

PSCHE Overview in Years 7-11 September 2023-24

Term 1 Health & Wellbeing (13 weeks)				
Year 7	Year 8	Year 9	Year 10	Year 11
PSCHE Introduction	Mental health -Stress	Why do people self-harm	Work experience launch	Personal statement (draft)
Healthy Lifestyles	Mental health - Anxiety	Growth mindset	Bereavement & Grief	Personal statement
Consequences of an unhealthy lifestyle	Mindfulness	Peer pressure	Managing anxiety	The right career for me
Eating responsibly	Self-awareness	Discrimination & equality	Importance of sleep	Self- discipline to achieve
Healthy living and exercise	Self-confidence	Drugs and the law	Suicide awareness	Revision techniques
Energy drinks	Self-development	Relationships - role models	The language used	Independent living
Career's introduction START	Behaviour to achieve	Addiction -gambling	Personal safety	FPE Tolerance
Smoking dangers	Careers intro (AC)	Careers (AC) communication	Online gaming & gambling	FPE Equality
Personal hygiene	Personal Safety – First aid	Responsible health	Fertility and reproductive health	FPE Race & Religion
Dental hygiene	First responder visit – Heart start	Binge drinking	First aid - CPR	Perseverance
Mental health	Drug awareness	Screen time	How do we elect leaders in the UK and abroad	Cyber-crime – staying safe online
Puberty	Smoking & Vaping awareness	Time management	Homelessness	Health & Safety
Puberty changes	Cancer awareness	Tattoos & Piercings	Privilege	Social media & self esteem

Term 2 – Living in the wider world (12 weeks)				
Year 7	Year 8	Year 9	Year 10	Year 11
Aspirational students	Careers – communication	FBV - The rule of Law	Work experience	What is a democratic country
What is parliament – how does it work?	Careers –teamwork	The law - young offenders	Racism	Revision technique
Managing anger	FBV – Liberty and voting	British community - working together	Hate crimes	Interview techniques
Everyday consent	Revision techniques	Prejudice -religion	Protected characteristics - Equality Act	Avoiding debt
Fundamental British values	Discrimination – teens	Extremist recruitment	Black lives matter – where it started	Digital footprints & fake news
Racism and Discrimination	Internet safety – grooming	Immigration - a diverse community	The Windrush generation	Charities
E-safety – Radicalisation	Prejudice	Human rights - trafficking & genocide	FPE – Identity & belonging	UK and the rest of the world
Needs and wants	FBV Tolerance	Careers (AC) labour info	FPE – Practices & ways of life	Animal rights & sustainability
Managing Money	Extreme groups	FBV - Democracy	FPE – Expressing meaning	Consumer rights
What is the Monarchy?	Money savings & loans	The Dark web	FPE – Values & commitment	Binge drinking
FBV - Mutual respect (Misogyny)	Equality – how is this protected	Gangs & County lines	FPE – Beliefs, teachings and source	Anti-social behaviour
Water Safety	What is Sexual Harassment	Knife crime	FPE – Meaning, purpose and truth	Justice system

Term 3 – Relationships, Sex and Health (12 weeks)
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Year 7	Year 8	Year 9	Year 10	Year 11
Bullying not banter	Knowing myself	Safe sex – contraception	Teenage pregnancy & parenting	Happiness & positivity
E-safety – online bullying	Ideal partner	Safe sex – STI's	Consent – rape and sexual abuse	Coping with stress
Social media safety	More than friends	Marriage and types of partnership	Pornography – the dangers	Body positivity - obesity
Keeping friendships	Gender & Language	Parenting	Good sex – waiting for the right person	Types of relationship
Positive friendships	FGM – the dangers	Conflict management	Bullying – body shaming	Relationship break up's
Family types	Homophobia – LGBT	Abusive relationships	Work experience prep (AC)	Harassment & Stalking
Personal identity	Careers (AC) Skills builder	Arranged and forced marriages	Why do we take risks?	Revenge porn – the law
Self love	Domestic conflict	Body image – Eating disorders	Gender & Trans identity	<u>Exam period</u>
Same sex relationships	Consent	Careers (AC)	Community cohesion	
Falling in love	Sexting – the dangers	CCE	Substance misuse –risk & influence	
Body image and the media	Selfie safety	The LGBT community	Substance misuse – help & support	
Careers (AC)	Alcohol awareness	Gender fluidity	<u>Work experience</u>	

Notes :

- All year groups have 2 lessons a fortnight.
- Careers updates and lessons provided by Mrs Chapman (Careers co-ordinator) – some may be delivered by outside agencies and links to both the START and Skills Builder programme
- FPE – Lesson directly linked to Faith, philosophy and ethics