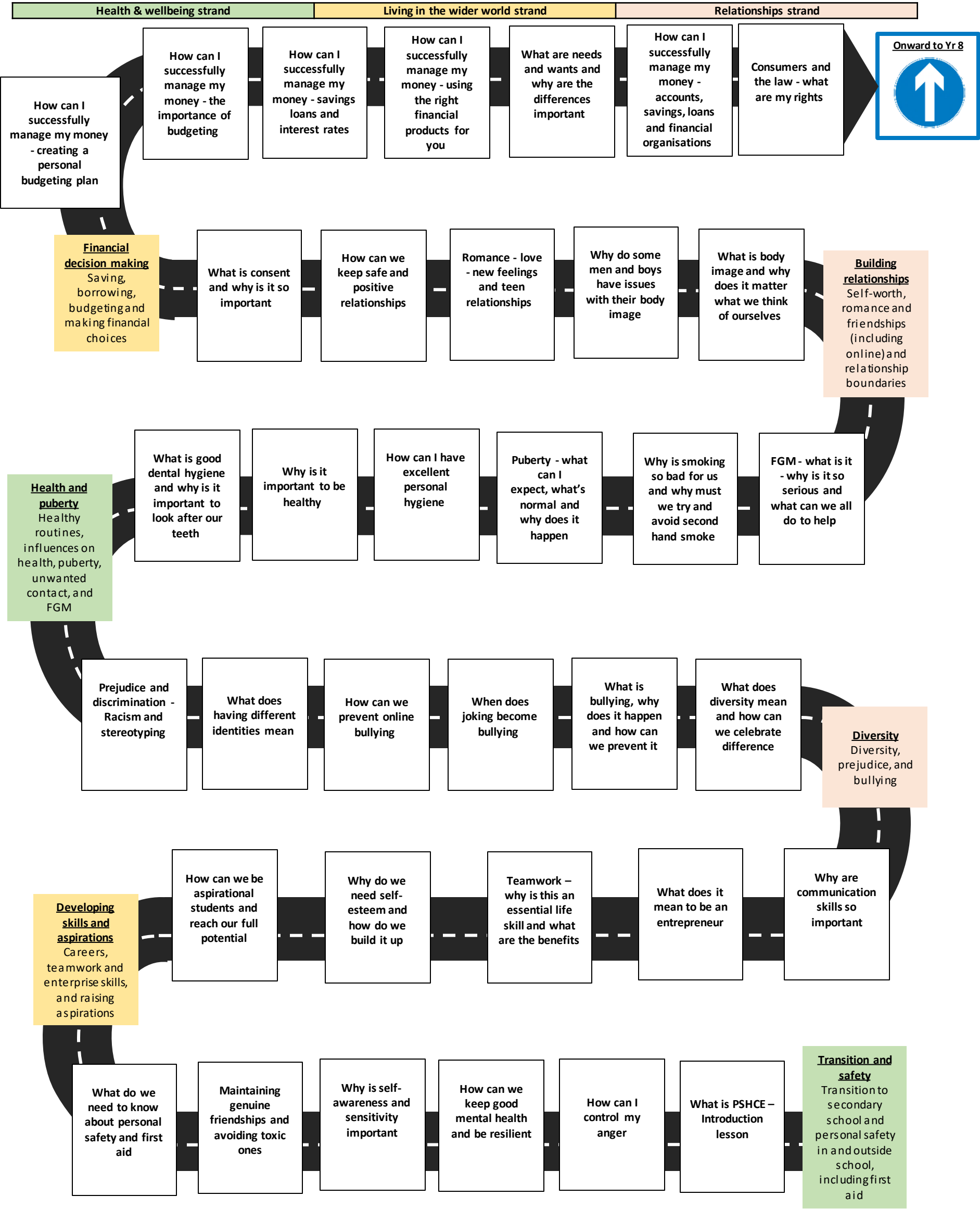# PSHCE YEAR 7 LESSON CONTENT

6 Termly Blocks for each year group covering the 2020 statutory guidelines on Personal, Social and Health Education (PSHE) and Relationships and Sexuality Education (RSE) and including citizenship. The blocks are split into 3 key strands

Health & wellbeing strand	Living in the wider world strand	Relationships strand

How can I successfully manage my money - creating a personal budgeting plan

How can I successfully manage my money - the importance of budgeting

How can I successfully manage my money - savings loans and interest rates

How can I successfully manage my money - using the right financial products for you

What are needs and wants and why are the differences important

How can I successfully manage my money - accounts, savings, loans and financial organisations

Consumers and the law - what are my rights

Onward to Yr 8

Financial decision making
Saving, borrowing, budgeting and making financial choices

What is consent and why is it so important

How can we keep safe and positive relationships

Romance - love - new feelings and teen relationships

Why do some men and boys have issues with their body image

What is body image and why does it matter what we think of ourselves

Building relationships
Self-worth, romance and friendships (including online) and relationship boundaries

Health and puberty
Healthy routines, influences on health, puberty, unwanted contact, and FGM

What is good dental hygiene and why is it important to look after our teeth

Why is it important to be healthy

How can I have excellent personal hygiene

Puberty - what can I expect, what's normal and why does it happen

Why is smoking so bad for us and why must we try and avoid second hand smoke

FGM - what is it - why is it so serious and what can we all do to help

Prejudice and discrimination - Racism and stereotyping

What does having different identities mean

How can we prevent online bullying

When does joking become bullying

What is bullying, why does it happen and how can we prevent it

What does diversity mean and how can we celebrate difference

Diversity
Diversity, prejudice, and bullying

Developing skills and aspirations
Careers, teamwork and enterprise skills, and raising aspirations

How can we be aspirational students and reach our full potential

Why do we need self-esteem and how do we build it up

Teamwork – why is this an essential life skill and what are the benefits

What does it mean to be an entrepreneur

Why are communication skills so important

What do we need to know about personal safety and first aid

Maintaining genuine friendships and avoiding toxic ones

Why is self-awareness and sensitivity important

How can we keep good mental health and be resilient

How can I control my anger

What is PSHCE – Introduction lesson

Transition and safety
Transition to secondary school and personal safety in and outside school, including first aid

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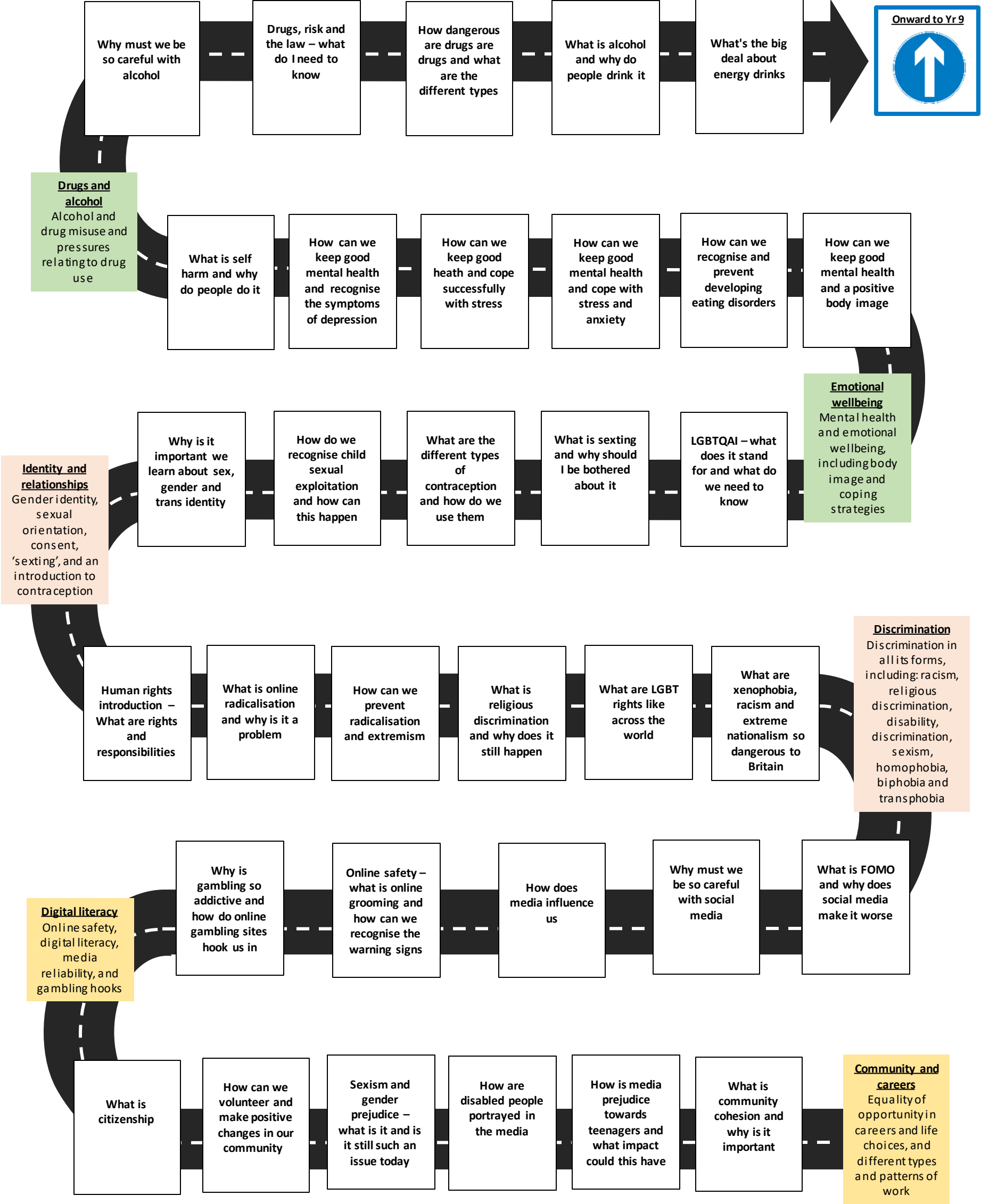
PSHCE YEAR 8 LESSON CONTENT

6 Termly Blocks for each year group covering the 2020 statutory guidelines on Personal, Social and Health Education (PSHE) and Relationships and Sexuality Education (RSE) and including citizenship. The blocks are split into 3 key strands
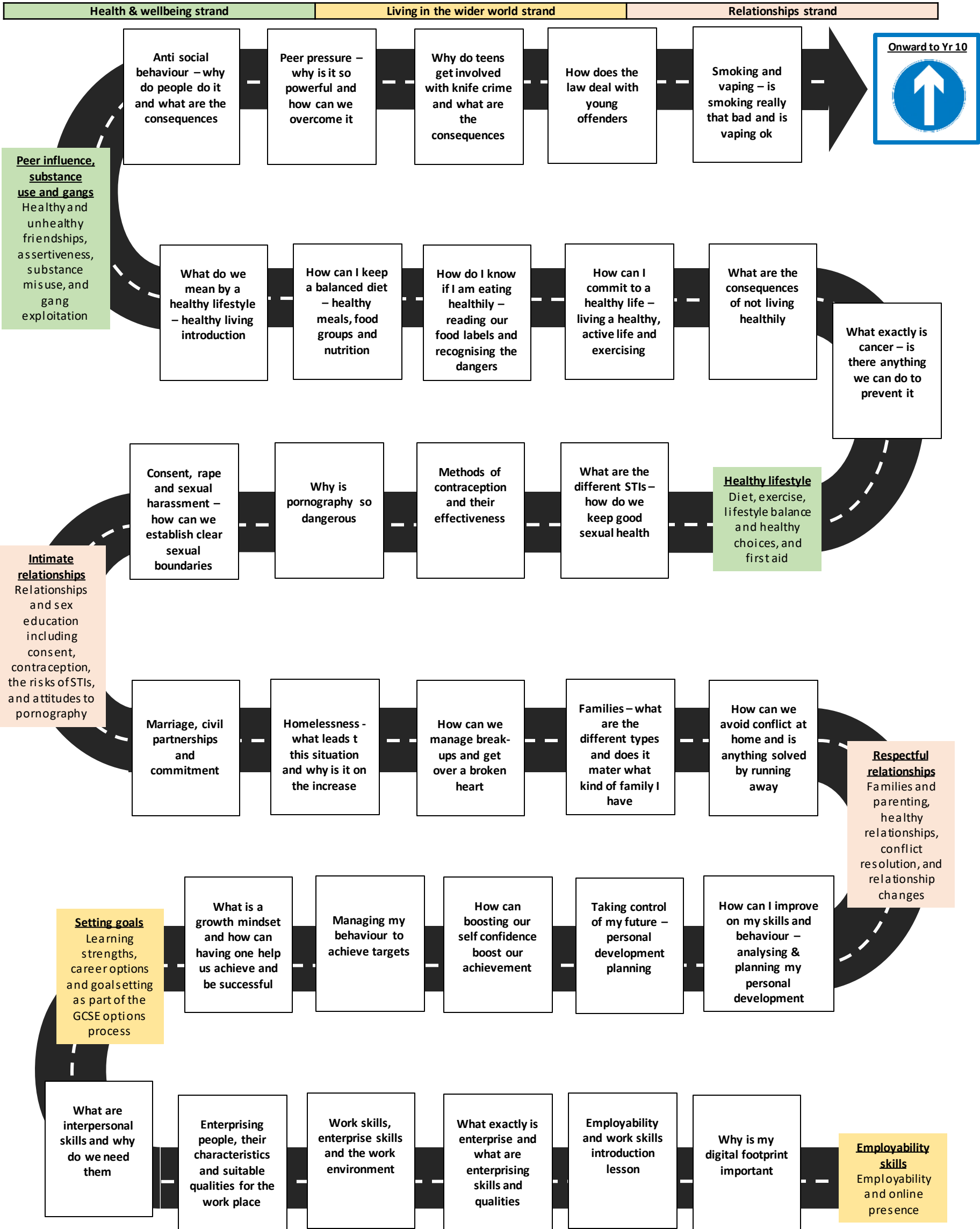
Health & wellbeing strand	Living in the wider world strand	Relationships strand

Why must we be so careful with alcohol

Drugs, risk and the law – what do I need to know

How dangerous are drugs are drugs and what are the different types

What is alcohol and why do people drink it

What's the big deal about energy drinks

Onward to Yr 9

Drugs and alcohol
Alcohol and drug misuse and pressures relating to drug use

What is self harm and why do people do it

How can we keep good mental health and recognise the symptoms of depression

How can we keep good heath and cope successfully with stress

How can we keep good mental health and cope with stress and anxiety

How can we recognise and prevent developing eating disorders

How can we keep good mental health and a positive body image

Emotional wellbeing
Mental health and emotional wellbeing, including body image and coping strategies

Identity and relationships
Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception

Why is it important we learn about sex, gender and trans identity

How do we recognise child sexual exploitation and how can this happen

What are the different types of contraception and how do we use them

What is sexting and why should I be bothered about it

LGBTQAI – what does it stand for and what do we need to know

Human rights introduction – What are rights and responsibilities

What is online radicalisation and why is it a problem

How can we prevent radicalisation and extremism

What is religious discrimination and why does it still happen

What are LGBT rights like across the world

What are xenophobia, racism and extreme nationalism so dangerous to Britain

Discrimination
Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia

Digital literacy
Online safety, digital literacy, media reliability, and gambling hooks

Why is gambling so addictive and how do online gambling sites hook us in

Online safety – what is online grooming and how can we recognise the warning signs

How does media influence us

Why must we be so careful with social media

What is FOMO and why does social media make it worse

What is citizenship

How can we volunteer and make positive changes in our community

Sexism and gender prejudice – what is it and is it still such an issue today

How are disabled people portrayed in the media

How is media prejudice towards teenagers and what impact could this have

What is community cohesion and why is it important

Community and careers
Equality of opportunity in careers and life choices, and different types and patterns of work

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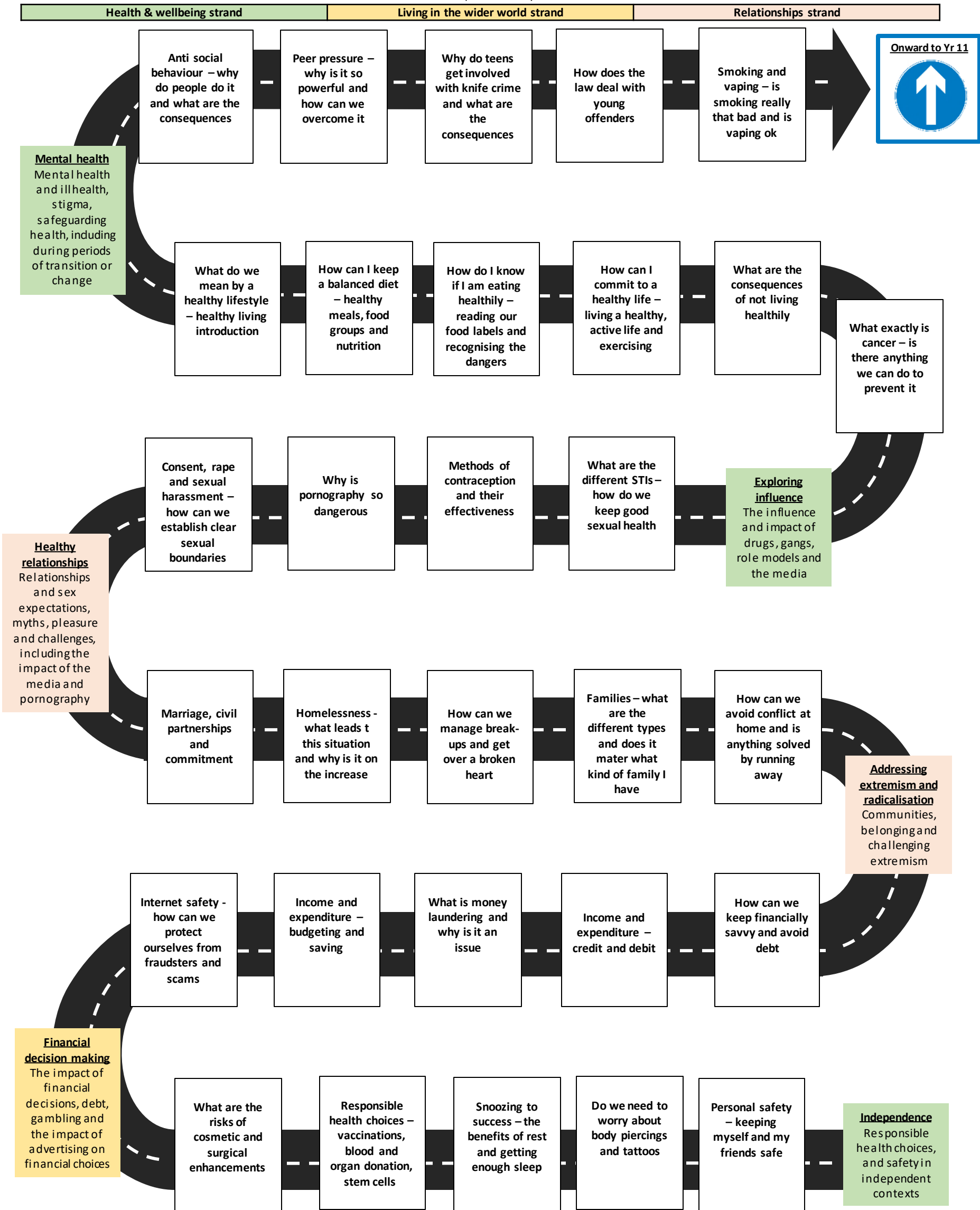
PSHCE YEAR 9 LESSON CONTENT

6 Termly Blocks for each year group covering the 2020 statutory guidelines on Personal, Social and Health Education (PSHE) and Relationships and Sexuality Education (RSE) and including citizenship. The blocks are split into 3 key strands

Health & wellbeing strand	Living in the wider world strand	Relationships strand

Anti social behaviour – why do people do it and what are the consequences

Peer pressure – why is it so powerful and how can we overcome it

Why do teens get involved with knife crime and what are the consequences

How does the law deal with young offenders

Smoking and vaping – is smoking really that bad and is vaping ok

Onward to Yr 10

Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation

What do we mean by a healthy lifestyle – healthy living introduction

How can I keep a balanced diet – healthy meals, food groups and nutrition

How do I know if I am eating healthily – reading our food labels and recognising the dangers

How can I commit to a healthy life – living a healthy, active life and exercising

What are the consequences of not living healthily

What exactly is cancer – is there anything we can do to prevent it

Consent, rape and sexual harassment – how can we establish clear sexual boundaries

Why is pornography so dangerous

Methods of contraception and their effectiveness

What are the different STIs – how do we keep good sexual health

Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid

Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography

Marriage, civil partnerships and commitment

Homelessness - what leads t this situation and why is it on the increase

How can we manage break-ups and get over a broken heart

Families – what are the different types and does it mater what kind of family I have

How can we avoid conflict at home and is anything solved by running away

Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes

Setting goals Learning strengths, career options and goal setting as part of the GCSE options process

What is a growth mindset and how can having one help us achieve and be successful

Managing my behaviour to achieve targets

How can boosting our self confidence boost our achievement

Taking control of my future – personal development planning

How can I improve on my skills and behaviour – analysing & planning my personal development

What are interpersonal skills and why do we need them

Enterprising people, their characteristics and suitable qualities for the work place

Work skills, enterprise skills and the work environment

What exactly is enterprise and what are enterprising skills and qualities

Employability and work skills introduction lesson

Why is my digital footprint important

Employability skills Employability and online presence

PSHCE – Personal, Social, Health, Citizenship and Economic Education

PSHCE YEAR 10 LESSON CONTENT

6 Termly Blocks for each year group covering the 2020 statutory guidelines on Personal, Social and Health Education (PSHE) and Relationships and Sexuality Education (RSE) and including citizenship. The blocks are split into 3 key strands

Health & wellbeing strand	Living in the wider world strand	Relationships strand

Onward to Yr 11

Anti social behaviour – why do people do it and what are the consequences

Peer pressure – why is it so powerful and how can we overcome it

Why do teens get involved with knife crime and what are the consequences

How does the law deal with young offenders

Smoking and vaping – is smoking really that bad and is vaping ok

Mental health
Mental health and ill health, stigma, safeguarding health, including during periods of transition or change

What do we mean by a healthy lifestyle – healthy living introduction

How can I keep a balanced diet – healthy meals, food groups and nutrition

How do I know if I am eating healthily – reading our food labels and recognising the dangers

How can I commit to a healthy life – living a healthy, active life and exercising

What are the consequences of not living healthily

What exactly is cancer – is there anything we can do to prevent it

Consent, rape and sexual harassment – how can we establish clear sexual boundaries

Why is pornography so dangerous

Methods of contraception and their effectiveness

What are the different STIs – how do we keep good sexual health

Exploring influence
The influence and impact of drugs, gangs, role models and the media

Healthy relationships
Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography

Marriage, civil partnerships and commitment

Homelessness - what leads t this situation and why is it on the increase

How can we manage break-ups and get over a broken heart

Families – what are the different types and does it mater what kind of family I have

How can we avoid conflict at home and is anything solved by running away

Addressing extremism and radicalisation
Communities, belonging and challenging extremism

Internet safety - how can we protect ourselves from fraudsters and scams

Income and expenditure – budgeting and saving

What is money laundering and why is it an issue

Income and expenditure – credit and debit

How can we keep financially savvy and avoid debt

Financial decision making
The impact of financial decisions, debt, gambling and the impact of advertising on financial choices

What are the risks of cosmetic and surgical enhancements

Responsible health choices – vaccinations, blood and organ donation, stem cells

Snoozing to success – the benefits of rest and getting enough sleep

Do we need to worry about body piercings and tattoos

Personal safety – keeping myself and my friends safe

Independence
Responsible health choices, and safety in independent contexts

PSHCE – Personal, Social, Health, Citizenship and Economic Education

PSHCE YEAR 11 LEARNING JOURNEY

6 Termly Blocks for each year group covering the 2020 statutory guidelines on Personal, Social and Health Education (PSHE) and Relationships and Sexuality Education (RSE) and including citizenship. The blocks are split into 3 key strands

Health & wellbeing strand	Living in the wider world strand	Relationships strand

Onward to KS5

What is honour based violence and why is it still happening today

Teen pregnancy – what issues do young parents face

Being a new prarent - what is this like and why can it be so challenging

What do we need to know about fertility and our reproductive heakth

Domestic abuse – how can you tell the difference between healthy & abusive realtionships

What makes good sex and is it best to wait for someon you care about

Families
Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships

Forced and arranged marriage - what do we need to know

Different types of relationships and sexualities

Conflict management – how can we manage and resolve conflict safely

What is body shaming, is it bullying and why do people do this

Communication in relationships
Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse

How do rights and responsibilities affect us in the workplace

Next steps
Application processes, and skills for further education, employment and career progression

Why is health and safety in the workplace essential

Employment law, employee protections and trade unions

Employability – preparing for and nailing the job interview

Employability – The CV, a companys first impression of you

How can we relax and de-stress in a healthy way

Mindfulness and how can it help us with our mental health

Screen time – homw much os too much and why doe sit matter

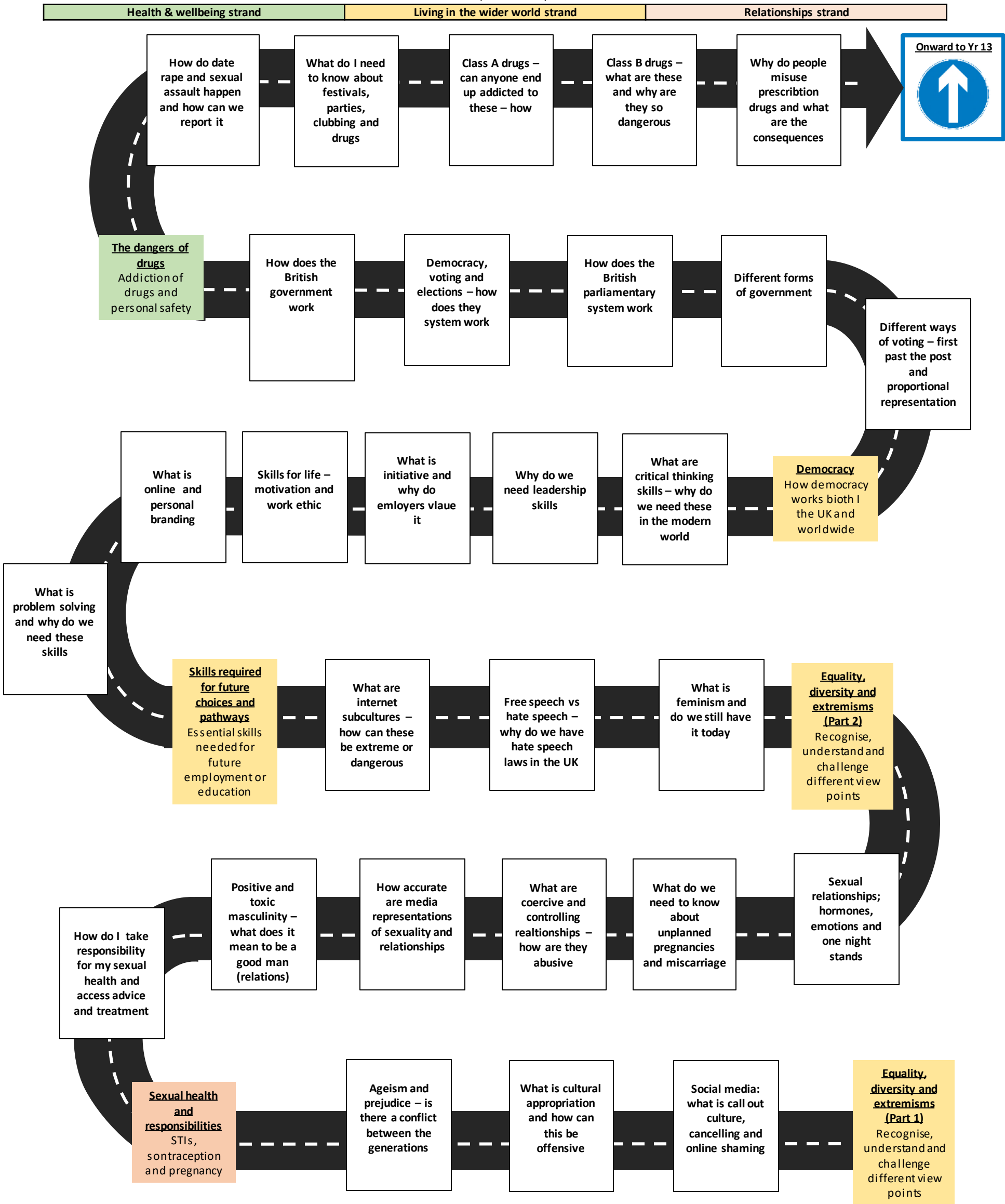**Social media, the pressure of life online and keeping up with other people**

Perseverance & procratination – why is this ability to persevere an essential life skill

Building for the future
Self-efficacy, stress management, and future opportunities

PSHCE – Personal, Social, Health, Citizenship and Economic Education

PSHCE YEAR 12 LESSON CONTENT

6 Termly Blocks for each year group covering the 2020 statutory guidelines on Personal, Social and Health Education (PSHE) and Relationships and Sexuality Education (RSE) and including citizenship. The blocks are split into 3 key strands

Health & wellbeing strand	Living in the wider world strand	Relationships strand

How do date rape and sexual assault happen and how can we report it

What do I need to know about festivals, parties, clubbing and drugs

Class A drugs – can anyone end up addicted to these – how

Class B drugs – what are these and why are they so dangerous

Why do people misuse prescribtion drugs and what are the consequences

Onward to Yr 13

The dangers of drugs
Addiction of drugs and personal safety

How does the British government work

Democracy, voting and elections – how does they system work

How does the British parliamentary system work

Different forms of government

Different ways of voting – first past the post and proportional representation

What is online and personal branding

Skills for life – motivation and work ethic

What is initiative and why do emloyers vlaue it

Why do we need leadership skills

What are critical thinking skills – why do we need these in the modern world

Democracy
How democracy works bioth I the UK and worldwide

What is problem solving and why do we need these skills

Skills required for future choices and pathways
Essential skills needed for future employment or education

What are internet subcultures – how can these be extreme or dangerous

Free speech vs hate speech – why do we have hate speech laws in the UK

What is feminism and do we still have it today

Equality, diversity and extremisms (Part 2)
Recognise, understand and challenge different view points

How do I take responsibility for my sexual health and access advice and treatment

Positive and toxic masculinity – what does it mean to be a good man (relations)

How accurate are media representations of sexuality and relationships

What are coercive and controlling realtionships – how are they abusive

What do we need to know about unplanned pregnancies and miscarriage

Sexual relationships; hormones, emotions and one night stands

Sexual health and responsibilities
STIs, sontraception and pregnancy

Ageism and prejudice – is there a conflict between the generations

What is cultural appropriation and how can this be offensive

Social media: what is call out culture, cancelling and online shaming

Equality, diversity and extremisms (Part 1)
Recognise, understand and challenge different view points

PSHCE – Personal, Social, Health, Citizenship and Economic Education

PSHCE YEAR 13 LEARNING JOURNEY

6 Termly Blocks for each year group covering the 2020 statutory guidelines on Personal, Social and Health Education (PSHE) and Relationships and Sexuality Education (RSE) and including citizenship. The blocks are split into 3 key strands

Health & wellbeing strand	Living in the wider world strand	Relationships strand

Onward to University or Employment

Finance – renting and buying – cars, mortages and more

Why do I need to know about pensions at my age

Pay day loans – what are they and why can they be so risky

How can I successfully manage my money – savings, loans and interest rates

How can I successfully manage my money – creating a personal budgeting plan

Independent living and finances
Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships

How can we prepare for adult life – working, studying and living independently

Income and expenditure – national insurance and income tax

How are public taxes raised and spent by governemnt, locally and nationally

What is social justice? An introduction

What is honour based violence and why is it still happening today

Should we tolerate intolerance?

Are we really in the middle of a cultural war

Controversial viewpoints in society
Understanding how extreme viewpoints are established and challenged

What are the risks of cosmetic and surgical enhancements?

Presenting well in both person and in job applications

Emotional wellbeing and health
Maintaining emotional wellbeing and how to relax and destress while maintaining a healthy diet

Maintaining positive emotional wellbeing throughout life

Healthy diets – BMI, obesity, food pyramids and eating well

How can we relax and de stress in a healthy way?

Why is technologically literacy important and how can we demonstrate this to emplyers and universities

Personal statements: How can we include our extra curricular activities

How do you write excellent personal statements

What are employability skills?

What are apprenticeships? Would an apprenticeship suit me?

Personal statements and applications
How to write meaningful and successful applications and statements

PSHCE – Personal, Social, Health, Citizenship and Economic Education