

Curriculum Intent PSHCE



Our PSHCE curriculum aims to provide all students with access to well-sequenced, high-quality lessons which are tailored to meet the needs of our diverse community.

The PSHCE curriculum focuses on four key strands:

- **Health and Wellbeing**
- **Sex and relationships**
- **Wider World including CEIAG (Careers Education, Information and Guidance)**
- **Citizenship.**






These themes are knowledge rich, engaging and afford students the opportunity to debate in a safe environment, with clear ground rules promoting respect and compassion.

Our intent is to allow students to reflect on and clarify their own values and attitudes as well as explore complex and sometimes conflicting range of values and attitudes they might encounter now and in the future.

We encourage our students to be enterprising and support them in making effective transitions, informed decisions, positive learning and career choices and in achieving economic wellbeing. In addition, we seek to ensure all students have the knowledge, skills and attributes to keep themselves healthy, safe and prepared for life and work as a citizen in modern Britain.

In essence, PSHCE aims to empower our students with the ability to make good choices, report concerns with confidence and lead happy, successful lives.

Curriculum Map

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
7 	<u>Staying Safe and Managing Change</u> Transition to secondary school, managing emotions and personal safety in and outside school.	<u>Health and Puberty</u> Healthy and unhealthy lifestyles, vaping, smoking, healthy routines, hygiene, puberty, unwanted contact and FGM.	<u>Building Healthy Relationships</u> Self-worth, romance and friendships (including online). Boundaries and consent.	<u>Diversity</u> Diversity, prejudice, stereotyping and bullying. Protected Characteristics and the Equality Act 2010.	<u>Digital Literacy</u> Online safety, digital literacy, media reliability, safer gaming and gambling hooks.	<u>Self-Awareness</u> Job families, skills, qualities and working as part of a team.
8 	<u>Drugs and Alcohol</u> Vaping, smoking, energy drinks, caffeine, alcohol, counter/ prescription drugs and county lines.	<u>Emotional and Physical Health</u> Mental health, healthy and unhealthy coping strategies, digital resilience and body image.	<u>Identity and Relationships</u> Protected characteristics, gender and sexual orientation, stereotypes, sexting and consent.	<u>Labour Market Information</u> Professional behaviour, health and safety, LMI. Action planning.	<u>Citizenship</u> What is democracy? Parliament and Government, the law and how laws are made. Local government.	<u>Financial Decision Making</u> Budgeting, saving and borrowing and making financial choices.
9 	<u>Peer influence, substance use and gangs</u> Healthy and unhealthy friendships, risky behaviours (ASB), substance misuse and gang exploitation.	<u>Respectful Relationships</u> Different families, positive relationships, parenting, conflict resolution and relationship changes.	<u>Opportunity Awareness</u> Decision-making, work motivation and challenging stereotypes.	<u>Intimate Relationships</u> Relationship and sex education including consent, contraception, the risks of STIs and attitudes to pornography.	<u>Employability Skills</u> Rights and responsibilities, first impressions, managing your online presence.	<u>Healthy Lifestyles and Summer Safety</u> Diet and exercise. Vaccinations. Safety including, sun safety, water and railway safety.
10 	<u>Mental Health</u> Looking after your wellbeing, impact of drugs and alcohol, managing pressure and benefits of sleep.	<u>Securing a job</u> Applying for a job, interview techniques, action planning for the future.	<u>Healthy Relationships</u> Relationships, consent, sexual harassment, sexual pleasure and challenges, including the impact of the media and pornography.	<u>Citizenship</u> Rights and responsibilities of ordinary citizens. Jury service, magistrates and special constables.	<u>Respectful Britain</u> Multi-cultural Britain, Equality Act and promoting tolerance. Gangs, hate crime and challenging extremism.	<u>Keeping finances secure</u> Gambling, debt, cybercrime, fraud and the importance of keeping your details safe online.
11 	<u>Building for the future</u> Self-efficacy, stress management, mental health and future opportunities.	<u>Post 16 Transitions</u> Writing CVs, different types of employment and apprenticeships.	<u>Families and Relationships</u> Parenting and family conflicts. Different long-term commitments, marriage and forced marriage. FGM.	<u>Self-Examination and Sexual Health</u> Sexual health and self-examination. Pregnancy outcomes. Routes to parenthood, fertility and the menopause.	<u>Being independent</u> Being ready for progression, rights and responsibilities and active citizenship.	