

PSHCE Lesson Overview 2020/2021

PSHCE

- Health and Wellbeing
- Relationships and Sex Education
- Living in the wider world (Citizenship)

Year 7

Managing Transition

| <u>Lesson</u> | <u>Lesson Content</u> |
|---------------|------------------------------------|
| 1 | Moving to secondary School |
| 2 | What makes a good friend |
| 3 | Being part of the school community |
| 4 | My likes and dislikes |
| 5 | New Opportunities |

Staying Safe

| <u>Lesson</u> | <u>Lesson Content</u> |
|---------------|---|
| 1 | Internet Safety |
| 2 | Digital footprint |
| 3 | Road Safety - Visit by police and Ambulance service |
| 4 | Peer Pressure |
| 5 | Anti-Social Behaviour |
| 6 | Smoking |
| 7 | Drugs |

Understanding You

| Lesson | Lesson Content |
|---------------|--|
| 1 | Thinking like a 'girl' or 'boy' |
| 2 | Puberty - What is it? |
| 3 | Body changes through puberty |
| 4 | Periods/puberty - Single sex sessions |
| 5 | Periods/Puberty - mixed group sessions |
| 6 | Emotional changes during puberty |
| 7 | Puberty survival guide |

Global Citizenship

| Lesson | Lesson Content |
|---------------|--------------------------|
| 1 | What is a global citizen |
| 2 | Citizenship in the UK |
| 3 | Being British |

Year 8

Bullying, stereotypes and Diversity

| Lesson | Lesson Content |
|---------------|------------------------------|
| 1 | Bullying |
| 2 | Prejudice and Discrimination |
| 3 | Cultural Diversity |
| 4 | How people see me |
| 5 | Positive persuasion |
| 6 | Stereotypes |

| | |
|---|--------------------------------------|
| 7 | Making changes - Diversity in school |
|---|--------------------------------------|

Healthy You

| <u>Lesson</u> | <u>Lesson Content</u> |
|---------------|--------------------------------|
| 1 | Healthy eating - balanced diet |
| 2 | Eating Disorders |
| 3 | Emotional wellbeing |
| 4 | Mental health awareness |
| 5 | Self Confidence |
| 6 | Inspirational people |

Gender

| <u>Lesson</u> | <u>Lesson Content</u> |
|---------------|-----------------------|
| 1 | Boy/Girl stereotyping |
| 2 | Appearance |
| 3 | Gender Labelling |
| 4 | Gender balance |
| 5 | Gender inequality |
| 6 | Body evolution |
| 7 | Body Dysmorphia |

Year 9

Healthy Relationships

| <u>Lesson</u> | <u>Lesson Content</u> |
|---------------|----------------------------------|
| 1 | Different types of relationships |
| 2 | Verbal and Physical abuse |
| 3 | What makes a perfect partner |
| 4 | Losing virginity/consent |
| 5 | Peer pressure - when to have sex |
| 6 | FGM |

Sex and Sexuality

| <u>Lesson</u> | <u>Lesson Content</u> |
|---------------|------------------------|
| 1 | Underage Sex |
| 2 | Contraception |
| 3 | STI's |
| 4 | LGBTQ+ |
| 5 | Same sex relationships |
| 6 | Child exploitation |

Money Management

| <u>Lesson</u> | <u>Lesson Content</u> |
|---------------|--------------------------------------|
| 1 | Tax, pensions and national insurance |
| 2 | Borrowing money |
| 3 | Making money |

| | |
|---|-------------------------|
| 4 | Debt |
| 5 | How much do things cost |
| 6 | Money in the future |

British Values

| <u>Lesson</u> | <u>Lesson Content</u> |
|----------------------|-------------------------------|
| 1 | Challenging discrimination |
| 2 | Religious belief and practice |
| 3 | Freedom of faith in the UK |
| 4 | UK democracy |
| 5 | Rule of law in the UK |

Year 10

Sexual Exploitation

| <u>Lesson</u> | <u>Lesson Content</u> |
|----------------------|------------------------------|
| 1 | Underage sex |
| 2 | Body Image |
| 3 | Sexting |
| 4 | Self harm |
| 5 | Depression |
| 6 | Pornography |
| 7 | Pregnancy and Parenting |

Legal and Illegal Highs

| <u>Lesson</u> | <u>Lesson Content</u> |
|---------------|-----------------------|
| 1 | Legal Highs |
| 2 | Smoking and Vaping |
| 3 | Drugs |
| 4 | Alcohol |
| 5 | Understanding the law |
| 6 | Mental wellbeing |

Year 11

Mindfulness and Wellbeing

From January - Easter we run a Friday programme during their PSHCE lessons where year 11 students can pick from a variety of activities all created to reduce stress and promote emotional wellbeing in the lead up to their exams. Some of these activities are as follows:

- Fiction reading in the library
- Mindfulness sessions
- Small counselling sessions (bookable)
- Yoga
- Football
- Cooking
- Silent study
- Film screenings
- Revision support (core subjects)