental hygiene and health, Smoking, What are Drugs?	LITWW - Being a resilient pupil, How can we be inspirational? How does self esteem help us achieve?	RSE - Gender stereotypes, safer online relationships	RSE - Bullying or Banter?, Puberty and emotional changes, menstrual wellbeing.	RSE - Healthy/unhealthy relationships, Managing conflict, Introduction to consent
Year 8	Finance - Money, Bank Accounts, Debt and Gambling.	H&W - My health, Being active, Body health, Fitness, Healthy eating.	LITWW - Managing behaviour to achieve, GCSE choices, Personal development and target setting.	H&W - Personal safety, First aid: Basic life support, First Aid: Common injuries.	RSE - Relationship Values, Influences on relationships, Sexual orientation, and gender identity.	RSE - Consent: Avoiding assumptions, Introduction to contraception.
Year 9	Community - equality and diversity.	H&W - Healthy behaviours and attitudes to health, Rest, recovery and sleep, Alcohol awareness, Drugs and the Law.	LITWW - Self discipline to achieve, Workplace skills, Employability-applying and preparing.	H&W - Vaping, nicotine and addiction, Body image and eating disorders, How to cope with stress.	RSE - Respectful relationships, Freedom and capacity to consent, Sexual health	RSE - Contraception, managing the end of a relationship, Sexting.
Year 10	Consumerism - child labour and ethical business.	H&W - Body and mind health, Body and mind assessment, Mind training, Mental toughness	LITWW - Crime, gangs and county lines, Fake News, Equality Act 2012 - protection from discrimination	LITWW - Right career for me, Preparing for Work Experience, Health and safety at work.	RSE - Role of intimacy and pleasure, Impact of pornography, Pressure, Persuasion and coercion.	RSE - Managing relationship and conflict break ups, Addressing relationship abuse.
Year 11	Knife crime - staying safe, risk, gangs and grooming.	RSE - staying safe including consent, making safe choices, respecting others.	LITWW - CV's, How do we prepare for interviews? Rights and responsibilities in the workplace	LITWW - Time management, GCSE Revision and study skills, How do we prepare for adult life?	H&W - Mental health, Stigma, positivity, and self-awareness.	