

SECONDARY PSHE CURRICULUM 2021_2022

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p><u>Health and well being 1</u> <u>My World and I</u> Transition and safety Transition to secondary school and personal safety in and outside school, including first aid. Introduction to BISUL values. Feeling safe at school and people who can help us.</p>	<p><u>Living in the wider world 2</u> <u>Be internet Citizens</u> Digital literacy Online safety, critical internet users, digital literacy, media reliability, and gambling hooks. Using the Beatfreakz- Be internet citizens.</p>	<p><u>Relationships 1 (RSE)</u> <u>Because I'm worth it</u> Building relationships Self-worth, romance and friendships (including online) and relationship boundaries, relationships on the Internet, relationships based on truth and honesty. Fostering noble attitudes. Education for life in the family- sessions conducted by a professional subject teacher.</p>	<p><u>Living in the wider world 1</u> <u>'I'm fine'</u> Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies, getting help in times of crisis such as the COVID-19 pandemic. Looking after one's mental health and knowing where to seek help.</p>	<p><u>Relationships 2</u> <u>We all come from somewhere</u> Diversity Diversity, linked to migration, prejudice, and bullying. Create a living museum. Stereotypes, why we need them and why they exist.</p>	<p><u>Living in the wider world 2</u> <u>Safety in banking</u> I'm going to a bank Opening a bank account, responsibilities, reading the small print, how not to get deceived when opening bank accounts.</p>
Year 8	<p><u>Health and wellbeing 1</u> <u>Drugs: Legal or Illegal</u> Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use.- Session conducted by a professional subject teacher Looking after one's health, healthy diet and lifestyle. Introduction to BISUL values.</p>	<p><u>Health and wellbeing 2</u> <u>'I'm fine'</u> Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies, getting help in times of crisis such as the COVID-19 pandemic. Looking after one's mental health and knowing where to seek help. Career guidance 2h</p>	<p><u>Living in the wider world 2</u> <u>Be internet Citizens</u> Digital literacy Online safety, critical internet users, digital literacy, media reliability, and gambling hooks Using the Beatfreakz- Be internet citizens. Career guidance 2h</p>	<p><u>Relationships 1 (RSE)</u> <u>RESPECT</u> Identity and relationships Forming new partnerships and developing relationships, the qualities of positive, healthy relationships how to demonstrate positive behaviours in healthy relationships. Education for life in the family- sessions conducted by a professional subject teacher. Career guidance 2h</p>	<p><u>Living in the wider world 1</u> <u>Equal opportunity?</u> Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work. Case study Morrisons as a local business Career guidance 2h</p>	<p><u>Relationships 2</u> <u>Do I belong?</u> Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability discrimination. Career guidance 2h</p>
Year 9	<p><u>Health and wellbeing 1</u> <u>Under the influence</u> Peer influence, substance use and gangs Healthy and unhealthy friendships, fostering noble attitudes, fostering</p>	<p><u>Living in the wider world 1</u> <u>My goals</u> Setting goals and linking to employability Learning strengths, career options and goal setting as part of the GCSE options process</p>	<p><u>Relationships 1 (RSE)</u> <u>Respect</u> Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes. Education for life in the family-</p>	<p><u>Health and wellbeing 2</u> <u>Healthy life, healthy body</u> Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid, staying healthy and living a healthy life.</p>	<p><u>Relationships 2</u> <u>Do I belong?</u> Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability discrimination.</p>	<p><u>Living in the wider world 2</u> <u>My Lodz, My Problem!</u> Meaningful community requires compassion, gratitude, support. This unit develops responsible activity</p>

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	<p>sensitivity towards the truth and goodness, assertiveness, substance misuse, and gang exploitation. Introduction to BISUL values.</p>	<p>Career guidance 2h</p>	<p>sessions conducted by a professional subject teacher. Career guidance 2h</p>	<p>Career guidance 2h</p>	<p>Career guidance 2h</p>	<p>including looking after the environment. My community or wider. Fostering social engagement. Career guidance 2h</p>
Year 10	<p><u>Health and wellbeing 1</u> <u>Mind over matter</u> Dopamine How to control it and use it for your own benefits. Introduction to BISUL values.</p>	<p><u>Health and wellbeing 2</u> <u>'I'm fine'</u> Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies, getting help in times of crisis such as the COVID-19 pandemic. Looking after one's mental health and knowing where to seek help.</p>	<p><u>Health and wellbeing 3</u> <u>Safety online</u> Digital World Social media, your image, influences. Staying safe online, fostering critical internet users.</p>	<p><u>Relationships 1</u> <u>Because I am worth it</u> Building relationships Self-worth, romance and friendships (including online) and relationship boundaries, assertive communication.</p>	<p><u>Relationships 2</u> <u>RESPECT</u> Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes. Fostering the family in its educational role. Education for life in the family- sessions conducted by a professional subject teacher.</p>	<p><u>Living in the wider world</u> <u>My Lodz, My Problem!</u> Meaningful community requires compassion, gratitude, support. This unit develops responsible activity. My community or wider. Fostering social engagement. Career guidance</p>
Year 11	<p><u>Health and wellbeing 1</u> <u>Preparation is key</u> Building for the future Self-efficacy, stress management, and future opportunities. Link explicitly to exam prep and how to manage anxiety and revision. Introduction to BISUL values.</p>	<p><u>Living in the wider world 1</u> <u>Where am I going?</u> Next steps and independence Application processes (CV/ application forms), and skills for further education, employment and career progression Responsible health choices, and safety in independent contexts. Include life skills- opening bank accounts, registering with doctors, using public transport etc. Career guidance</p>	<p><u>Relationships 1</u> <u>RESPECT (RSE)</u> Communication in relationships Personal values, assertive communication. Education for life in the family-sessions conducted by a professional subject teacher.</p>			

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Year 12	<p><u>Health and wellbeing 1</u> <u>Mind over matter</u> Mental Health</p> <p>Mental health and ill health, stigma, safeguarding health, including during periods of transition or change. Introduction to BISUL values.</p>	<p><u>Living in the wider world 1</u> <u>What is my destination?</u> The world of work</p> <p>Enterprising, Career goals and guidance, global economy career possibilities Part time working- rights and responsibilities in workplace. Understanding tax, savings</p>	<p><u>Health and wellbeing 2</u> <u>Is the world safe?</u> Managing risk</p> <p>Assess risk, personal safety, first aid Impact of drugs and alcohol in short and long term</p>	<p><u>Relationships 1</u> <u>Issues surrounding Relationships</u> Are all relationships the same</p> <p>Difference between love and lust Values in a relationship and how they can be applied, cultural and faith views, recognising manipulation. Education for life in the family- sessions conducted by a professional subject teacher.</p>	<p><u>Living in the wider world</u> <u>Empowered</u></p> <p>Achievements of people from different cultures; ethnicity, socio-economic status. Civilizational heritage of Europe.</p>	<p><u>Relationships 2 (RSE)</u> <u>RESPECT</u> Staying safe</p> <p>Trust, travel, friendships and relationships. How to deal with awkward and potentially dangerous situations.</p>
Year 13	<p><u>Health and wellbeing 1</u> <u>Healthy living</u> Healthy lifestyle</p> <p>Self efficacy/ Stress management/ Exam preparation/ Living a healthy lifestyle. Introduction to BISUL values.</p>	<p><u>Living in the wider world 1</u> <u>Next steps and independence</u></p> <p>Application process (CV/ Application forms) and skills for further education, employment and career progression and career guidance .Life skills- opening a bank account, registering with doctors, using public transport,</p>	<p><u>Relationships 1</u> <u>Identity and relationships</u></p> <p>Forming new partnerships and developing relationships, the qualities of positive, healthy relationships how to demonstrate positive behaviours in healthy relationships, fostering assertive attitudes. Education for life in the family- sessions conducted by a professional subject teacher.</p>			