

PSHE Curriculum Overview: Year 7-11

Term	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1 Healthy Mind and Body	1. Dealing with change – the transition to secondary 2. Healthy routines at home (sleep, diet, oral hygiene) 3. Healthy routines for learning – school routines; study skills, establishing homework routines 4. Keeping physically healthy – the importance of physical activity and the link between physical and mental health 5. Healthy new friendships 6. Bacteria and viruses – how they are spread 7. The benefits of hobbies, interests and participation in society 8. Healthy self-image – identity; developing self-worth and identifying personal strengths and areas to develop 9. How to identify, express and manage emotions in a constructive way 10. Healthy mind: anti-bullying - the different types of bullying and how to respond to bullying	1. Healthy routines at home 2. Healthy school routines 3. Healthy self-image and self-esteem 4. How to manage emotions 5. What makes me happy? 6. What are the signs of stress and anxiety 7. Mindfulness 8. Loneliness. Self-focused or isolating lifestyle 9. Supporting relatives and friends with mental health difficulties 10. Anti-bullying – challenging stereotypes of people with visible differences	1. Healthy routines in school and at home 2. Nutrition and making informed healthy eating choices. The relationship between physical and mental health. 3. Healthy self-image - how to manage influences on body image including social media 4. Coping with anxiety and depression 5. Managing loss, grief and bereavement 6. Managing feelings of anger and upset 7. Anti-bullying: how to get help and the role of bystanders 8. Healthy coping strategies to support positive mental health 9. Happiness: the importance of connections with others 10. Resilience: how to recover from knocks and challenges	1. Healthy routines for GCSE - 2. Healthy sleep habits 3. GCSE myth busting to reduce stress 4. The links between diet and an inactive lifestyle to ill health including cancer and cardiovascular ill-health 5. Coping with stress and anxiety 6. A healthy mind-set towards education – growth mindset 7. Managing judgement of others 8. Anti-bullying: cyber bullying and how to support people 9. Study skills to help manage workload 10. Revision techniques 11. Revision techniques	1. Healthy and happy in year 11 2. Strategies to support positive mental health 3. Mental wellbeing mindfulness and meditation 4. Anxiety and depression – Recognising poor mental health in yourself, family or others and how to access support and treatment 5. Positive thinking and confidence – how to reframe negative thinking 6. Cancer - The benefits of regular self-examination and screening (breast and testicular) 7. Organ, blood and cell donation. 8. The importance of vaccinations 9. How to manage influences and risks relating to cosmetic and aesthetic body alterations 10. Registering and accessing doctors, sexual health clinics, opticians, dentists and other services locally
Autumn 2	1. The benefits of technology and time spent online	1. Social media and the law. What are there laws attached to social media?	1. Keeping your personal information safe. What not to save or share online	1. To share or not to share: the difficulty of removing material placed online	1. How to balance time online and positive, safe ways to create

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Online and Media Safety	<ol style="list-style-type: none"> What is social media and what are the pros and cons? Social media and the law. What are the laws attached to social media? Why are some things age restricted? Social media: Staying safe and positive Staying safe while gaming Online bullying How to spot fake information online How to research using the internet To share or not to share? Risks of excessive use of electronic devices and over-reliance on online relationships 	<ol style="list-style-type: none"> Why are some things age restricted? How to make responsible decisions. 'The online you': Keeping personal information and material safe and considering 'who you are' online and who can see this (includes laws on sharing indecent images) Being respectful online Cyber-bullying Safer online relationships How to recognise online grooming and how to respond and seek help Recognising bias and misleading information online Staying safe while gaming (including laws and age restrictions and why these exist) How to research using the internet including what is plagiarism and how to avoid it Phone addiction 	<ol style="list-style-type: none"> Having a critical mind, why we can't believe everything we see online Online Fraud: How to protect financial security online Online Fraud continued Identity fraud and data protection Identity fraud and data protection continued Extreme or not extreme? The laws on online extremism Does gaming normalise violence? Online influencers and youtubers... real jobs? Real or fake?: The use of highly exaggerated or idealised profiles online 	<ol style="list-style-type: none"> Cyber-bullying Sexting – legal and moral implications Money Mules/laundering: what it is; avoiding it and the consequences of being involved Money mules continued Social engineering (phishing etc and how to avoid identity theft online) Having a critical mind, why we can't believe everything we see online - How social media may distort, misrepresent or target information in order to influence beliefs and opinions - how to manage conflicting views and misleading information Your online presence and future employers Risks relating to online gambling and chance-based transactions including the accumulation of debt. How thinking errors e.g. gamblers fallacy can increase susceptibility to gambling 	<p>content online and the opportunities this offers.</p> <ol style="list-style-type: none"> How many 'friends'? Do they know too much? The opportunities and risks of forming and conducting relationships online Social media. What is banned? What else should/could be banned? Social media, online shopping and gaming addictions Online abuse and harassment – how to identify it and what to do about it. How to be a discerning consumer of online information – how information on search engines is selected and targeted. Websites sharing personal data about users to enable targeted advertising – the pros and cons One view: Online platforms with large numbers of people with similar (and sometimes extreme views). Welcoming healthy debate and widening your online influence Social media and its influence on voting
3 Staying Safe	<ol style="list-style-type: none"> Safety at home (including the risks of cold, fire, damp and mould, electrical hazards and falling on stairs) Resolving family fallouts and conflict 	<ol style="list-style-type: none"> Cycling safety Making disclosures: Feeling safe at home – unacceptable behaviours; neglect; emotional, sexual and physical abuse 	<ol style="list-style-type: none"> Safe in the sun – skin cancer awareness About 'group think' and how it affects behaviour How to recognise passive, aggressive and assertive behaviour and how to communicate assertively 	<ol style="list-style-type: none"> Relationship rights and reporting abuse The risks of binge drinking The impact of substance use on risk taking and personal safety Manage influences in relation to alcohol and other drug use 	<ol style="list-style-type: none"> Smoking while pregnant – The risks (builds on year 8 and includes the impacts on the baby of smoking during pregnancy and smoking around babies and young children)

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	3. Staying safe in the community (including railways and water safety) 4. Caffeine and energy drinks 5. Road safety 6. Feeling safe about your identity 7. About FGM – the law and how to access help and support 8. How to respond in an emergency situation 9. Basic first aid 10. Basic first aid	3. How to use over the counter and prescription medications safely 4. Tobacco and nicotine – risks and influences (including e-cigarettes) 5. Alcohol – risks and managing influences 6. Alcohol and cannabis – short- and long-term effects 7. Gangs 8. County lines – the facts and avoiding risk 9. Hate crime	4. Types and classifications of illegal drugs 5. Drugs and the law 6. Managing influences in relation to substance misuse 7. The risks of legal ‘highs’ 8. Managing risk in relation to gangs - gang related behaviour-including physical grooming, drug operations and county lines 9. The legal and physical risks of carrying a knife	5. The support available for individuals with problematic substance use, including addiction and dependency 6. Avoiding and getting out of serious and organised crime 7. Managing influence in scenarios related to knives 8. Stalking and harassment 9. Sexism and sexual harassment	2. Honour based violence and forced marriage and how to safely access support 3. Extremism and radicalisation
4 Relationships and Sex education (RSE) <i>NOTE: Parents have a right to withdraw from some elements – please see RSE policy on website</i>	1. Positive healthy friendships 2. Boundaries, privacy and consent in relationships 3. Recognising unhealthy relationships 4. Exploring puberty 5. The brain during puberty 6. Hygiene during puberty 7. The menstrual cycle including period products 8. Menstrual Cycle understanding periods 9. Healthy intimate relationships <i>NOTE – Students currently cover male and female anatomy; fertilisation;</i>	1. Positive relationship with yourself – developing self-worth and confidence. 2. How to manage conflict in relationships 3. Ending friendships and relationships 4. Marriage 5. Positive relationships for raising a child 6. Healthy intimate relationships including consent 7. Gender identity and sexual orientation 8. Sex- the biology and the law 9. Basic forms of contraception (pill and condom) and STIs	1. Positive relationships with teachers and people in positions of authority 2. Safe family relationships 3. Trustworthy information from friends and family 4. Recognising unsafe relationships in others 5. Recognising our own unsafe relationships 6. Healthy intimate relationships - Consent and choice 7. Healthy intimate relationships - Consent and communication 8. Contraception 9. STIs 10. Pregnancy	1. The reasons for delaying sexual activity. Resisting pressure to have sex and not applying pressure to others. Feeling ready for sexual activity and enjoying intimacy without sex 2. One-to-one relationships and health 3. Gender identity and sexual orientation 4. Asexuality, abstinence and celibacy 5. Safe sex-STI and pregnancy prevention 6. Unplanned pregnancy options -the choices permitted by UK law including abortion laws 7. How pornography might affect sexual attitudes, expectations and	1. Gender identity, gender expression and sexual orientation 2. How to communicate wants and needs in relation to romantic relationships 3. How to handle unwanted attention (including online) 4. How to challenge harassment and stalking (including online) 5. Various forms of relationship abuse including unhealthy, exploitative and abusive relationships 6. How to access support in abusive relationships and how to overcome challenges in seeking support

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	<i>pregnancy; menstrual cycle and puberty in year 8 science.</i>	10. Indecent image sharing: the law 11. Indecent images: scenarios 12. Indecent images: reporting and penalties	11. How the portrayal of relationships in the media (including games and music) might affect attitudes, expectations and behaviours in relationships and how to manage this.	behaviours and how to manage this 8. Consent: Ethical and legal implications, including manipulation, coercion and capacity to consent. How to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support 9. Sexual harassment and violence 10. How to recognise and challenge victim shaming	7. How to evaluate readiness for parenthood and positive parenting qualities 8. Fertility, including how it varies and changes 9. Pregnancy, birth and miscarriage 10. Adoption and fostering
5 Fundamental British Values	British values 1. Diversity in the UK 2. What are the British Values? 3. Migration to the UK – who; why and the benefits of immigration to British society 4. Religious and cultural understanding, tolerance and acceptance. Link to human rights and Equality Act 2010. 5. Gender equality – including equality of opportunity in life and work 6. Homophobia (including flippant verbal abuse) 7. Racism 8. Race vs cultural ethnicity (combat islamophobia)	British Law 1. British Values 2. British Law and Social Media 3. Laws and criminal responsibility 4. How laws are made and upheld 5. Key features of UK legal system 6. UK jails and criminal sanctions 7. The law and young people 8. Law and liberty- LGBT 9. Law and liberty - slavery 10. Equality Law- link with sexism, racism, islamophobia and disability prejudice	British politics 1. Positive relationships with teachers and people in positions of authority 2. Democracy vs dictatorship 3. Migration 4. The House of Commons 5. The role of the House of Lords 6. The role of the British Monarchy 7. General elections 8. Who could I vote for?: Political parties in the UK 9. Other types of elections. 10. Why should we vote? 11. Petitions	Your rights and responsibilities as a British citizen 1. Your rights and responsibilities as a British citizen. The Equality Act and the need for inclusion, respect and belonging 2. How to recognise and challenge homophobia, biphobia and transphobia 3. How to recognise and challenge racism and religious discrimination 4. How to recognise and challenge disability discrimination 5. How to recognise and respond to extremism and radicalisation 6. Employment rights and responsibilities 7. The role of unions 8. Consumer rights 9. Freedom of speech including press and censorship.	Assemblies: - Rights and Responsibilities for being safe T1 - Black History Month T1 - Holocaust Memorial Day T3 - International Women's Day T4 - National Autism Week T5 - Deaf Awareness Week T5 - Pride Month T6 - Refugee Week T6 - British Values NMU

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	and explain the link with racism) 9. How to challenge prejudice, stereotypes and discrimination 10. How to recognise and challenge media stereotypes			10. What can you do support society (charities, pressure groups)	
6 Religious Studies	1. What is RS 2. Origin 3. God 4. Identity	5. Jesus 6. Muhammed 7. Moses and the 10 Commandments	8. Religion, Racism and Hope 9. Islam and Equality 10. Challenging Stereotypes 11. Stopping injustice	12. Institutional Racism in the UK 13. Forgiveness 14. Case Study - Apartheid in South Africa 15. Reconciliation – how do you resolve differences	

Laureate's Personal Development Programme: Curriculum Intent and Context

Laureate Academy's personal development programme meets all requirements of the DfE's RSE and Health education statutory guidance and covers broader PSHE content supported by the PSHE Association and other organisations. It aims to give all students a broad understanding of a range of issues that may affect them or others around them, now and in their futures. Personal development is delivered by form tutors in two designated tutor time sessions per week. In addition, weekly assemblies address many of these themes and our Education Enrichment Programme coincides with this programme and offers more focus on areas such as careers, aspirations and finance.

In addition, this personal development programme has been carefully tailored to the specific needs of our students; using our knowledge of the issues our students face through consultation with Heads of Year and safeguarding leads. Domestic abuse, mental health, gang county lines, drug use, diversity, sexual harassment and sharing inappropriate images online are some of the areas that we have ensured are addressed thoroughly.

Data from Public Health England's child and maternal health (CHIMAT - <https://fingertips.phe.org.uk/profile/child-health-profiles/data#page/1/ati/302/are/E10000015>) and Hertfordshire's joint strategic needs assessments (JSNAs - <https://www.hertfordshire.gov.uk/microsites/jsna/jsna-documents.aspx?searchInput=&page=1&resultsPerPage=10&view=card&categoryfilters=0/1/22/285/286/287/1624,0/1/22/285/286/287/851>) also supported the development of this programme to ensure the priority needs for our school's local area are covered thoroughly.