



# Personal, Social, Health and Economic Education Curriculum 2023/24

## Curriculum Intent

We want to see the best in everyone and give students the opportunity to develop into outstanding young people who are well-equipped for the opportunities and challenges they will face during and after their education. Our personal development curriculum will focus on maximising students' life chances and developing them both academically and personally by delivering powerful knowledge and providing an education with character. We will explicitly teach our students their rights and responsibilities as citizens in a modern and diverse United Kingdom. We want our students to have the confidence to respond appropriately to the moral, social, and cultural issues that they may encounter, and enable them to form healthy, respectful relationships with those that they encounter. We will provide guidance, that supports them to make informed decisions, and we will promote their spiritual, moral, social, cultural, emotional and physical development, so that they are prepared for decisions, opportunities and responsibilities now and in later life.

## Curriculum Strands

These are the themes which will be visible through our curriculum from Year 7 to Year 11, with student knowledge in each year building on the knowledge acquired in previous years:

- Relationships and Sex
- Growing and Changing
- Health and Wellbeing (includes Physical Health and Mental Health)
- Community and Responsibility (includes Citizenship)
- Money and Careers
- Personal Safety
- Bullying and Discrimination
- Media and Digital Literacy

## Curriculum Implementation

- **Taught Lessons:**
  - students in Years 7-9 receive one PSHE lesson per fortnight;
  - students in Years 10 and 11 receive two half-hour PSHE lessons per fortnight,

## Why this? Why now?

### Year 7

<b>Autumn 1</b>	<b>Transitions</b>	As students will be moving from primary school into secondary school it is important to recognise the new parts of their school life. The topic will start off by introducing what PSHE is and examine the importance of PSHE by looking at what is learnt and why. Here students will think about what they will learn in year 7 specifically to ensure that it is age appropriate. Students will then examine what the new challenges of secondary school are and how they can adapt to them. Students will look at how to change their attitudes so they can think positively about their new experiences, and consider what to do to help them change their attitudes. Then we will learn about how to learn from our mistakes so we can show resilience, ensuring the students know why it is important to show determination and resilience.
<b>Autumn 2</b>	<b>Mental Health and Wellbeing</b>	In this topic students will begin to get a basic understanding of what mental health is, specifically by considering their emotions and the things that can affect their mental health. They will think about what stress is and how they can make good choices to avoid stress or help manage their stress levels. Then students will think about social media, influences, uniqueness and fitting-in, and being an

		upstander. Each of these will focus on how their mental health can be affected by each of the topic mentioned.
<b><u>Spring 1</u></b>		Within this term students will complete a mid-year assessment in the lesson of PSHE. This will access what they have learnt so far in year 7.
	<b><u>Relationships</u></b>	This comes at this time of year as it allows for the teacher to form a relationship with the students before they begin talking about things that can raise a high level safeguarding concern. Within this topic students will think about relationships, both healthy and unhealthy, They will begin by considering what they are, then the influences they have around them that can be unhealthy, before moving onto how to set and communicate boundaries that they have.
<b><u>Spring 2</u></b>	<b><u>Relationships</u></b>	This comes at this time of year as it allows for the teacher to form a relationship with the students before they begin talking about things that can raise a high level safeguarding concern. Within this topic students will think about relationships, both healthy and unhealthy, They will begin by considering what they are, then the influences they have around them that can be unhealthy, before moving onto how to set and communicate boundaries that they have.
	<b><u>Puberty</u></b>	This comes at this time of year as it allows for the teacher to form a relationship with the students before they begin talking about things that can raise a high level safeguarding concern. Within this topic students will look at what puberty is and the changes that their body is going to go through during puberty. This is to prepare them for puberty and let them know what they experience during puberty is completely normal. This will also inform them of the abnormal things they may experience during puberty such as FGM and breast ironing.
<b><u>Summer 1</u></b>	<b><u>Puberty</u></b>	This comes at this time of year as it allows for the teacher to form a relationship with the students before they begin talking about things that can raise a high level safeguarding concern. Within this topic students will look at what puberty is and the changes that their body is going to go through during puberty. This is to prepare them for puberty and let them know what they experience during puberty is completely normal. This will also inform them of the abnormal things they may experience during puberty such as FGM and breast ironing.
	<b><u>Physical Health and Wellbeing</u></b>	Within this topic students will learn about their physical health and wellbeing by examining what can impact their physical health and wellbeing. Students will look at what a balance diet is, the importance of sleep and exercise, medicines and vaccination, and when and how to provide emergency aid to people.
<b><u>Summer 2</u></b>		Within this term students will complete a end of year assessment in the lesson of PSHE. This will access what they have learnt so far in year 7.
	<b><u>Physical Health and Wellbeing</u></b>	Within this topic students will learn about their physical health and wellbeing by examining what can impact their physical health and wellbeing. Students will look at what a balance diet is, the importance of sleep and exercise, medicines and vaccination, and when and how to provide emergency aid to people. Within this term there will be an opportunity for St. John Ambulance to come in a teach the students about providing emergency aid to someone, allow for them to learn from professional about emergency aid.

## Year 8

<b><u>Autumn 1</u></b>	<b><u>Me in the Wider World</u></b>	Students will bring their year 8 topic by looking at social media and the wider world. This comes at this point in the year as age 13 is the time in which most social media platforms stop automatically privatising or start allowing the account of people. For this reason the topic will begin by looking at what privacy is and why it is important to privitise their accounts.
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		<p>Within this topic students will look at what social media is, the harms of it (specifically what the harms of trolling is), hate crimes and the different between hate crimes and bullying.</p> <p>Students will then go onto look at some British values such as respect and tolerance to ensure that they understand how they can show these things within their life. This will be done through teaching what the Equality Act is and what the Protected Characteristics are within them.</p>
<b><u>Autumn 2</u></b>	<b><u>Me in the Wider World</u></b>	<p>Students will bring their year 8 topic by looking at social media and the wider world. This comes at this point in the year as age 13 is the time in which most social media platforms stop automatically privatising or start allowing the account of people. For this reason the topic will begin by looking at what privacy is and why it is important to privitise their accounts.</p> <p>Within this topic students will look at what social media is, the harms of it (specifically what the harms of trolling is), hate crimes and the different between hate crimes and bullying.</p> <p>Students will then go onto look at some British values such as respect and tolerance to ensure that they understand how they can show these things within their life. This will be done through teaching what the Equality Act is and what the Protected Characteristics are within them.</p>
	<b><u>Relationships</u></b>	<p>This comes at this time of year as it allows for the teacher to form a relationship with the students before they begin talking about things that can raise a high level safeguarding concern.</p> <p>Within the topic students will learn about relationships within all manners. They will learn about the types of relationships and how each of them can be healthy or unhealthy. This will allow them to understand the other parts of the lessons that focus on the harms of relationships such as exploitation and coercion.</p> <p>Students will then think about intimate relationships and the laws around pornography.</p>
<b><u>Spring 1</u></b>		<p>Within this term students will complete a mid-year assessment in the lesson of PSHE. This will access what they have learnt so far in year 8.</p>
	<b><u>Relationships</u></b>	<p>This comes at this time of year as it allows for the teacher to form a relationship with the students before they begin talking about things that can raise a high level safeguarding concern.</p> <p>Within the topic students will learn about relationships within all manners. They will learn about the types of relationships and how each of them can be healthy or unhealthy. This will allow them to understand the other parts of the lessons that focus on the harms of relationships such as exploitation and coercion.</p> <p>Students will then think about intimate relationships and the laws around pornography.</p>
<b><u>Spring 2</u></b>	<b><u>Relationships</u></b>	<p>This comes at this time of year as it allows for the teacher to form a relationship with the students before they begin talking about things that can raise a high level safeguarding concern.</p> <p>Within the topic students will learn about relationships within all manners. They will learn about the types of relationships and how each of them can be healthy or unhealthy. This will allow them to understand the other parts of the lessons that focus on the harms of relationships such as exploitation and coercion.</p> <p>Students will then think about intimate relationships and the laws around pornography.</p>
	<b><u>Healthy Living</u></b>	<p>Students will complete lessons to learn about healthy living and personal safety. Within this they will learn about a wide range of topics. Firstly they will look at mental health and wellbeing and the things that can affect it. Here they will develop on their knowledge from year 7 to think about when certain emotions can happen and what people do because of these emotions. For example, they will look at the emotions linked to spending.</p> <p>Students will then begin to think about physical health and wellbeing by looking at how to keep themselves physically healthy. This includes looking at dental care, hygiene and medicines.</p>

		<p>Lastly students will look at the different things in the wider world that are considered as dangerous. This includes different substances and the affects of those as well as the influences of the people around you. By looking at the the influences of people around you, students will learn about fundamentalism and county lines, allowing them to gain and understand and think about how to protect themselves against these.</p>
<b>Summer 1</b>	<b>Healthy Living</b>	<p>Students will complete lessons to learn about healthy living and personal safety. Within this they will learn about a wide range of topics. Firstly they will look at mental health and wellbeing and the things that can affect it. Here they will develop on their knowledge form year 7 to think about when certain emotions can happen and what people do because of these emotions. For example, they will look at the emotions linked to spending.</p> <p>Students will then begin to think about physical health and wellbeing by looking at how to keep themselves physically healthy. This includes looking at dental care, hygiene and medicines.</p> <p>Lastly students will look at the different things in the wider world that are considered as dangerous. This includes different substances and the affects of those as well as the influences of the people around you. By looking at the the influences of people around you, students will learn about fundamentalism and county lines, allowing them to gain and understand and think about how to protect themselves against these.</p>
<b>Summer 2</b>	<p>Within this term students will complete a end of year assessment in the lesson of PSHE. This will access what they have learnt so far in year 8.</p>	
	<b>Healthy Living</b>	<p>Students will complete lessons to learn about healthy living and personal safety. Within this they will learn about a wide range of topics. Firstly they will look at mental health and wellbeing and the things that can affect it. Here they will develop on their knowledge form year 7 to think about when certain emotions can happen and what people do because of these emotions. For example, they will look at the emotions linked to spending.</p> <p>Students will then begin to think about physical health and wellbeing by looking at how to keep themselves physically healthy. This includes looking at dental care, hygiene and medicines.</p> <p>Lastly students will look at the different things in the wider world that are considered as dangerous. This includes different substances and the affects of those as well as the influences of the people around you. By looking at the the influences of people around you, students will learn about fundamentalism and county lines, allowing them to gain and understand and think about how to protect themselves against these.</p>

## Year 9

<b>Autumn 1</b>	<b>Bullying</b>	<p>Within this topic students will learn about being respectful to one another. Students will begin by recapping what discrimination is and thinking more deeply about what hate crimes are and how they can affect people’s lives. This is a build on the knowledge from year 7 about hate crimes and the knowledge from year 8 about the Equality Act.</p> <p>Students will also learn about the difference between bullying and banter to ensure they understand where there may be a confusion about what is respectful or not. Within this we will consider the themes of friendship and self-esteem. The theme of friendship will then further be explored in the content about being an upstander and how to be an upstander.</p>
<b>Autumn 2</b>	<b>Health and Wellbeing</b>	<p>Students will look at both mental health and wellbeing and phsycal health and wellbeing in this topic. Students will think deeply about the different mental health conditions that people may face in their life. Through this lesson students will learn about what stigma is as well as where to get support. Teachers will also educate students about the language used when it comes to mental health to try and tackle the stigma around mental health. Teachers will emphasis the</p>

		<p>importance of using the word condition rather than issue or problem, accepting that everyone has mental health and understanding mental health conditions can be experienced by any one.</p> <p>Students will then look at physical health and the healthy and unhealthy coping strategies on dealing with mental health, connecting the two types of wellbeing. Students in this lesson will look at the healthy strategies of sleep and relaxing before moving onto look at the unhealthy coping strategies of self-harm and eating disorders. Through this students will be able to see the harms of these strategies. This comes at this time of the year to allow teachers to being to form a relationship with the students, allowing for them to feel comfortable when talking about sensitive issues within the lesson.</p>
	<b><u>Relationships</u></b>	<p>This comes at this time of the year to allow teachers to being to form a relationship with the students, allowing for them to feel comfortable when talking about sensitive issues within the lesson.</p> <p>In this topic students will look at the ideas about relationships, expectations with relationships, consent, conflict and begin looking at sexual health. Students will look at relationship expectations and how to keep themselves safe within relationships. They will look at the themes of grooming, balances of powers and abuse to understand what is not acceptable within a relationship and how to keep themselves safe throughout their lives.</p> <p>Students will then move onto look at consent from the perspective on sex and how to keep themselves safe when it comes to sexual activities. Students will learn about STI's and how to protect themselves from STI's. This is where students will look in depth at contraception and what is available to them. The last part of the topic will look at explicit images and videos. This will focus on keep themselves safe within the world. They will think about the harms of these images and videos by considering the expectations they bring on people. Students will also look at the laws around the videos and images to keep themselves safe.</p>
<b><u>Spring 1</u></b>		<p>Within this term students will complete a mid-year assessment in the lesson of PSHE. This will access what they have learnt so far in year 8.</p>
	<b><u>Relationships</u></b>	<p>This comes at this time of the year to allow teachers to being to form a relationship with the students, allowing for them to feel comfortable when talking about sensitive issues within the lesson.</p> <p>In this topic students will look at the ideas about relationships, expectations with relationships, consent, conflict and begin looking at sexual health. Students will look at relationship expectations and how to keep themselves safe within relationships. They will look at the themes of grooming, balances of powers and abuse to understand what is not acceptable within a relationship and how to keep themselves safe throughout their lives.</p> <p>Students will then move onto look at consent from the perspective on sex and how to keep themselves safe when it comes to sexual activities. Students will learn about STI's and how to protect themselves from STI's. This is where students will look in depth at contraception and what is available to them. The last part of the topic will look at explicit images and videos. This will focus on keep themselves safe within the world. They will think about the harms of these images and videos by considering the expectations they bring on people. Students will also look at the laws around the videos and images to keep themselves safe.</p>
<b><u>Spring 2</u></b>	<b><u>Relationships</u></b>	<p>This comes at this time of the year to allow teachers to being to form a relationship with the students, allowing for them to feel comfortable when talking about sensitive issues within the lesson.</p> <p>In this topic students will look at the ideas about relationships, expectations with relationships, consent, conflict and begin looking at sexual health. Students will look at relationship expectations and how to keep themselves safe within relationships. They will look at the themes of grooming, balances of</p>

		<p>powers and abuse to understand what is not acceptable within a relationship and how to keep themselves safe throughout their lives.</p> <p>Students will then move onto look at consent from the perspective on sex and how to keep themselves safe when it comes to sexual activities. Students will learn about STI's and how to protect themselves from STI's. This is where students will look in depth at contraception and what is available to them.</p> <p>The last part of the topic will look at explicit images and videos. This will focus on keep themselves safe within the world. They will think about the harms of these images and videos by considering the expectations they bring on people.</p> <p>Students will also look at the laws around the videos and images to keep themselves safe.</p>
<b>Summer 1</b>	<b>Safety</b>	<p>In this topic students will look at how to keep themselves safe within society. They will learn about awareness, both of themselves and of others. This will include looking at positive and negative identities, making good life choices and dealing with obstacles.</p> <p>Students will then look at their general safety, including learning about difference substances and the dangers they pose as well as considering what they see in the news. When looking at the different substances dangers students will look at addiction, the effects of drugs and county lines. When looking at what they see in the news students will think about media manipulation and fake news. This will give them an understanding of how to spot fake news so they can keep themselves aware in society.</p>
<b>Summer 2</b>	<p>Within this term students will complete a end of year assessment in the lesson of PSHE. This will access what they have learnt so far in year 8.</p>	
	<b>Safety</b>	<p>In this topic students will look at how to keep themselves safe within society. They will learn about awareness, both of themselves and of others. This will include looking at positive and negative identities, making good life choices and dealing with obstacles.</p> <p>Students will then look at their general safety, including learning about difference substances and the dangers they pose as well as considering what they see in the news. When looking at the different substances dangers students will look at addiction, the effects of drugs and county lines. When looking at what they see in the news students will think about media manipulation and fake news. This will give them an understanding of how to spot fake news so they can keep themselves aware in society.</p>

## Year 10

<b>Autumn 1</b>	<b>Society</b>	<p>In this topic students will learn about society in general. They will recap what the protected characteristics before looking at them in more detail. This includes thinking about societal change and what a multi-cultural society is. This will allow for an understanding of the society that many countries live in today.</p> <p>Students will then look at what freedoms they have within society by looking at human rights. Within this they will look at how human rights can be seen throughout the world and how they may be difficult to enforce. Students will then consider the freedoms they have within the online world, by considering the idea of netiquette.</p>
<b>Autumn 2</b>	<b>Changes</b>	<p>In this topic students will look at all the different changes within their life. At the beginning of this topic students will think about physical changes and ensuring they consider them before going through with them. This will include considering tattoos, tanning and plastic surgery.</p> <p>Throughout the topic students will look at the emotions that these changes can bring about and use the Process Model to understand how they can manage their emotions when it comes to change. They will apply to process model to a variety of topics such as family changes and romantic relationship changes.</p>

<b><u>Spring 1</u></b>	<b><u>Substances</u></b>	Within this topic students will look deeply about illegal substances and the effects they can have on the body and the mind. Students will consider this in great detail to allow an understand of the classification of drugs. Students will then consider the risks of drug taking and the reasons why some choose to take drugs.
<b><u>Spring 2</u></b>	<b><u>Equity</u></b>	Within this topic students will look at the difference between equality and equity, considering the ideas of ensuring that everyone has equal opportunities and how that can be achieved realistically. This will including thinking about stereotypes and campaigns to understand how and why people are fighting against inequality in the world today.
<b><u>Summer 1</u></b>	<b><u>Relationships</u></b>	This topic comes at this point in the year to allow for students to gain an through understanding of the topic of sexual relationships. Students will think about a variety of healthy and unhealthy characteristics of relationships. Within healthy relationships this includes the ideas of lust, relationship cycles and equal relationships. Within unhealthy relationships this will include looking at harmful relationships, the harms of pornography on relationships and inequality in relationships.
<b><u>Summer 2</u></b>	<b><u>Health and Wellbeing</u></b>	Within this topic students will look at the things that can affect their health and wellbeing. They will learn about all different types of health, such as mental health, physical health and sexual health. Students will think about the behaviors when it comes to these types of health to ensure they understand how to protect their health now and in the future.

## Year 11

<b><u>Autumn 1</u></b>	<b><u>Sexual Health</u></b>	The comes at this time of the year in line with the legal age of consent being 16. The aim of this topic is to allow students to think for themselves about sexual experiences and health. Students will learn about challenging sexual perceptions and the risks of sexual activity. Students will then look at the culture that sex can sometimes create.
<b><u>Autumn 2</u></b>	<b><u>Relationships</u></b>	Within this students will think generally about relationships. They will look at all types of relationships, including the relationship they have with themselves and their body. Students will understand how to spot an imbalance of power in a relationship. Students will then consider the spectrums of gender and sexuality, before moving onto ensuring that all people in all relationships are equal, no matter the type of relationship.
<b><u>Spring 1</u></b>	<b><u>Mental Health and Wellbeing</u></b>	This comes at this time to ensure that student preparing for their exams are proritising themselves as well, not putting their own mental health and wellbeing at risk. This topic will focus on the effects of mental health conditions and how to over come these effects. For example, students will learn about solution based thinking, the benefits of relaxing and understanding the benefits of sleeping and relaxing. Students will then think about the things that can effect their mental health in the future, such as gambling.
<b><u>Spring 2</u></b>	<b><u>Physical Health and Wellbeing</u></b>	Students will end their PSHE topics with looking at their physical health and wellbeing. This will look ahead to them being adults and making their own life decisions. Students will look at disease, self-examination and organ donations/blood donations.