

PSHE programme Overview 2020-21 KS3 & 4

| Year | Autumn Term 1 | Autumn Term 2 | Spring Term 1 | Spring Term 2 | Summer Term 1 | Summer Term 2 |
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| <p>Celebrating Diversity Calendar: Additional PSHE lessons, workshops, Assemblies & Tutor Time Activities</p> <p>KS3-KS5</p> | <p><u>Black History Month</u></p> <p><u>Bullying & Harassment Support Tutor Activity</u> Reminder of where to go to for support</p> <p><u>World Mental Health Day</u></p> <p><u>Year 11-13: Celebrating Women:</u> Some people are women: Let's Celebrate it!</p> | <p><u>Remembrance Day</u></p> <p><u>Anti-Bullying Week</u></p> <p><u>TDA tutor discussion: My Future, My Choice</u></p> <p><u>International Disability Day:</u> Some people have disabilities- Let's Celebrate Them!</p> | <p><u>Some people have different abilities...</u> Let's Celebrate Them!</p> <p><u>World Faith Day:</u> <u>Some people have different religions:</u> Let's Celebrate them!</p> <p><u>LGBT+ History Month:</u> Body, Mind & Soul</p> | <p><u>International Woman's Day</u></p> <p><u>Fasting & Ramadan</u></p> | <p><u>Holocaust Memorial Day</u></p> <p><u>Mental Health Awareness Week:</u> Mind</p> <p><u>International Day against Homophobia</u></p> | <p><u>National Refugee Day</u></p> <p><u>Women in Engineering</u></p> <p><u>Pride Month</u></p> <p><u>Remembering Srebrenica:</u> Every Action Matters</p> |
| <p>Year 7 HT1</p> | <p><u>Bullying & Harassment Quiz</u> What is it and where can we go for support? Transition to secondary school and personal safety in and outside of school</p> <p><u>Respectful Relationships and Mental wellbeing</u></p> <p>1. Friendship: Maintaining genuine friendships and Avoiding toxic ones</p> | <p><u>Physical Health and Mental Well Being: Healthy Eating</u></p> <p>1. Health for learning and balanced diet</p> <p>2. Eat well guide & my meal planner</p> <p>3. Sugar smart and what's in our cooking?</p> <p>4. Regular physical activity and the benefits of exercise</p> <p>5. Cardiovascular system: How our heart responds to</p> | <p><u>Respectful Relationships</u></p> <p>1 & 2. Prejudice and Discrimination: Racism & Discrimination: case study and keywords</p> <p>3. Prejudice & stereotyping: Looking at Islam</p> <p>4 & 5. Race doesn't exist: Racism and stereotyping does! DNA and our genes</p> <p><u>Support/Advice & Evaluation</u></p> | <p><u>Health & Wellbeing: Mental Wellbeing & Body Image</u></p> <p>1. What is puberty?</p> <p>2. Changes during puberty & ways to cope</p> <p>3 & 4. Puberty and the menstrual cycle</p> <p>5 & 6. Body image and eating disorders</p> <p><u>Support/Advice & Evaluation</u></p> | <p><u>Respectful Relationships</u></p> <p>1 & 2. Peer pressure: Why is it so powerful and how can we overcome it?</p> <p>3 Peer pressure: manipulation and self esteem</p> <p>4 Resisting peer pressure</p> <p>5 'Mob mentality' and 'herd mentality': How can we overcome it?</p> | <p><u>Respectful Relationships</u></p> <p>1 & 2. Bullying or banter?: What is it and what isn't acceptable?</p> <p>3. Jokes: When does banter turn into bullying case study</p> <p>4. Examining case studies</p> <p>5. Should banter be banned?</p> <p><u>Support/Advice & Evaluation</u></p> |

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| | <p>2 & 3. Warning signs of mental well-being concerns and bullying</p> <p>4. Supporting others through friendship</p> <p>5. Developing genuine friendships & happiness</p> <p>6. Maintaining positive friendships</p> <p>Support/Advice & Evaluation</p> <p><u>Safe Space</u> Menstruation session Bullying & Harassment session</p> <p><u>Online Safety Workshop</u></p> | <p>exercise, heart disease and the risks</p> <p>6. Sleep and threats to our health and learning</p> <p>7. Healthy active lifestyle action plan</p> <p>Support/Advice & Evaluation</p> <p><u>Safe Space</u> Bullying & Harassment session</p> | | | Support/Advice & Evaluation | |
| Year 8 | <p><u>Bullying & Harassment Quiz</u> What is it and where can we go for support?</p> <p>Health & Wellbeing: Mental Well-being</p> <p>1&2. What is Self-Awareness & Sensitivity? How can we improve our own awareness and how can it help us to succeed in life?</p> | <p>Relationships: Respectful Relationships</p> <ol style="list-style-type: none"> Positive relationships & how we can keep safe Different types of relationships & how we maintain good relationships Changing relationships & coping strategies | <p>Health & Well Being: Drugs</p> <p>1&2. What are drugs and why do people take drugs? The effects of drugs & the law.</p> <p>3&4. What are the different types or drugs & why are they so dangerous? What is dependence and what</p> | <p>Living in the Wider World: British Values</p> <ol style="list-style-type: none"> Introduction to British Values & tolerance in our school and community Successful, Religious & British: Can you have British values and religious values that aren't Christian | <p>Living in the Wider World: Being a Global Citizen & taking care of the Environment</p> <ol style="list-style-type: none"> What is Global Citizenship? How can we look after the environment? Dear Future Generations Video: Sorry! The main issues our Planet faces | <p>Health & Well Being: First Aid (St Johns Ambulance)</p> <ol style="list-style-type: none"> Allergies Asthma Basic Life Support: CPR & use of defibrillator |

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| | <p>3&4. Why do we need Self Esteem and how do we build it up?</p> <p>5. Body image</p> <p>6.Evaluation Summary</p> <p>Support/Advice & Evaluation</p> <p><u>Safe Space</u> Bullying & Harassment</p> | <p>4&5. Relationship conflict: At home and the family</p> <p>6. Evaluation & summary</p> <p>Support/Advice & Evaluation</p> | <p>physical harm do drugs create?</p> <p>5&6. Smoking & vaping addiction</p> <p>Support/Advice & Evaluation</p> | <p>3. Tolerance and respect</p> <p>4&5. Teacher led discussions on 'Breaking Stereotypes', 'The Equality Act' and 'Having an open mind'. How do can we fight injustice?</p> <p>Support/Advice & Evaluation</p> <p>Extension activity/video to engage students: Mo Farah Video/Case Study Links all values taught and direct link to faith.</p> | <p>4. Reducing food waste</p> <p>5. The plastic problem</p> <p>6. Study support sessions x 2 (co-inside with Assessment Week 16th-26th May 2021)</p> <p>Support/Advice & Evaluation</p> | <p>4. Bleeding</p> <p>5. Head Injuries</p> <p>6. Choking</p> <p>7. NHS, GP advice and our own health check ups</p> <p>Support/Advice & Evaluation</p> |
| Year 9 | <p><u>Health & Wellbeing: Mental Health and Grief</u></p> <p>1 & 2. How can we keep good mental health and cope with stress?</p> <p>3.Our mental health and mental health illnesses</p> <p>4 & 5. Managing tough times, change, grief and bereavement</p> <p>Support/Advice & Evaluation</p> | <p><u>Living in the Wider World: Media Literacy and Digital Resilience</u></p> <p>1. What is the dark web? What it is and what do we need to know? Criminals and consequences</p> <p>2. Keeping safe online: privacy online and the dangers of the internet e.g. grooming</p> | <p><u>Living in the Wider World: Financial Choices</u></p> <p>1. Credit & Debit</p> <p>2. Budgeting, Income tax and NI</p> <p>3. Debt</p> <p>4. Gambling</p> <p>5. Online Scams</p> | <p><u>Knife Crime & Antisocial Behaviour</u></p> <p>1. Knife Crime</p> <p>2. Risk taking</p> <p>3. Pressure to carry weapons</p> <p>4. Strategies for managing pressure</p> <p>5. Consequences of gang behaviours</p> | <p><u>Extremism and Radicalisation</u></p> <p>1. Understanding and preventing extremism - introduction to the topic.</p> <p>2. What is prevent?</p> <p>3. How can language used in the media divide us?</p> <p>4. How can people's actions be affected by</p> | <p><u>Relationships: SRE & Staying Safe</u></p> <p>1. How do we protect ourselves?</p> <p>2. STI's: What are they and how can they be prevented?</p> <p>3. Consent</p> <p>4. Being 'Cyber Safe'</p> |

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| | | 3. Possessing/sending images and the law. Our digital footprint. 4. Online cults, religions and their leaders Support/Advice & Evaluation | Support/Advice & Evaluation | Support/Advice & Evaluation NHS: Knife Crime First Aid Workshop | other people's influence? 5. How can you help your community to tackle extremism and radicalisation? With evaluation of the term. Support/Advice & Evaluation Safe East: Staying Safe Workshop | 5. The dangers of pornography and media expectations of relationships 6. The dangers and risks associated with sexting Support/Advice & Evaluation |
| Year 10 | <u>Living in the Wider Community: Identity and Hate Crime</u> 1. Religious beliefs and hate crimes 2. Different religious groups that make up the UK 3. What does it mean to be a British citizen? 4. My personal ancestry family tree 5. A very British history: British Bangladeshis and their history Support/Advice & Evaluation | <u>Relationships: Intimate and sexual</u> 1. Romance, love and new feelings 2. Sexual relationships 3. Teenage pregnancy unplanned pregnancy 4. Teenage pregnancy: How can accidents be avoided? 5. Miscarriages, adoption and abortion 6. Peer pressure and sex Support/Advice & Evaluation | <u>Living in the Wider Community: Head to Head</u> 1. Personal statements 2. Applications/ interviews 3. Employability skills with a focus on team work 4. Researching jobs and my career path 5. Careers and skills for life: Motivation & work ethic | <u>Living in the Wider Community: Work Experience</u> 1. Do's and don'ts 2. Professionalism at work 3. Enterprise skills 4. Work skills 5. CV Writing 6. Skills and experience 7. Writing my personal statement Support/Advice & Evaluation | <u>Health & Wellbeing: Drugs and the law</u> 1. Drugs, risks and the law 2. Types of drugs and the short term and long term, risks of drug abuse 3. Drugs in sport: performance-enhancing drugs, social drugs & being a role model 4. Effects of Alcohol abuse: signs of addiction and dependency | <u>Relationships: Families and LGBTQ+</u> 1. Families: What are the different types and does it matter what kind of family I have? 2. Family roles: Can we define these? 3. Different families and different long-term commitment 4. Same sex relationships 5& 6. A focus on LGBTQ+ community |

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| | | <u>Safe East Workshop Sessions</u> Consent and Intimate Relationships | 6. Apprenticeships: What are they and which one would suit me? Support/Advice & Evaluation | | 5. Date rape drugs and the law Support/Advice & Evaluation | <u>Safe East Workshop Sessions</u> Sexual Relationships & Staying Safe Support/Advice & Evaluation |
| Year 11 | <u>Health & Wellbeing: Exam skills, time management and Perseverance</u> 1. Time management: How can I organise myself to succeed? 2. Perseverance & procrastination: Why is the ability to persevere an essential life skill? 3. Exam preparation: It doesn't have to be stress! Support/Advice & Evaluation | <u>Living in the Wider World: Careers and Preparing for future</u> 1-2.College and university application 3-4.Apprentices: What are they? What is on offer? Does it suit me to complete an apprenticeship? 5-6.Researching jobs and careers that suit me Support/Advice & Evaluation | <u>Relationships: Relationships & Abuse</u> 1.Forced marriage 3.Coercive Control 4.Domestic Abuse 5.Stalking and harassment 6.Child Sexual Exploitation 7. FGM Support/Advice & Evaluation <u>Safe East Workshop Sessions</u> | <u>Exams Preparation</u> | <u>Exams</u> | <u>Exams</u> |