



PSE Department – Curriculum Intent

KS3 Curriculum Intent - PSE			
Head of Department: Mrs K Bourne			
	Year 7	Year 8	Year 9
Autumn Term	<p>Health & wellbeing - Transition and Safety Transition to secondary school and personal safety in and outside school, including first aid</p> <p>Living in the wider world - Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations</p>	<p>Health & wellbeing - Drugs and Alcohol Alcohol and drug misuse and pressures relating to drug use</p> <p>Living in the wider world - Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work</p>	<p>Health & wellbeing - Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation</p> <p>Living in the wider world - Setting Goals Learning strengths, career options and goal setting as part of the GCSE options process</p>
Spring Term	<p>Relationships - Diversity Diversity, prejudice, and bullying</p> <p>Health & wellbeing - Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM</p>	<p>Relationships - Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p> <p>Health & wellbeing – Emotional Wellbeing Mental health and emotional wellbeing, including body image and coping strategies</p>	<p>Relationships - Respectful Relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes</p> <p>Health & wellbeing - Healthy Lifestyles Diet, exercise, lifestyle balance and healthy choices, and first aid.</p>
Summer Term	<p>Relationships - Building Relationships Self-worth, romance and friendships (including online) and relationship boundaries</p> <p>Living in the wider world - Financial decision making Saving, borrowing, budgeting and making financial choices</p>	<p>Relationships - Identity and Relationships Gender identity, sexual orientation, consent, ‘sexting’, and an introduction to contraception</p> <p>Living in the wider world - Digital literacy Online safety, digital literacy, media reliability, and gambling hooks</p>	<p>Relationships - Intimate Relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</p> <p>Living in the wider world - Employability skills Employability and online presence</p>



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KS4 Curriculum Intent - PSE		
	Year 10	Year 11
Autumn Term	<p>Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p> <p>Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p>	<p>Building for the future Self-efficacy, stress management, and future opportunities</p> <p>Next steps Application processes, and skills for further education, employment and career progression</p>
Spring Term	<p>Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography</p> <p>Exploring influence The influence and impact of drugs, gangs, role models and the media</p>	<p>Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p> <p>Independence Responsible health choices, and safety in independent contexts</p>
Summer Term	<p>Addressing extremism and radicalisation Communities, belonging and challenging extremism</p> <p>Work experience Preparation for and evaluation of work experience and readiness for work</p>	<p>Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p>



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KS5 Curriculum Intent - PSE		
	Year 12	Year 13
Autumn Term	<p>Theme: Health and Wellbeing Social Media and Self Esteem – Discusses the difficulties of trying to keep up with other peoples lives that they present online through social media and the impacts this can have on a person’s self-esteem. The dangers of comparing yourself to others. How to build self-esteem. Body Image and Ideals – How toys impact our idea of what people should look like. What gender stereotypes are and examples. Where does pressure to look beautiful come from. Cosmetic Surgery – Different types of cosmetic surgery. Dangers of cosmetic surgery. Positives of cosmetic surgery (Katie Piper case study). Relaxation – How to relax and de-stress in a healthy way. What are the benefits of relaxation and is it important to isolate some time to engage with it? How to cope with exam stress. Mindfulness – What is mindfulness and how can people work on being mindful. Case studies on positive impacts of mindfulness. Eating Disorders – Examples of eating disorders, what influence does media exposure have on cultural ideologies & ideas of the ideal body shape or weight. What is behind an eating disorder. How can we support those with eating disorders? Obesity and Cholesterol – What makes a healthy meal. What are the different food groups and why it is important to have a balanced diet? Discussion around the impacts of modern life on physical activity and how we need to alter our diet. What are the effects of obesity? Stress Management – Why a certain level of stress is important for peak performance. How can people learn to cope with stress? How to channel stress into a positive. When does stress become ‘chronic stress’? Festivals and Parties – What do people need to know about parties and festivals before they attend. What are the risks associated with attending festivals? How to manage peer pressure when attending parties. Drug culture and festivals and how to stay safe. Binge Drinking and Dangers of Alcohol – Why it is important to respect alcohol. What are units and how many units can you safely consume. How to identify if someone has an unhealthy relationship with alcohol. What is excessive drinking.</p>	<p>Theme: Health and Wellbeing Frustrations and emotions – How best to deal with negative emotions like frustration and anger. Anger management strategies. Online safety – How to be safe online and protect your personal data. Smart phone addiction and the impact of spending too much time on smart phones. Abusive relationships and exit strategies -What an abusive relationship looks like, how to spot the early signs of asserting control in a relationship. How to tell the difference between a healthy argument and abusive behaviour. How to safely exit an abusive relationship. Healthy vs controlling relationships – Red flags for gaslighting and controlling coercive behaviour. Workplace relationships – What an acceptable workplace relationship looks like, what are signs that someone is manipulating a workplace relationship to assert control. Sex and the media – How sex is represented in the media as opposed to what the realities are. Consent – What consent is and how to ensure consent is being given. Examples of scenarios where whether consent has been given is explored. Exam preparation – How to identify signs of stress, effective stress management techniques, revision activities. Sharing sexual images – How to protect yourself by not sharing sexual images. The legality around sharing of sexual images. Social media and online shaming – Cancel culture, Calling out behaviour online and the impacts of shaming people online. Unplanned pregnancy and miscarriages – Information on what miscarriages are and support available. How to deal with unplanned pregnancy. Parenthood – The practical challenges of parenthood, the financial implications of being a parent.</p>
Spring Term	<p>Theme: Health and Wellbeing Phobias, Fears and Anxiety – How the things people fear change throughout their life. What is fear and how do people’s bodies respond to fear. How to work on wellbeing. NHS 5 ways to wellbeing. UG support for wellbeing. Anxiety – How to support someone with anxiety. Stress and social anxiety disorder. Treatments available for general anxiety disorder. How can you support a friend? Sleep – What is sleep. What is sleep hygiene. Importance of enough sleep. Top tips for a good night’s sleep.</p>	<p>Theme: Exploring influence Honour based violence – What is honour based violence and why is it still happening in todays society. How to spot honour based violence and how you can intervene. County lines drugs and gangs – County lines, how and why are young people being exploited. How to spot someone who is vulnerable to county lines grooming and gang culture. Cultural appropriation – What is cultural appropriation and why can it be offensive to people from other cultures. Public sexual harassment – What PSH is and how to identify and challenge it. What the impacts are on individuals who are subjected to PSH.</p>



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Spring Term	<p>Depression and Mental Health – Exploring depression. Different types of depression. Impacts of depression. How to support someone with depression. How to look after / improve your mental health.</p> <p>Emotional Wellbeing – What is emotional health / wellbeing. How to take care of yourself. How to recognise how others are feeling. How school can support and promote positive wellbeing.</p> <p>Cancer – What is cancer. How is cancer diagnosed. What are the most common types of cancer? What is chemotherapy.</p> <p>Online Dangers – Live streaming, virtual reality and augmented gaming. Is virtual reality safe. What are the benefits of virtual reality? When does gaming become an addiction?</p>	<p>Stalking and sexual harassment – What is stalking and harassment. How to educate people on harassment. What the impacts are on individuals of being harassed / stalked.</p> <p>Feminism – What is feminism, and do we still need it today? What are the origins of the feminist movement? What role does it play in modern society? Key dates and legislation passed to promote women’s rights.</p> <p>Toxic masculinity – What is toxic masculinity. How is toxic masculinity portrayed in the media? How can we break down stereotypes associated with toxic masculinity?</p>
Summer Term	<p>Theme: Health and Wellbeing</p> <p>Drugs and Addiction – Class B Drugs – What are they. Examples of class B drugs. What kind of damage can class B drugs do? Case study on the dangers of class B drugs.</p> <p>Drugs and Addiction – Class A Drugs – What are they. Examples of class A drugs. What kind of damage can class A drugs do? Case study on the dangers of class A drugs.</p> <p>Contraception and STI’s (1) – Examples of contraception and their benefits / dangers. What is thrush / symptoms of thrush.</p> <p>Contraception and STI’s (2) – How to have honest conversations about sexual health. Where to get sexual health advice from. The importance of practicing safe sex.</p> <p>Immunisations – What is an immunisation. How do immunisations work. Why is it important to follow official advice regarding immunisations? How to tell fake news on immunisations.</p> <p>Knife crime and violence – How to deal with violent situations out in public. Why people carry knives. Impacts of carrying knives. Documentary case study on victims of knife crime.</p> <p>Social justice – What is social justice. What have religion and human rights got to do with social justice. Why do people argue against social justice? What can we do to support marginalised groups in society?</p>	<p>Theme: Exploring influence</p> <p>LGBTQ+ - What are sex and gender. How can we make sure we are using the correct language? How can we promote and support equality and diversity?</p> <p>Revenge porn – Documentary on revenge porn with reflective questions. What is it? How does it make people feel? What are the legal ramifications of sharing revenge porn?</p>