

Year 7 PSHE Curriculum Overview



Subject – Personal development

Autumn Term

Living in the wider world

Session Content

Note: students will have Nell Bank which will reduce curriculum time for some classes

1. Managing the challenges of a new school
2. Establishing and managing friendships
3. Values
4. Upstander behaviours
5. De-escalation
6. Age of criminal responsibility
7. PSHE Survey

Powerful Knowledge

1. Starting a new school is a transition phase in life and comes with many changes. It is important to consider strategies that you could use to be more confident and think of strategies that you could use to manage the change.
2. Friendships are an important relationship that we have in our support network. Making new friends in a new setting can be worrying but also very rewarding. To maintain a friendship both parties must put in effort, set boundaries and build trust.
3. Values are standards that you hold yourself to in relation to your behaviour – they could be personal values that are important to you as an individual or values that are held by an organisation or community.
4. An upstander is a person that speaks or acts in support of an individual or cause, particularly someone who intervenes on behalf of a person being attacked or bullied
5. De-escalation is the reduction of the intensity of a conflict or potentially violent situation using specific strategies
6. The age of criminal responsibility in the UK is 10. Children between the ages of 10 and 17 can be arrested and taken to court if they commit a crime.
7. PSHE survey

How can you help at home?

- Use the resources on Showbie to explore what is meant by the 6 basic emotions, how we can recognise these and manage these
- Discuss what your values are as a family are and how these link to the school Personal Best values
- Look at current news stories together and discuss how to be an upstander in difficult situations

25.03.25 Health and Wellbeing drop down day → Topics TBC: 1. Mental health 2. CPR 3. General first aid 4. Phone usage and online safety 5. Personal hygiene and preventing spread of disease 6. Rail, water, road, moors safety

Spring Term

Health and wellbeing

1. Physical changes of puberty
2. Menstruation
3. Emotional changes of puberty
4. My phone and me

1. During puberty, people undergo various physical changes to their bodies as hormones are getting their bodies biologically ready to reproduce (have a baby). These changes usually happen on average between the ages of 11 and 12 depending on biological sex.
2. When a person starts going through puberty, they will start having periods. The average age for someone to start having periods is 12 years old. However, because everyone's different, it's possible to start earlier or later than this. A period happens when an egg is released from the ovaries. When the egg is not needed, it is naturally removed from the body through the vagina. When this happens, blood comes out of the vagina for a number of days. It is possible to bleed from around three to eight days, but everyone is different, so some people bleed for a longer or shorter time than other people. There are a variety of products available to support with managing period blood flow. Individuals will choose a period product that is best from them, there is no one correct product to use.
3. During puberty hormonal changes in the body cause changes with emotions and can cause sexual feelings to start to arise toward others. Understanding these emotional changes helps to make puberty less daunting
4. Our lives are lived both in person and online. It is your responsibility to keep yourself safe online by using password protection on apps, sticking to community guidelines, being aware of how to report or block an account is an important tool to keep yourself safe. Checking your screen time usage and reflecting on how your phone use is impacting you is important so that you can manage your online presence.

- Visit the period product aisle of the supermarket/ online store on your shop and talk through the different products available
- Use the Showbie/ NHS resources to discuss the emotional and physical changes or puberty and answer any questions that your children may be worried about
- Discuss your young persons screen time and phone usage with them. How do you use your phones as a family?

Summer Term

Relationships and sex

1. Types of relationships
2. Healthy and unhealthy relationships
3. Communicating consent
4. What is bullying?
5. Recognising and challenging stereotypes
6. Self-review

1. A relationship is a connection between two or more people. There are many different types of relationships including: familial relationships, friendships, romantic relationships, professional relationships, educational relationships. There are appropriate and inappropriate ways to behave in each of these types of relationship.
2. Some relationships are healthy and some are not. Red flags of a relationship are things that happen that mean a relationship may not be healthy.
3. Consent is agreeing to do something and having the capacity to agree. Capacity may be reduced due to age, illness or consumption of alcohol or drugs.
4. Emotional and physical changes that happen in puberty can test our relationships, particularly our friendships and familial relationships. There are many tools that can be used to manage this.
5. Bullying/cyber bullying are repeated intentional patterns of harmful behaviour by individuals or members of a group. Bullying can be physical or emotional. Bullying can sometimes be shrugged off as 'banter' but this is a dangerous playing down of behaviour that is unacceptable. Bullying behaviours can be indirect and can also sometimes be criminal.
6. Media stereotypes can impact individuals and communities by affecting self-image, self-concept and self-esteem. Being able to recognise what is real and what is targeted advertisement or propaganda is important in navigating the online and offline spaces we live in. Understanding and being tolerant of other people's perspectives is important. Defining our right to freedom of speech as British and global citizens is a powerful tool.

- Engage in conversation about support networks and where your child would go if they needed support
- As a family, familiarise yourself with the sources of support that can be accessed by young people if they needed help with their relationships

Year 8 PSHE Curriculum Overview



Subject – Personal development

Autumn Term

Living in the wider world

Session Content

1. Equality Act and freedom of speech
2. Recognising discrimination – microaggressions
3. Online communication
4. Grooming
5. Identifying misinformation
6. Critically assessing media sources
7. PSHE survey

Powerful Knowledge

1. The Equality Act was passed in 2010 and replaced previous anti-discrimination laws to reduce confusion. The Equality Act protects people from discrimination based on 9 protected characteristics: age, disability, pregnancy, marriage, sex, sexuality, gender reassignment, religion and race. Freedom of speech is a principle that supports the freedom of an individual or a community to articulate their opinions and ideas without fear of retaliation, censorship, or legal sanction. Hate speech is public speech that expresses hate or encourages violence towards a person or group based on an inherent characteristic. Discrimination is legally defined in the UK as: a person (A) discriminates against another (B) if, because of a protected characteristic, A treats B less favourably than A treats or would treat others.
2. The internet enables messages to be sent and received quickly and to be seen or accessed by many people. Recognising what your digital footprint is and how to manage it is important for keeping yourself safe when you are interacting with the online world.
3. Grooming is when someone builds a relationship, trust and emotional connection with a child or young person so they can manipulate, exploit and abuse them. Online grooming is where someone uses technology to build the relationship.
4. Misinformation is false or inaccurate information often seen and circulated on social media.
5. You can critically assess the sources that you are reading and using online to deduce whether they are factually correct or disinformation. It is important to be aware of echo chambers and how to recognise when you are not hearing or taking a balanced view to a situation
6. PSHE survey

How can you help at home?

- Discuss how the Equality Act is implemented or discussed at your workplace or in groups you may help to facilitate
- Use the materials and case studies on Showbie to discuss appropriate and inappropriate behaviours
- Use the links below to read more about supporting your children to stay safe online
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Spring Term

Health and wellbeing

1. Drugs
2. Energy drinks
3. Vapes
4. Alcohol
5. Managing influence

1. A drug is a chemical that changes the brain and/or body when consumed. Drugs can be illegal or legal, recreational or medicinal and every drug can be dangerous if used incorrectly. Illegal drugs are classed as A, B, C, psychoactive substances or temporary class depending on the seriousness of the consequences of their use.
2. Caffeine is the drug that is contained in energy drinks. Caffeine is a stimulant and can be used to make an individual feel more awake. Caffeine is found in dangerously high level in energy drinks alongside other damaging chemicals and sugar. The side effects of caffeine include increased heart rate, anxiety, struggling to sleep. Though not illegal, supermarkets will not sell energy drinks to under 16's.
3. Alcohol, tobacco and vapes are illegal to buy or sell if you are under 18. Talk to frank is a factual resource that gives true information about these substances. Many young people are not smoking but vaping straight away – vapes contain many harmful chemicals and there are no long-term studies on the damage they cause to health.
4. Alcohol is a substance found in many drinks. It is an age-controlled substance in the UK and it is illegal to buy or be bought alcohol if you are under the age of 18. Alcohol can alter the way that an individual behaves, and some evidence also shows it impacts brain development.
5. The teenage brain is more likely to suffer from substance use disorder as the prefrontal cortex is immature and teens enjoy the rewards of their peers. Substances are addictive because they stimulate the dopamine loop in the brain. Alcohol and cannabis use can irreversibly lower IQ in under 18's. A teenager who has substance use disorder is 6.5 x more likely to have one as an adult. Peers are the biggest influence on a young person's choices. Determining your personal values and understanding rule of law helps to make the right decisions.

- Look through the talk to frank resources to explore the effects of drugs
- Explore law on illegal drugs and what the consequences could be for possession
- Explore the article on county lines and how the origins of illegal drugs are always criminal and exploitative

Summer Term

Relationships and sex

1. Healthy relationships
2. Managing conflict and de-escalation
3. Consent – the law
4. Explicit image sharing
5. Basic contraception

1. Relationships require work and time and are not linear. Some things in a relationships are always unacceptable and could be criminal, but other things are down to personal values and beliefs and communication of these between the people in the relationships. Tolerance and mutual respect for other people are important foundations of healthy relationships. Sometimes relationships are no longer working and they need to be re-navigated. Having strong and non-confrontational communication skills are key.
2. Consent is agreeing to do something and having the capacity to do so. In the UK the legal age for a person of any sex, gender or sexual orientation to consent to sexual activity is 16. Under this age an individual is deemed not to have the capacity to consent. Sexual activity between two or more people is always unlawful if at least one of the people is under the age of 16. Parents have capacity to consent for their child's educational and medical choices. Parents are legally responsible for their children until the age of 18.
3. It is a criminal offense to send or receive a sexually explicit image of a person under the age of 18. It is an offence to take or share an intimate **image without consent** with the intention of causing the victim humiliation, alarm or distress.
4. Contraception can be used to prevent pregnancy and sexually transmitted infections. The only forms of contraception that prevent unwanted pregnancy and STI's are barrier methods such as condoms.

- Explore the law on consent, gillick competency and consent medically
- Discuss what consent means in day to day life as well as in other relationships such as friendships
- Discuss 'what to do if' a friendship ends/ a relationship ends and strategize an approach

Year 9 PSHE Curriculum Overview



Subject – Personal development

Autumn Term

Living in the wider world

1. Healthy and unhealthy friendships
2. Passive, aggressive and assertive behaviour
3. Respecting personal space
4. Crime and communities
5. Impacts of cannabis
6. Gangs and knife crime
7. PSHE survey

Powerful Knowledge

1. Relationships between friends are important as they form the basis of our support network inside and outside of the school community. Recognising behaviours that are inappropriate in friendships and building up courage to challenge and call them out is important.
2. Assertive behaviour is important when thinking about doing the right thing. Being passive means allowing bad things to happen without interfering, being aggressive means acting in a way that is threatening or on the attack. Being assertive means being self-assured and confident without being aggressive to defend a right point of view or a relevant statement. Personal space is a concept from sociology, which is the study of how people live and interact in groups. It's about the invisible "bubble" of space that each person has around them
3. Crime can impact communities by: making residents feel unsafe, making businesses lose business by decreased footfall, affecting house prices, prevent growth and development, home insurance premiums may rise. Intimidation means to make someone become fearful by using threats.
4. Cannabis is a Class B illegal drug. The maximum sentence for possession of cannabis is 5 years in prison. Cannabis has strong links to causing a decline in mental health and can permanently lower the IQ of those who use it under the age of 18 as the brain is still developing.
5. A gang is a group of associates, friends or members of a family with a defined leadership and internal organization that identifies with or claims control over territory in a community and engages, either individually or collectively, in illegal, and possibly violent, behaviour.
6. PSHE survey

How can you help at home?

- Discuss social media and online presence, look together at what is public and private information
- Use the case studies used on Showbie to discuss what behaviour constitutes aggressive, assertive and passive behaviours
- Read through the following resource on county lines: <https://parents.actionforchildren.org.uk/behaviour/challenging-behaviour/what-is-county-lines-drug-trafficking/>

Spring Term

Health and wellbeing

1. Physical and mental health
2. Sleep and diet
3. Body image
4. Managing change
5. Securing personal data online
6. Being a critical media user

1. Physical and mental health are linked. Physical health describes the condition of your body. This includes whether you have an illness, injury or a health condition. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.
2. Sleep and diet are important components of our health. To get enough sleep you need to have a good nighttime routine that works for you, there are certain behaviours that inhibit sleep such as screens and these should be avoided closer to bedtime. Diet is an important component of health, as a healthy diet can reduce the risk factors of many diseases. Eating healthy gives you more energy which can support with progressing in your studies.
3. Body image is a person's thoughts, feelings and perception of the aesthetics or attractiveness of their own body. Appearance ideals are the ways that society and the media portray that we should look either directly or indirectly.
4. There are certain legal responsibilities of a parent to a child such as education choices and medical care. Over the course of a child's life a parent's responsibilities and challenges change.
5. Users of the internet need to ensure that they are digitally informed about how to keep their personal information safe in online spaces, including how to spot misinformation, speculation or rumour online
6. Being a critical consumer of media means being able to research a topic or subject independently and form their own opinions on the topic.

- Use the sources of support slide shown on Showbie to explore avenues of support inside and outside of school that someone could use if they needed help
- Watch the clips on the body image lesson and use the resources to discuss what body image and appearance ideals are and how they have changed over time

Summer Term

Relationships and sex

1. Gender stereotypes
2. Stages of a relationship
3. Consent in relationships
4. Safe sex
5. Media and pornography
6. The risk of sharing explicit images

1. Traditional gender roles or expectations can be negative influences on individuals' expectations of themselves and others in a relationship. Stereotypes are overgeneralised beliefs about certain groups of people.
2. Romantic relationships are consensual relationships between two people. The legal age for consent to sexual activity in the UK is 16.
3. Consent must always be voluntarily given and can be withdrawn at any time. Boundaries in relationships built on consent are essential. The media and social media can be dangerous in promoting negative myths about expectations in a relationship.
4. You can protect against STI's by using barrier methods. To test for STIs you can visit your GP or a sexual health clinic.
5. The media and pornography can create unrealistic expectations of what should and shouldn't happen within a consensual sexual relationships. It is important to realise what is myth and reality when it comes to what is portrayed in the media and pornography.
6. Creating, sharing or storing explicit images of a person under the age of 18 is illegal, even if you took the image yourself. The consequences of sharing explicit images could be social stigma, blackmail, online sexual harassment and losing control of the images.

- Use the resources on Showbie to discuss what consent is legally and what the law on consent says in the UK.
- Discuss healthy relationship boundaries in all types of relationship (friendship, professional, familial, romantic...)
- When watching films or TV series at home, consider the relationships portrayed and whether they show a realistic, consensual relationship between 2 people.

Year 10 PSHE Curriculum Overview



Subject – Personal development

Autumn Term

Living in the wider world

Session Content

1. The Equality Act -> protected characteristics
2. Creating communities
3. Peer pressure
4. Misinformation -> friendship and online cultures
5. Radicalisation and extremism
6. Conflict and de-escalation in communities
7. PSHE survey

Powerful Knowledge

1. The Equality Act 2010 was written into law to protect people from discrimination. The Equality Act lays out 9 protected characteristics which are: age, gender, sex, sexuality, gender reassignment, disability, marriage, pregnancy, religion.
2. Building a community involves defining a clear purpose, fostering meaningful relationships, and encouraging active participation among members. Creating communities is essential for fostering connections, support, and collaboration among individuals. Communities can be formed in various contexts, including local neighbourhoods, online platforms, and professional networks. They provide a sense of belonging and can enhance personal and collective well-being
3. Peer pressure is a feeling that one must do the same things as other people of one's age and social group in order to be liked or respected by them. Thinking about strategies to manage peer pressure is important to manage and reduce personal risk.
4. Misinformation is inaccurate information that is intended to cause distress. Factually correct information about mental health can be accessed from a GP, NHS online sources and charities such as Mind. Can be found from approved sources and being media literate means understanding where information you are using and interpreting comes from.
5. Extremism is having extreme political or religious views; these views can sometimes be shared in echo chambers online.
6. In life you will always come across views that are different from your own, it is important that you can challenge discriminatory views but also learn to understand and accept other people's perspectives in a tolerant and respectful manner. Discrimination is where someone is treating you unfairly because of who you are, you have a role in recognising and challenging discrimination in all its form in all your spaces (school, home, wider community).
7. PSHE survey

How can you help at home?

- Explore your child's use of social media, what are they seeing, which voices are they hearing?
- Explore the news and current affairs together, are there any trends that are emerging?
- Discuss how you can be an ally and a positive bystander

Spring Term

Relationships and sex

1. Influence of the media
2. Social media self-reflection
3. Psychology of behaviour
4. Anger and emotion (is it normal if...)
5. Domestic abuse and abusive relationships
6. Appropriate relationship behaviours

1. Bias, opinion, speculation and fake news are all elements that can influence a person's opinions through what they read or see in the media. The purpose of social media is for some people is to make money as their main income, therefore content may be promotional or aspirational. Echo chambers are where one message is repeated and strengthened in person or online. Cookies send you targeted content, and the social media algorithm sends you recommended videos, blogs and posts to view.
2. Self-reflection on use of social media including analysis of personal screen time and app usage
3. Psychologists use various theories to understand why people behave the way that they do. Some theories are biological, some psychological some sociological.
4. Anger is an intense emotional state involving a strong, uncomfortable and non-cooperative response to a perceived provocation, hurt, or threat. A person experiencing anger will often experience physical effects, such as increased heart rate, elevated blood pressure, and increased levels of the stress hormone. Some view anger as an emotion that triggers part of the fight or flight response. Anger becomes the predominant feeling behaviourally, cognitively, and physiologically when a person makes the conscious choice to do something to immediately stop the threatening behaviour of another outside force.
5. Coercive control in a relationship is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse. Cuckooing is where a criminal gang takes over the home of a vulnerable person for the purposes of drug dealing. Abuse is treating someone or something with cruelty and violence. Domestic abuse is an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence
6. In romantic relationships certain behaviours are appropriate and some are not, it is important to recognise red flag behaviours and to understand where influence and our perception of a healthy relationships come from.

- Explore your child's use of social media, what are they seeing, which voices are they hearing?
- Explore the news and current affairs together, are there any trends that are emerging?
- Discuss how you can be an ally and a positive bystander

TBC: Health and wellbeing drop down day: Topics -> stem cell donation, organ donation, blood donation, one punch, prison me no way?

Summer Term

1. Recognising and challenging incel culture
2. FGM and Honour based violence
3. Revenge pornography
4. Deep fakes and AI
5. Recognising and challenging appearance ideals

1. Culture is an umbrella term which encompasses the social behaviour, institutions, and norms found in human societies, as well as the knowledge, beliefs, arts, laws, customs, capabilities, and habits of the individuals in these groups.
2. Sexual offences come under the sexual offences act 2003. Honour based violence refers to a collection of practices used predominantly to control the behaviour of women and girls within families or other social groups in order to protect supposed cultural and religious beliefs, values and social norms in the name of 'honour'. FGM is all procedures that involve partial or total removal of the external female genitalia, or other injury to the female genital organs for non-medical reasons.
3. Consent must be freely given, and the person must have capacity to consent, consent can be withdrawn at any time. Victim blaming means when the victim of a crime or any wrongful act is held entirely or partially at fault for the harm that came to them - this is not acceptable. Revenge porn is revealing sexually explicit images or videos without consent in order to cause distress or embarrassment.
4. A deep fake is a video, image, etc., in which a person's face, body, or voice has been digitally altered so that they appear to be someone else, typically used maliciously or to spread false information
5. Body image is a person's subjective picture or mental image of their own body. Body image can be affected by multiple things including: the media, social media, peers, family, relationships, language used around image

- Discuss features and red flags of relationships
- Explore the law around explicit imagery and the impact it can have on a person
- You may want to use the sexual offences legislation to support in conversations:
<https://www.legislation.gov.uk/ukpga/2003/42/contents>
- Use the Dove self-esteem project as a prompt to discuss body image

Year 11 PSHE Curriculum Overview				
		Session Content	Powerful Knowledge	How can you help at home?
Autumn Term	Relationships and sex	<div>1. Expectations in long term relationships</div> <div>2. Inter-personal communication</div> <div>3. Starting a family (abortion)</div> <div>4. Starting a family (fertility and pregnancy loss)</div> <div>5. Psychology of attachment</div> <div>6. Parenting (red zone and de-escalation)</div> <div>7. PSHE survey</div>	<div>1. Marriage is a legal union of two people in a relationship that gives certain legal rights and protections. A civil partnership is a legally recognized arrangement like marriage, created for both same sex and opposite sex couples. Civil unions grant some or all the rights of marriage. Cohabitation is two people living together without being married or in a civil partnership. The four style of parenting are: permissive, authoritative, authoritarian and neglectful.</div> <div>2. Values are standards that you hold to and monitor your behaviour against in both your personal life and community life. Knowing what your values and boundaries are in relationships is important so that you can build healthy communication with a partner. Values are also important when relationships break down. Consent had to be freely given and the individual must have the capacity to consent. Consent can be withdrawn at any point in time. Recognising your emotions and situations that make you feel certain ways is important so that you can implement strategies to manage and express your emotions in appropriate ways. Being able to communicate how you are feeling with the other person or people in a relationship is important in order to ensure that each person's boundaries are respected.</div> <div>3. Abortion is legal up to 24 weeks in the UK unless the health or the mother or baby is at risk.</div> <div>4. Fertility is a person's ability to conceive children. Factors such as age and lifestyle factors can affect a person's fertility. Biologically female and male people have different patterns of fertility with age. When a biologically female person stops menstruating, this is called menopause.</div> <div>5. Attachment theory explains how humans form strong emotional bonds with key individuals, starting in childhood, to help manage stress, fear, and uncertainty. These bonds provide comfort and safety, shape how we see ourselves and others, and influence our relationships throughout life.</div> <div>6. Parenting is the art of bringing up a child. There are various approaches to parenting that have been psychologically evaluated. The RED ZONE describes a state of extremely high energy and intense, very overwhelming feelings. We may be in an extremely heightened state of alertness, potentially triggering our fight, flight, freeze or flee protective response. We may feel elated, euphoric, anger, rage, devastated, out of control, panicked, or terrified when in the Red Zone.</div>	<div>- Use the resources to explore and discuss the legal implications of the different types of legally recognised relationships</div> <div>- Using the resources on Showbie and current affairs in the news, discuss what constitutes harassment and which behaviours, words or phrases are unacceptable</div>
	Spring Term	Health and wellbeing	<div>1. Recognising targeted ads (gambling, revision scams)</div> <div>2. Looking after my health (how to make a GP appointment and access services)</div> <div>3. Cancer (self-examination and screening)</div> <div>4. Appearance ideals – how do they impact me?</div> <div>5. Analysing the impact of AI</div>	<div>1. Targeted advertising is a form of advertising that is directed towards an audience with certain traits, based on the product or person the advertiser is promoting. These traits can either be demographic with a focus on race, economic status, sex, age, generation, level of education, income level, and employment, or psychographic focused on the consumer values, personality, attitude, opinion, lifestyle, and interests</div> <div>2. You should be aware of which GP you are registered with so that you can make an appointment if needed. Patients should be 16 to make an appointment with a GP on their own but there are exceptions to this. Being aware of what is 'normal' for your health and your body is important as it means you can see a GP if you need to as quickly as possible.</div> <div>3. Being aware of what is 'normal' for your body and having a routine for checking for (in particular breast and testicular cancer) is an important part of keeping yourself safe and looking after your health. Accessing your GP is an important step in addressing any concerns that arise following personal cancer checks.</div> <div>4. The "appearance ideal" is what our culture tells us is the "ideal" way to look. This "ideal" promotes the belief that for individuals to have value, our bodies must look and be a certain weight, shape and size.</div> <div>5. Artificial intelligence impacts to way we interact with each other as a society as well as how we interact with technology. It can be hugely positive but there are also ethical considerations and other drawbacks to be aware of.</div>
Summer Term		Mental health and wellbeing choice sessions to support with wellbeing during exam approach		



Autumn Term

Spring Term

Summer Term

Relationships and sex

Health and wellbeing

Mental health and wellbeing choice sessions to support with wellbeing during exam approach