



PSHE Curriculum at Diss





Year 7 PSHE curriculum

Term	Tutor time	Tutor Time	Extra
Autumn Term 1	<p><u>Growing Up</u> How is Year 7 Different? What happens at puberty? Menstrual Well being Personal Hygiene Why am I feeling like this? Why are friends important?</p> <p>Prejudice/discrimination and the protected characteristics: Research Project: Black British Icons</p>	<p><u>Identity</u> Who am I? What does “family” mean? How can I contribute to family life? Gender identity Stereotypes Faith and values How am I doing? What are my rights and responsibilities?</p> <p><u>Anti-bullying week 1:</u> What are the types of bullying and how to deal with it</p>	<p><u>LGBTQAI+</u> LGBTQAI+ and sexuality introduction</p>
Autumn Term 2	<p><u>Alcohol, tobacco and other drugs</u> Drugs – an introduction Drugs and the law Alcohol Smoking The impact of drug taking How do I manage situations involving drugs?</p>	<p><u>Healthy Lifestyle</u> What do we need to keep healthy? Healthy eating Exercise Things that support our health When health goes wrong</p>	<p><u>PREVENT</u></p>
Spring Term 1	<p><u>Risk and Safety</u> What do we mean by “risk”? How do we manage risky situations? Being assertive and dealing with pressure Bullying Gambling</p>	<p><u>Relationships</u> What are the different relationships? What is a healthy relationship? Communication skills Is commitment important in relationships? Abuse in relationships.</p>	<p><u>COUNTY LINES</u></p>



	<p>Gangs and Knife Crime FGM First Aid and CPR Who can help?</p> <p>Prejudice/discrimination and the protected characteristics: Prejudice and discrimination</p>	<p><u>Anti-bullying week 2:</u> Banter or bullying?</p>	
<p>Spring Term 2</p>	<p><u>Communities</u> Understanding our communities How do I feel about difference? How do we value each other? What makes a successful community? What can cause problems in communities? Hate crime and radicalisation How can I contribute to my community? What do voluntary agencies do? How can we challenge prejudice and discrimination?</p>	<p><u>Anti-bullying week 3:</u> Film “Wonder”</p> <p><u>Prejudice/discrimination and the protected characteristics:</u> Research Project: Language we use every day and its implications to disabled people</p> <p><u>Honour based violence</u> An introduction and how it links with religion</p>	<p><u>BRITISH VALUES</u> Identity Cohesion Criminal Justice system Basics of religion</p>
<p>Summer Term 1</p>	<p>Careers – RAD</p>	<p>Careers - RAD</p>	<p><u>Careers /finance</u></p>
<p>Summer term 2</p>	<p><u>Sex, Sexuality, and sexual health</u> Choices around sex Pornography and sexting Sex and law Conception, pregnancy and birth What is contraception? What are STI’s?</p>	<p>PSHE Year Quiz and Questionnaire.</p>	



Y8 PSHE curriculum

Term	Tutor time	Tutor Time	Extras
Autumn Term 1	<p><u>Growing Up</u> How is Year 7 Different? What happens at puberty? Menstrual Well being Personal Hygiene Why am I feeling like this? Why are friends important? Prevent: Extremism – what it looks like and the dangers of stereotyping.</p>	<p><u>Identity</u> Who am I? What does “family” mean? How can I contribute to family life? Gender identity Stereotypes Faith and values How am I doing? What are my rights and responsibilities? <u>Anti-bullying week 1:</u> What are the types of bullying and how to deal with it</p>	<p><u>LGBTQAI+</u> LGBTQAI+ and sexuality introduction</p>
Autumn Term 2	<p><u>Alcohol, tobacco and other drugs</u> Drugs – an introduction Drugs and the law Alcohol Smoking The impact of drug taking How do I manage situations involving drugs?</p>	<p><u>Healthy Lifestyle</u> What do we need to keep healthy? Healthy eating Exercise Things that support our health When health goes wrong</p>	<p><u>PREVENT</u> Checking for testicular and breast cancer</p>
Spring Term 1	<p><u>Risk and Safety</u> What do we mean by “risk”? How do we manage risky situations? Being assertive and dealing with pressure Bullying Gambling Gangs and Knife Crime</p>	<p><u>Relationships</u> What are the different relationships? What is a healthy relationship? Communication skills Is commitment important in relationships? Abuse in relationships.</p>	<p><u>COUNTY LINES</u></p>



	<p>FGM First Aid and CPR Who can help? Antibullying week 2: Am I normal? Prejudice/discrimination and the protected characteristics: Ageism and prejudice and discrimination</p>		
<p>Spring Term 2</p>	<p><u>Communities</u> Understanding our communities How do I feel about difference? How do we value each other? What makes a successful community? What can cause problems in communities? Hate crime and radicalisation How can I contribute to my community? What do voluntary agencies do? How can we challenge prejudice and discrimination?</p> <p>Prejudice/discrimination and the protected characteristics: Research project: Issue tree for International Women’s week</p>	<p><u>Anti-bullying week 3:</u> Film “Wonder”</p> <p><u>Prejudice/discrimination and the protected characteristics:</u> <u>Research Project:</u> Language we use every day and its implications to disabled people</p> <p><u>Honour based violence</u> An introduction and how it links with religion</p> <p><u>Digital Footprint –</u> The pros and Cons</p>	<p><u>BRITISH VALUES</u> Identity Cohesion Criminal Justice system Basics of religion</p>
<p>Summer Term 1</p>	<p>Careers – RAD</p> <p>Prejudice/discrimination and the protected characteristics: Research project: How do towns and our School cater for those with disabilities</p>	<p>Careers - RAD</p>	<p><u>Careers /finance</u></p>



Summer term 2	<u>Sex, Sexuality, and sexual health</u> Choices around sex Pornography and sexting Sex and law Conception, pregnancy and birth What is contraception? What are STI's?	Honour based violence Honour based violence v our own ideas around honour and respect. And introduction to the Law Film 'Bend it Like Beckam' Stereotyping Prejudice Marriage PSHE end of Year Quiz and Questionnaire	
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Y9 PSHE curriculum

Term	Tutor time	Tutor Time	Extra
Autumn Term 1	<p><u>Identity</u> Individual, family and community values Diverse and conflicting values Gender Identity and transgender</p> <p>Prejudice/discrimination and the protected characteristics: Research project: Black sport's role models</p> <p>Prevent: How to tackle extremism</p>	<p><u>Alcohol tobacco and other drugs</u> Drugs Alcohol Addiction and dependency</p>	<p>Addiction</p> <p>Exercise/healthy eating</p>
Autumn Term 2	<p><u>Healthy Lifestyle</u> Influences on health Planning healthy meals and being active Being health aware</p> <p>Carbon Footprint – Sustainability</p> <p>Anti-bullying week 1: What are the types of bullying and how to deal with it</p>	<p><u>Emotional well being and mental health</u> Emotional wellbeing Dealing with stress Pressures and influences Facing challenges Work-life balance Bereavement</p>	<p>Healthy Living: Exercise, food, sleep, medical care and hygiene</p> <p>Exercise/healthy eating</p>
Spring Term 1	<p><u>Risk and Safety</u> The teenage brain Rights and Responsibilities online When things go wrong online Gangs and Knife Crime</p> <p>Grooming:</p>	<p><u>Relationships</u> Relationships to others Skills for successful relationships Parenting skills and family life Exploitation and abuse in relationships Help and support for relationships Personal development and self discipline</p>	<p>Drugs Education: Peer Pressure</p> <p>Drugs, risk and the law</p>



	<p>Online grooming: Breck Bednar</p> <p>County Lines/Gangs/knife crime: County Lines and drugs</p> <p>e-Safety: Smartphone addiction Fake news and trolling</p> <p>Antibullying: Don't @ me</p> <p>Prejudice/discrimination and the protected characteristics: Prejudice, Teens and the Media</p>	<p>Stress</p> <p>FGM: FGM: Fact or Myth</p> <p>LGBTQAI+ Gender and Language</p> <p>Prejudice/discrimination and the protected characteristics: Research Project: Inequality data of girls receiving education and the impact of this.</p>	<p>Personal development and self discipline Stress</p>
<p>Spring Term 2</p>	<p>Careers – RAD</p>	<p>Careers -RAD</p>	
<p>Summer Term 1</p>	<p><u>Communities</u> Living in Britain The Equality Act and hate crimes Discrimination through invisibility Challenging discrimination Democracy and voting</p> <p>Honour based violence TED talks on honour based violence and forced marriages British Values Multiculturalism Teenage Pregnancy Same sex relationships Sexism and gender prejudice</p>	<p><u>Sex, Sexuality and Sexual Health</u> Consent Sexual relationships Sexual health Pregnancy choices Pornography</p> <p>Families: Fertility</p> <p>Relationships: Respect, healthy relationships and bullying</p> <p>Anti-bullying week 3: Sexting</p>	<p>Revenge Porn Consent and rape</p> <p>Exercise/healthy eating</p> <p>First Aid</p>



Summer term 2	Prejudice/discrimination and the protected characteristics: Research Project: How technology has enhanced the lives of those with a disability	Film 'Seven Pounds' Guilt Organ transplantation PSHE end of year Quiz and Questionnaire	



Y10 PSHE Curriculum

Term	Tutor time	Tutor Time	Extra
Autumn Term 1	<p>Identity Individual, family and community values Diverse and conflicting values Gender Identity and transgender</p> <p>Prejudice/discrimination and the protected characteristics: Research project: Black sport's role models</p> <p>Prevent: How to tackle extremism</p> <p>Extremism</p> <p>How can we prevent Radicalisation and Extremism</p>	<p><u>Alcohol tobacco and other drugs</u> Drugs Alcohol Addiction and dependency</p> <p>Mental Health: Depression Male body image Eating disorders</p> <p>Prejudice/discrimination and the protected characteristics: Research Project: The impact of WW1 and WW2 on blacks and their future</p> <p>Prevent: Identifying extremism and how to deal with it. Extremism through history.</p>	<p>Drugs: Festivals and parties</p> <p>Exercise/healthy eating</p>
Autumn Term 2	<p>Healthy Lifestyle Influences on health Planning healthy meals and being active Being health aware</p> <p>Healthy Living: Body positivity and obesity Energy Drinks</p>	<p><u>Emtional well being and mental health</u> Emotional wellbeing Dealing with stress Pressures and influences Facng challenges Work-life balance Bereavement</p>	



	<p>Carbon Footprint – Sustainability</p> <p>British Values: Law and Parliament Final extremism lessons Religious tolerance</p> <p>Anti-bullying week 1: What are the types of bullying and how to deal with it</p>		
<p>Spring Term 1</p>	<p><u>Risk and Safety</u> The teenage brain Rights and Responsibilities online When things go wrong online Gangs and Knife Crime</p> <p>Grooming: Online grooming: Breck Bednar</p> <p>e-Safety: Smartphone addiction Fake news and trolling</p> <p>Antibullying: Don't @ me</p> <p>County Lines/Gangs/knife crime: The Criminal Justice system</p> <p>LGBTQAI+ Same sex relationships Transgender</p> <p>Antibullying week 2:</p>	<p><u>Finance</u> Budgeting Responsible consumerism Ethical consumerism Consumerism and giving Credit and bedt Money stresses and pressures</p>	<p>Sleep Knife crime Animal Rights</p> <p>Careers /finance</p> <p>Personal Finance</p> <p>Work Experience placement</p>



	<p>Behind the bully</p> <p>Prejudice/discrimination and the protected characteristics: The Equality Act 2010 and discrimination</p>		
<p>Spring Term 2</p>	<p>Communities Living in Britain The Equality Act and hate crimes Discrimination through invisibility Challenging discrimination Democracy and voting</p> <p>Honour based violence TED talks on honour based violence and forced marriages British Values Multiculturalism Teenage Pregnancy Same sex relationships Sexism and gender prejudice</p> <p>FGM: Campaigning against FGM</p> <p>Grooming: Online gaming: Grooming and addiction</p> <p>Prejudice/discrimination and the protected characteristics: Research Project: Inequality data on pay gaps and its impact</p>	<p>Sex, Sexuality and Sexual Health Consent Sexual relationships Sexual health Pregnancy choices Pornography</p> <p>Families: Fertility</p> <p>Relationships: Respect, healthy relationships and bullying</p> <p>Anti-bullying week 3: Sexting Conflict Management Forced Management/Arranged marriage Mental health and social Anxiety</p>	<p>Consent, rape and the Law</p> <p>Pregnancy pathways including abortion and the law</p> <p>Y10 Drugs Education</p> <p>Dangers of Porn</p>
<p>Summer Term 1</p>	<p>Families: Parenthood and choices Teenage Pregnancies and choices</p> <p>e-Safety: The dark web</p>	<p>Anti-bullying week 3: Upskirting</p> <p>Prejudice/discrimination and the protected characteristics: Research Project: Research of people with a disability and how they have succeeded in life</p>	<p>Exercise/healthy eating</p>



	<p>Cyber crime Honour based violence Honour based violence and forced marriages and the law</p> <p>Mental Health and suicide Consent and rape Plastic Pollution and sustainability</p> <p>PSHE end of year Quiz and Questionnaire</p>		
Summer term 2	Careers - RAD	Careers - RAD	



Y11 PSHE/ CEIAG curriculum

Term	Tutor time	Tutor Time	Extra
Autumn Term 1	Careers – RAD	Careers - RAD	
Autumn Term 2	<p>Mental Health: Time management, confidence and achievement Anxiety Mindfulness Self-harm Stress and coping with exams</p> <p>Prevent: Imagery and extremism</p> <p>Prejudice/discrimination and the protected characteristics: Research Project: Black Lives Matter movement</p>	Personal Statements	<p>Drugs and the Law</p> <p>CV writing/how to do an interview</p> <p>Stress and coping with exams</p> <p>Apprenticeships workshop</p>
Spring Term 1	<p>British Values: Overview of the British values</p>	Revision skills	<p>Date Rape/Drugs and sexual assault</p> <p>Eating and exams</p> <p>E-safety</p>



	Antibullying: Recap on forms of bullying and places for help		Pregnancy pathways including teenage pregnancies and being a parent.
Spring Term 2	County Lines/Gangs/knife crime: Summary of County Lines, where to access help and the signs of someone involved LGBTQAI+ Homophobia and LGBTQAI+ rights LGBTQAI+ Quiz Prejudice/discrimination and the protected characteristics: Refugees, migration and human rights	Revision skills	Families: Forced marriages and child marriages e-Safety: Indecent images and the Law
Summer Term 1	FGM: FGM and the law Grooming: Grooming and sexual abuse Prejudice/discrimination and the protected characteristics: Research Project: Action groups and their work for gender inequality	Relationships: Domestic violence and abuse and relationships Healthy Living: Labels and food	Exams period
Summer term 2			