

PSHCE Curriculum

Personal, Social, Health, Citizenship Education

Year 7

Health & Wellbeing:

- Intro to PSHCE, Transition to Secondary School, Rail Safety, Road Safety
- Managing Choices about Diet and Exercise, Maintaining Physical Health, Dental Health, The Sleep Factor

Relationships & Sex Education:

- Spreading Joy with the New Year
- Friendships
- Puberty and emotional changes, Menstrual Wellbeing, Healthy and Unhealthy Relationships, Managing Conflict, Introduction to Consent
- Anti-bullying
- Hurtful behaviour

Living in the Wider World:

- Unifrog Careers Education, My Qualities and Skills
- Skills for Learning
- How to take care of monthly money

E³

The Year 7 Students complete the E³ Transition Diploma covering the following topics that are based upon the High Performance Learning Framework – VESPA (Vision, Effort, Systems, Practice and Attitude).

- Vision, Google Classroom, Independent Learning, Systems, Resilience, Self-Assessment, Three type of Attention, The Confidence Battery, Managing Reactions to Feedback, Mindsets, The Bottom Left, Reflection and Revision

Year 8

Health & Wellbeing:

- Understanding Drugs, Tobacco, Alcohol and Risks
- Attitudes to mental health, Promoting emotional wellbeing, Digital Resilience, Unhealthy Coping Strategies, Healthy Coping Strategies

Relationships & Sex Education:

- Relationships Values, Influences on Relationships Expectations, Sexual Orientation & Gender Identity, Consent – Avoiding Assumptions, Introduction to contraception
- Discrimination, Respecting each other, Self Esteem, Different types of families, How family relationships might change over time

Living in the Wider World:

- Unifrog Careers Education
- Introduction to the Junior E³ Diploma
- VESPA

- Anti-Fraud, Cybercrime
- How to make informed financial decisions
- E³ Topics

Year 9

Health & Wellbeing:

- Exploring Attitudes to Drugs, Drugs, the law and managing risk, Drugs and their effects: Alcohol and Cannabis, Managing Influence
- Dangers of Gangs: A talk by PC Ruddock of the Child Centred Policing Team
- KS3 First Aid

Relationships and Sex Education:

- Respectful relationship behaviours, Freedom and capacity to consent, Sexual health, Contraception, Managing the ending of relationships,
- Families
- Conflict
- Discrimination
- Protected Characteristics

Living in the Wider World:

- Unifrog Careers Education
- VESPA
- E³ Topics
- Careers: Strengths, skills and attributes, Setting Goals at Work, Workplace Skills, showcasing personal strengths, Managing online reputation
- How to manage financial risk

Year 10

Health & Wellbeing:

- Mental Health and Emotional Wellbeing: Mental Ill-Health and knowing when to seek help, promoting emotional wellbeing
- Exploring substance use and assessing and managing risk
- Help Seeking Sources of Support
- Breast Cancer Awareness
- Testicular / Ovarian Cancer Talk

Relationships and Sex Education:

- The role of intimacy and pleasure
- The impact of pornography
- Pressure, Persuasion and Coercion
- Managing relationship conflict and breakups
- Addressing Relationship Abuse
- Racism
- Addressing Radicalisation and Extremism: Valuing Diversity, Understanding and preventing extremism, understanding how people are drawn into extremism.

Living in the Wider World:

- Unifrog Careers Education
- VESPA
- E³ Topics
- Working towards the world of work: City Careers, Apprenticeships, Entrepreneurship, understanding gig work and your rights and Pay issues and speaking up at work

Year 11**Health & Wellbeing:**

- Lifestyles and wellbeing
- Influences on lifestyles and wellbeing
- The Sleep Factor

Relationships and Sex Education:

- Managing Conflict
- Long Term Commitments
- Sexual Health, Fertility and Routes to Parenthood
- Pregnancy Outcomes
- Pregnancy Options: Abortion

Living in the Wider World:

- Study Skills
- Unifrog Careers Education
- VESPA
- E³ Topics