

PSHE

Teachers: Katarina Ogilvie

Personal, Social, and Health Education (PSHE) is an important part of our curriculum. Through it, pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps pupils to stay healthy and safe, while preparing them to make the most of life and work. It also helps pupils to achieve their academic potential.

Our Programmes of Study (Jigsaw) takes a thematic approach to PSE education and is designed so that all year groups are working on the same core theme at the same time. This approach ensures that pupils make developmental progress by revisiting themes year on year, building on and extending prior learning. Links can also be made across the school in theme days and SMSC Tutor activities assemblies.

Schemes of work:

Year 7

Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Being Me in My World <ul style="list-style-type: none"> ○ Identity ○ Peer Pressure ○ Online Identity 	Celebrating Difference <ul style="list-style-type: none"> ○ Prejudice and Discrimination ○ Attitudes, Values and differences ○ Stereotyping 	Dream and Goals <ul style="list-style-type: none"> ○ Future Goals and Skills ○ Choices and Unsafe Choices ○ Self-Responsibility 	Healthy Me <ul style="list-style-type: none"> ○ Mental Health Awareness ○ Substances ○ Healthy Lifestyle Choices 	Relationships <ul style="list-style-type: none"> ○ Characteristics of Healthy Relationships ○ Identify Supportive Relationships ○ Managing Friendship Conflict 	Changing Me <ul style="list-style-type: none"> ○ Changes During Puberty ○ Understanding How Babies Are Conceived ○ Roles and Responsibilities of Parenthood

Year 8

Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Being Me in My World <ul style="list-style-type: none"> ○ Similarities/Differences in Identities ○ Stereotypes ○ Appreciating Other People's Faiths 	Celebrating Difference <ul style="list-style-type: none"> ○ Individuals Making a Positive Change ○ Social Inequality and Justice ○ Definitions of Bullying and LGBTQ+ Bullying 	Dream and Goals <ul style="list-style-type: none"> ○ Long-term/Medium-term and Short-term Life Goals ○ Positives and Negatives of My Online Activity ○ Keeping Track of Spending 	Healthy Me <ul style="list-style-type: none"> ○ Factors Contributing to a Healthy Lifestyle ○ Links Between Emotions and Health ○ Roles of and Differing Views on Medicine 	Relationships <ul style="list-style-type: none"> ○ Importance of Learning and Practicing Relationship Skills ○ Features of Stable Relationships ○ Definitions of Personal Space 	Changing Me <ul style="list-style-type: none"> ○ Different Types of Intimate Relationships ○ Behaviours in a Positive Relationship ○ Awareness That Pornography Does Not Reflect Reality

Year 9

Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Being Me in My World <ul style="list-style-type: none"> ○ Different Expectations of Relationships ○ Describe and Give Examples of Grooming ○ Links Between Risky Behaviour and Social Groups 	Celebrating Difference <ul style="list-style-type: none"> ○ Importance of Equality Act ○ Gender Identity and Attitudes ○ Positives and Negatives of my Language Style 	Dream and Goals <ul style="list-style-type: none"> ○ Personal Strengths and Health Goals ○ Rejecting Unhelpful Criticism and Accepting Helpful Feedback ○ Difference Between Mental Health and Mental Ill-Health 	Healthy me <ul style="list-style-type: none"> ○ Physical and Emotional Effects of Alcohol and Other Substances ○ Emergency Situations Involving Substances ○ Laws Associated With Substances 	Relationships <ul style="list-style-type: none"> ○ Coercive Control in Relationships ○ Sex and The Law ○ Consequences of Unprotected Sex 	Changing Me <ul style="list-style-type: none"> ○ Challenging Stigma Around Mental Health ○ Triggers and Emotional Responses ○ Physical and Psychological Effects of Sleep

Year 10

Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Being Me in My World <ul style="list-style-type: none"> ○ The Stages of Grief and Loss ○ Threats and Legislation Around Online safety ○ How to stay Safe in Online and Offline Relationships 	Celebrating Difference <ul style="list-style-type: none"> ○ Consequences of Not Adhering to The Equality Act ○ What Is Expected of Me in The Workplace ○ Identifying Misuse of Power in Relationships 	Dream and Goals <ul style="list-style-type: none"> ○ How Supportive Relationships Can Help Us Reach Goals ○ Creating Balance in Life to Support Mental Health ○ Being Part of a Community 	Healthy Me <ul style="list-style-type: none"> ○ Factors Effecting My Physical and Mental Health ○ Understanding Range of Factors Contributing to Physical and Mental Health ○ Common Threats to Physical Health 	Relationships <ul style="list-style-type: none"> ○ Different Types of Long-Term Relationships ○ Understanding I Have Choices in Relationships ○ Physical and Mental Impact of Healthy/ Unhealthy Relationships 	Changing Me <ul style="list-style-type: none"> ○ Effects of Social Media on Society Changes ○ The Spectrum of Sexual Identity and Gender ○ Links Between Physical Change and Self-Esteem

Year 11

Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Being Me in My World <ul style="list-style-type: none"> ○ What Being an Adult Means to Me ○ Legislation Around Sex and Relationships ○ Coercive Control Links With Substance Abuse 	Dreams and Goals <ul style="list-style-type: none"> ○ Links Between Sleep, Mental Health and Anxiety ○ Identify My Long and Short Term Financial Goals ○ The Challenges and Opportunities of Becoming a Parent 	Healthy Me <ul style="list-style-type: none"> ○ Managing Anxiety and Stress ○ Preventative Steps to Avoid Contracting STIs ○ Contraception and Pregnancy Choices 	Relationships <ul style="list-style-type: none"> ○ Understand Changes in Long-Term Relationships ○ Stereotyping of LGBTQ+ in The Media ○ Explain Hate and Honour Based Crimes 		