

Curriculum Map

Subject: PSHE

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
7	Curriculum Topics: Living in the Wider World: Developing Skills and Aspirations	Curriculum Topics: Health and Wellbeing: Building on transition and personal safety	Curriculum Topics: Relationships: Diversity	Curriculum Topics: Living in the Wider World: Financial Decision Making	Curriculum Topics: Health and Wellbeing: Health and Puberty	Curriculum Topics: Relationships: Building Relationships
	Being successful personally: what is teamwork and enterprise and how can they develop it in school? Problem solving, communication, leadership, risk management and creativity What is democracy? How does it work in the UK? Being successful academically Links between personal values and career choices Range of careers and the abilities and qualities required for different careers How to challenge stereotypes How to broaden career horizons . How to identify career aspirations .	Identifying personal strengths and areas for development How to improve study skills How to manage the changes of a new school How to establish and manage friendships How to identify, express and manage emotions in a constructive way How to establish and manage friendships online safely Sharing images of yourself online. How to report/manage it. How to manage other elements of personal safety How to respond in an emergency situation	The benefits of living in a diverse society Identity, rights and responsibilities Discrimination related to race and culture, the Equalities Act 2010 and protected characteristics How to challenge prejudice, stereotypes and discrimination The signs and effects of bullying (including online) How to respond to bullying of any kind How to support others if they are being bullied	Ethical and unethical business practices and consumption in other countries Unethical business practices and consumerism in the UK Saving, spending and budgeting Making financial choices Gambling – online gambling, in-app purchases etc. How to reduce the risks of online gambling.	How to make healthy lifestyle choices: diet, dental, physical activity, sleep etc Impact of poor choices on their physical health as they grow up. Risks of unhealthy activities (caffeine, alcohol, smoking and vaping) and managing these pressures Changing bodies and importance of personal hygiene for teenagers. What are the normal physical and emotional changes during puberty Recognising inappropriate and unwanted contact as you grow up. How to respond to unwanted contact Female Genital Mutilation (FGM)	How to develop self-worth and self-efficacy Qualities and behaviours relating to different types of positive relationships (friendships and romantic relationships) How to recognise unhealthy relationships How to recognise and challenge media stereotypes of romantic relationships and friendships Evaluate expectations from romantic relationships Consent and how to seek and assertively communicate

8	<p>Curriculum Topics: Relationships: Discrimination</p>	<p>Curriculum Topics: Living in the Wider World: Digital Literacy</p>	<p>Curriculum Topics: Health and Wellbeing: Drugs and Alcohol</p>	<p>Curriculum Topics: Living in the Wider World: Community and Careers</p>	<p>Curriculum Topics: Health and Wellbeing: Emotional Wellbeing</p>	<p>Curriculum Topics: Relationships: Identity and Relationships</p>
	<p>Managing influences on beliefs and decisions ‘Group think’ and how to challenge this Developing self-worth and confidence as a student Democracy – the need for diversity in politics. What is the first-past-the-post voting system? Gender identity, transphobia and gender-based discrimination Gender as a protected characteristic under the Equalities Act 2010. Recognising and challenging homophobia and biphobia, sexual orientation as a protected characteristic Recognising and challenging racism and religious discrimination</p>	<p>Critically assessing social media sources and the ‘echo chamber’ of social media. Recognising bias or misleading information online Online communication benefits. Age restrictions when accessing different forms of media How to use social networking sites safely How to distinguish between content which is publicly and privately shared How to recognise online grooming in different forms How to protect financial security online Assessing and managing risks in relation to gambling and chance-based transactions through social media</p>	<p>The over consumption of energy drinks and junk food The relationship between habit and dependence The risks of alcohol, tobacco, nicotine and e-cigarettes How to manage influences in relation to substance abuse How to recognise and promote social norms and attitudes in relation to drugs and alcohol Medicinal and recreations drugs How to use over the counter and prescription medication safely</p>	<p>Equality of opportunity in life and work in the UK and abroad Underrepresentation of groups in certain careers Challenging stereotypes and discrimination in relation to work and pay Employment, self-employment and voluntary work Citizenship and volunteering Setting aspirational goals for future careers or working opportunities to challenge expectations</p>	<p>Mental health and attitudes towards mental health Challenging myths and stigma around mental health Daily wellbeing and building resilience. How to develop digital resilience How to manage emotions around friendships, especially online. Unhealthy coping strategies Healthy coping strategies and self-help</p>	<p>Managing feelings about gender identity and sexual orientation Qualities of positive, healthy romantic relationships. Forming new partnerships and developing romantic relationships Consent in sexual relationships Basic contraception The risks of sharing youth produced images Upskirting</p>

9	Curriculum Topics: Living in the Wider World: Setting Goals	Curriculum Topics: Relationships: Respectful Relationships	Curriculum Topics: Health and Wellbeing: Substance Use and Exploitation	Curriculum Topics: Living in the Wider World: Employability Skills	Curriculum Topics: Health and Wellbeing: Healthy Lifestyle	Curriculum Topics: Relationships: Intimate Relationships
	<p>Transferable skills for careers, abilities and interests How to demonstrate personal strengths Different types of employment How to manage feelings relating to future employment Democracy - the political spectrum, political apathy, voting in a national election GCSE and post-16 options Skills needed for decision making Setting meaningful, realistic goals for the future</p>	<p>Different types of families Forced marriage Conflict and its causes in different contexts Conflict resolution strategies How to have positive relationships in the home Managing relationship and family changes How to access support services for family conflict Managing change, loss, grief and bereavement</p>	<p>Healthy and unhealthy friendships Managing the influences of peers around substance/alcohol and antisocial behaviour 'Group think' and how it can encourage antisocial/illegal behaviour Recognising passive, aggressive and passive aggressive behaviour and how to communicate assertively Positive social norms in relation to drug and alcohol Legal and health risks to drug and alcohol consumption Risk in relation to gangs</p>	<p>Young people's employment rights and responsibilities Skills for enterprise and employability How to give and act on constructive feedback to prepare for work and develop your skills GCSE options and how to make the best choices Habits and strategies to support progress in school How to manage your personal brand online How to identify and access support for concerns relating to life online</p>	<p>The relationship between physical and mental health Balancing work, leisure, exercise and sleep How to make healthy eating choices How to make independent health choices Influences on body image Taking increased responsibility for physical health</p>	<p>Readiness for sexual activity Myths and misconceptions relating to consent The continuous right to withdraw consent and capacity to consent STIs, effective use of condoms and other forms of contraception The consequences of unprotected sex The portrayal of relationships in the media and in pornography The risks of sharing or passing on sexual images How to secure personal information online</p>

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Curriculum Topics: Health and Wellbeing: Exploring Influence	Curriculum Topics: Living in the Wider World: Financial Decision Making	Curriculum Topics: Relationships: Addressing Extremism and Radicalisation	Curriculum Topics: Living in the Wider World: Work Experience	Curriculum Topics: Health and Wellbeing: Mental Health	Curriculum Topics: Relationships: Healthy Relationships
<p>Positive and negative role models</p> <p>How to evaluate the influence of role models on your life</p> <p>What is democracy? The main political parties in Britain and the main difference between their views</p> <p>Role models in politics. Using our right to vote to express dissatisfaction</p> <p>The media's perception of gang culture</p> <p>The impact of drugs and alcohol on individuals, families and wider communities</p> <p>How drugs and alcohol affect decision making</p> <p>Seeking help for substance abuse and addiction</p> <p>Managing peer influence</p> <p>Keeping yourself and others safe</p> <p>Exit strategies for dangerous situations</p>	<p>Budgeting and savings options</p> <p>Finance options as an adult – insurance and pensions</p> <p>Preventing and managing debt. Islamic rules on lending.</p> <p>How data is generated, collected and shared</p> <p>How thinking errors can increase susceptibility to gambling</p> <p>Managing influences related to gambling</p> <p>Relationship between gambling and debt</p> <p>How to manage risk in relation to online gaming</p> <p>The law and illegal financial activity, including fraud and cybercrime</p>	<p>The importance of school community, inclusion, respect and a sense of belonging</p> <p>The legal protection of inclusion and protected characteristics</p> <p>How social media may mis-represent or target information in order to influence beliefs that are not inclusive</p> <p>Freedom of speech on social media.</p> <p>Human Rights and 'freedom of expression'</p> <p>Hate speech and the law.</p> <p>Free Press</p> <p>How to recognise and respond to extremism and radicalisation</p> <p>How to challenge discrimination.</p>	<p>Evaluating strengths and interests in relation to career development</p> <p>Opportunities in learning and work that can give you valuable experience</p> <p>Responsibilities of the employee in the workplace</p> <p>Strategies for overcoming challenges or adversity in work</p> <p>Responsibilities of the employer</p> <p>How to maintain a positive personal presence online</p>	<p>How to manage challenges during adolescence</p> <p>Body image</p> <p>How to reframe negative thinking</p> <p>Strategies to promote positive mental health and emotional wellbeing especially around exam stress</p> <p>Signs of emotional or mental ill-health compared with normal emotional range.</p> <p>The danger of social media and unhealthy responses to mental health</p> <p>How to access support</p> <p>The portrayal of mental health in the media</p> <p>How to challenge stigma, stereotypes and misinformation</p>	<p>Relationship values and the role of pleasure in relationships</p> <p>How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours</p> <p>Myths, assumptions, misconceptions and social norms about sex, gender and relationships</p> <p>Asexuality, abstinence and celibacy</p> <p>The opportunities and risks of forming and conducting relationships online</p> <p>Consent, manipulation and coercion</p> <p>Recognising and challenging victim blaming in relation to coercion, sexual assault and exploitation</p>

11	Curriculum Topics: Health and Wellbeing: Building for the Future	Curriculum Topics: Living in the Wider World: Next Steps	Curriculum Topics: Relationships: Communication in Relationships	Curriculum Topics: Health and Wellbeing/relationships: Independence and families		
	<p>How to manage the judgement of others and challenge</p> <p>How to balance ambition and unrealistic expectations</p> <p>How to develop self-efficacy, including motivation, perseverance and resilience</p> <p>What is democracy? What are the different votes we can make as citizen?</p> <p>How to maintain a healthy self-concept, especially in relation to school work</p> <p>Effective revision techniques and strategies</p> <p>The nature, causes and effects of stress</p> <p>Stress management strategies including healthy sleep habits</p>	<p>How to set and achieve SMART targets</p> <p>Options post-16 and careers</p> <p>Application processes including writing CVs, personal statements and interview techniques</p> <p>How to maximise employability including managing online presence</p> <p>Legal rights, responsibilities and challenges in relation to working part time whilst studying</p> <p>How to manage work/life balance</p>	<p>Gender identity, gender expression and sexual orientation and their legal protection as a protected characteristic</p> <p>Respecting the emotions of the individual in relationships</p> <p>How to communicate assertively and how to communicate wants and needs relating to readiness for sex</p> <p>How to choose and access appropriate contraception including emergency contraception</p> <p>Unwanted attention, including online</p> <p>How to challenge harassment and stalking including online.</p> <p>Various forms of relationship abuse</p> <p>Identifying unhealthy, exploitative and abusive relationships</p> <p>How to access support</p>	<p>Links between lifestyle and some cancers</p> <p>The importance of self-screening and how to perform self-examination</p> <p>Vaccinations and immunisations</p> <p>Blood, organ and stem cell donation</p> <p>How to manage influences and risks relating to cosmetic and aesthetic body alterations</p> <p>Fertility, including how it varies and changes</p> <p>Pregnancy, birth and miscarriage</p> <p>Unplanned pregnancy options</p> <p>Different types of family</p> <p>Forced marriage</p> <p>How to manage change, loss, grief and bereavement</p>		

12	Curriculum Topics: Living in the wider world – readiness for further study and the world of work	Curriculum Topics: Health and Wellbeing – mental health and emotional wellbeing	Curriculum Topics: Relationships - Diversity and inclusion	Curriculum Topics: Living in the wider world - Planning for the future	Curriculum Topics: Relationships – respectful relationships	Curriculum Topics: Health and wellbeing – health choices and safety
	How to be enterprising in life and work and evaluate your skills/strengths . Getting the most out of 6th form life Study Skills How to make decisions about voting when you are 18. Balancing work and study Rights and responsibilities in different types of employment How to write an effective CV and prepare for interviews Professional conduct at work Overcoming challenges or adversity in the workplace The role of trade unions and professional organisations	Promoting mental health and emotional wellbeing Work-life balance , including study, leisure, exercise, sleep and time online The signs of emotional or mental ill-health how, when and how to access appropriate support and treatment The effects of idealised images of bodies and pressure to conform Strategies to manage influences on body image How to manage influences and risks relating to cosmetic and aesthetic body alterations	Celebrating cultural diversity Rights, roles and responsibilities in a diverse society Equalities Act 2010 and protected characteristics How to safely challenge prejudice and discrimination , including online Extremism and radicalisation	Setting realistic, aspirational goals Options available in education , training and employment post-18, Evidencing strengths and skills when applying for future roles The changing patterns and trends in the labour market Financial advantages, disadvantages and risks relating to post-18 options Gains and risks of different credit/debt arrangements and repayment implications, including student loans	Seeking and assertively giving or withdrawing consent Factors that might affect capacity to consent The emotional, physical, social, and legal consequences of failing to respect others’ right not to give or to withdraw consent The signs of abuse, exploitation and assault or rape Accessing support and report concerns , including online Attitudes towards sexual assault and their impact Manipulation and coercion Rights in relation to harassment, stalking and violence Exit strategies for unhealthy relationships Forced marriage and ‘honour’-based violence Exit strategies for pressurised or dangerous situations	Personal safety in relation to travel Driving laws and risks Summer holiday safety: about safety, rights and responsibilities when The impact of substance use on health, personal safety, decision making and sexual behaviour How to manage use of alcohol and other drugs The impact of substance use on road safety, workplace safety, reputation and career The dangers and consequences of involvement in gangs, serious organised crime or carrying a weapon how to perform first aid

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<p>Curriculum Topics: Living in the wider world – next steps</p>	<p>Curriculum Topics: Living in the wider world – Financial choices</p>	<p>Curriculum Topics: Health and wellbeing – Independence</p>	<p>Curriculum Topics: Relationships – building and maintaining relationships intimate relationships</p>		
<p>Revisit ‘next steps’ post-18 Application processes and preparing for interviews Challenging online content that adversely affects personal or professional reputation Democracy - how to make decisions about voting when you are 18. What types of election can you vote in and why do we have these structures? How social media can expand, limit or distort perspectives Setting and maintaining boundaries around personal privacy Managing online safety in all its forms</p>	<p>Expenditure and budget for changes in circumstances Salary deductions and how to manage these Savings options Financial contracts Gains and risks of different debt arrangements and repayment implications Risks involved in different financial ventures Critically assessing different media sources Online content and propaganda, manipulation, biased or misleading information</p>	<p>Adaptability and resilience during periods of change and strategies to manage change Monitoring personal health and wellbeing Managing transitional life phases Managing mature friendships Registering with and accessing doctors, opticians and other health services Illnesses that particularly affect young adults Screening and how to perform self-examination Independent health choices and managing media messages about health</p>	<p>Recap on consent Communicating and negotiating expectations and boundaries in relationships Relationship challenges and how to manage the ending of relationships Contraception in different contexts and relationships and communicate about use with a sexual partner Reducing the risk of contracting or passing on an STI Accessing local and national advice in relation to sexual health Sexual health services, locally, nationally and online Delaying conception Unintended pregnancy and young parenthood</p>		