

## **PERSONAL SOCIAL HEALTH EDUCATION (PSHE)**

Personal Social Health Education (PSHE) programme, is delivered by tutors during a dedicated period every Monday morning. Through our programme we aim to ensure pupils develop the attributes, skills and knowledge they need to prepare for a successful future in both life and work, and to keep themselves healthy and safe.

This year there will be 6 Core themes covered within PSHE (4 in year 11)

- Rights, responsibilities and British values
- Health and wellbeing
- Staying safe online and offline
- Relationships and sex education
- Celebrating equality and diversity
- Life beyond school

# Year 7 Curriculum Overview (References included)

## MANAGING CHANGE

### Managing Change Unit

## MANAGING CHANGE

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Intro to PSHE	Getting to know people	What is a community?	Careers and your future	Sleep and relaxation	Financial Education	Transition points and your life
	GB	BV	GB		GB	GB
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
KEY GB = Gatsby Benchmark Careers Standard   BV = British Values   SH = Statutory Health.   RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b>	<b>Term Time Project:</b> Citizens, Society and Board Games Project (Precious gem stone Assessment criteria available with a graduation portfolio)					

## PUBERTY & BODY DEVELOPMENT

### Puberty Body Development Unit

## PUBERTY & BODY DEVELOPMENT

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Intro to Puberty	Puberty (Girls focus)	Puberty (Boys focus)	Personal Hygiene inc Oral Hygiene	Growing up and FGM	Assertiveness, consent and Hormones	Self Esteem & empowerment
SH – T8	SH – T8	SH – T8	SH – T6	SH– T8, RSE	SH – T8	GB, SH
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
KEY GB = Gatsby Benchmark Careers Standard   BV = British Values   SH = Statutory Health.   RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b>	<b>Term Time Project:</b> Teenage puberty magazine Project (Precious gem stone Assessment criteria available with a graduation portfolio)					

## POLITICS, PARLIAMENT & ME

### Politics, Parliament and Me Unit

## POLITICS, PARLIAMENT & ME

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Why is politics important	How is our country run	Create a political party	Elections and campaigning	Politics and Debating	Exploring inside Parliament	Who is the new Prime Minister
CIT, BV	CIT, GB, BV	CIT	CIT	CIT, BV	CIT, BV	CIT, BV
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
KEY GB = Gatsby Benchmark Careers Standard   BV = British Values   CIT = KS3 Citizenship   RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b>	<b>Term Time Project:</b> Building a new parliament Project (Precious gem stone Assessment criteria available with a graduation portfolio)					

## STAYING SAFE ONLINE & OFFLINE

### Staying Safe Online & Offline Unit

## STAYING SAFE ONLINE & OFFLINE

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Avoiding Gangs	Staying Safe Online	Fortnite, Grooming & online gaming	What is alcohol?	What is smoking?	E-Cigs and vaping	Energy Drinks (Carrying a knife)
Laws	SH – T2	SH – T2	SH – T5	SH – T5	SH – T5	RSE, SH – T5
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
KEY GB = Gatsby Benchmark Careers Standard   BV = British Values   SH = Statutory Health.   RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b>	<b>Term Time Project:</b> Launching a mobile phone App Project (Precious gem stone Assessment criteria available with a graduation portfolio)					

# Year 7 Curriculum Overview

## Celebrating Differences Unit

CELEBRATING DIFFERENCES

CELEBRATING DIFFERENCES

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Multicultural Britain	What is your identity?	Nature Vs Nurture	Equality Act 2010	Breaking down Stereotypes	Prejudice and Discrimination	Challenging Islamophobia
CIT	BV, CIT, RSE – T2	CIT	BV, CIT, RSE – T2	BV, CIT, RSE – T2	BV, CIT, RSE – T2	CIT, RSE – T2
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
KEY CIT = Citizenship BV = British Values SH = Statutory Health. RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b>	<b>Term Time Project:</b> Identity Show table Project (Precious gem stone Assessment criteria available with a graduation portfolio)					

## Friendships, Respect & Relationships Unit

FRIENDSHIPS RESPECT & RELATIONSHIPS

FRIENDSHIPS RESPECT & RELATIONSHIPS

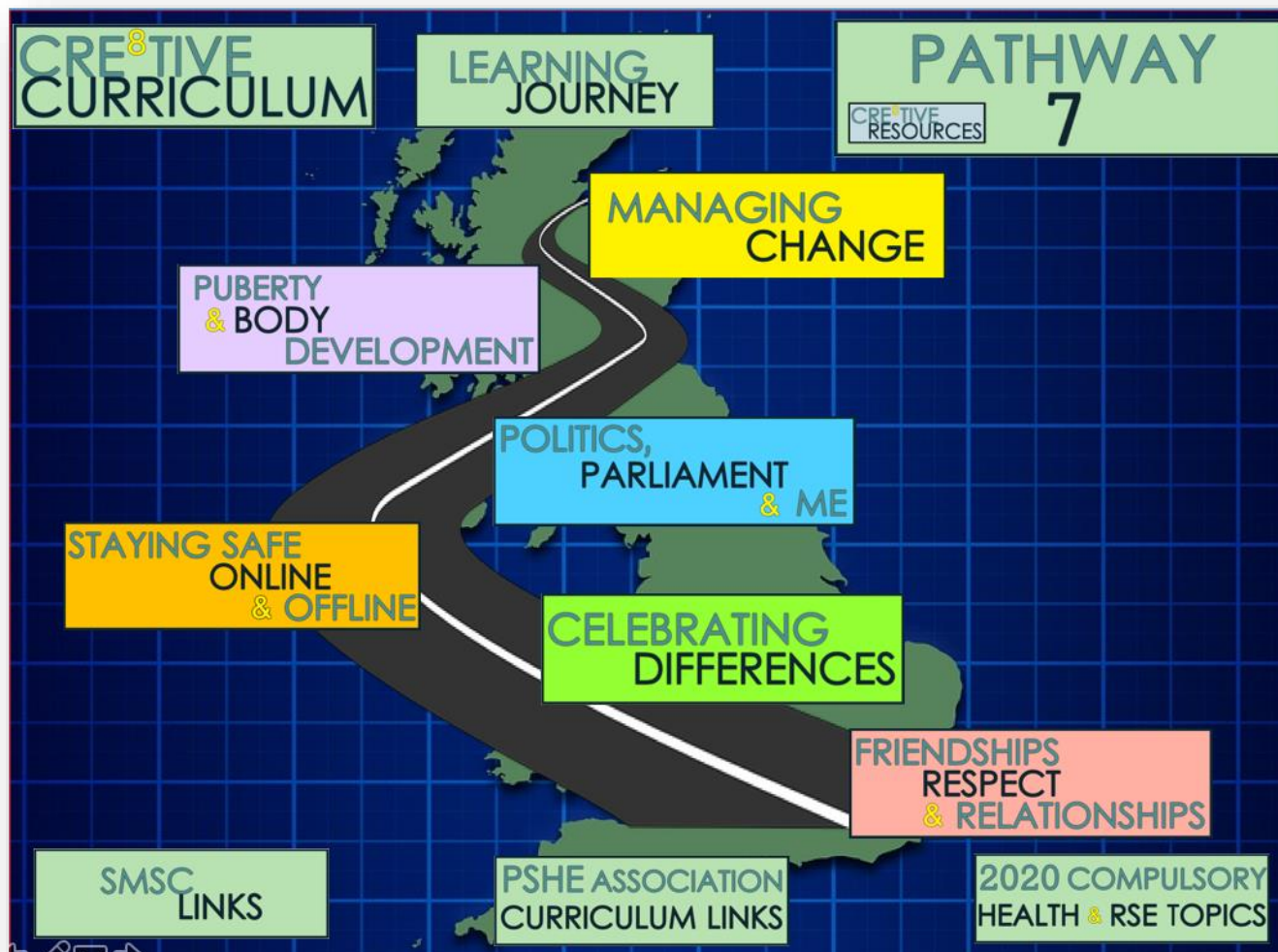
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Consent and boundaries	Respect and relationships	What makes a good friend	Friendships and managing them	Being positive & Self Esteem	Pressure & Influence	What does it mean to be a man?
RSE – T4	RSE – T2	SH T1 & RSE T2	SRE – T1	RSE – T2	RSE – T1	
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
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<b>Homework Opportunities</b>	<b>Term Time Project:</b> Time Box Project (Precious gem stone Assessment criteria available with a graduation portfolio)					

### Statutory RSE Topics

- [Topic 1] Families
- [Topic 2] Respectful relationships, including friendships
- [Topic 3] Online and the Media
- [Topic 4] Being safe
- [Topic 5] Intimate and sexual relationships, including sexual health

### Statutory Health Topics

- [Topic 1] Mental Wellbeing
- [Topic 2] Internet Safety & Harms
- [Topic 3] Physical Health and Wellbeing
- [Topic 4] Healthy Eating
- [Topic 5] Drugs, Alcohol and Tobacco
- [Topic 6] Health and Prevention
- [Topic 7] Basic First Aid
- [Topic 8] Changing Adolescent body



# Year 8 Curriculum Overview

**PROUD TO BE ME!**

## Proud to be me Unit

**PROUD TO BE ME!**

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
<b>Employability Skills</b>	<b>Proud to be me + Career choices</b>	<b>Career interests and Jobs</b>	<b>Self Esteem and the Media</b>	<b>Labour market information</b>	<b>Exploring careers</b>	
GB	GB, RSE	RSE – T2	RSE – T2	GB	GB	GB
<b>Optional –PSHE Student Work Book that follows the lessons above</b>						
KEY GB = Gatsby Benchmark Careers Standard   BV = British Values   SH = Statutory Health.   RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b>	<b>Term Time Project:</b> Jigsaw Blanket of Happiness Project (Precious gem stone Assessment criteria available with a graduation portfolio)					

**PHYSICAL HEALTH & MENTAL WELLBEING**

## Physical Health & Mental Wellbeing Unit

**PHYSICAL HEALTH & MENTAL WELLBEING**

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
<b>Health and Wellbeing</b>	<b>What is mental health?</b>	<b>Positive body image</b>	<b>Child abuse</b>	<b>Types of Bullying</b>	<b>Healthy eating and Cholesterol</b>	<b>Stress management 1</b>
SH – T1	SH – T1	SH – T2, RSE – T3	RSE – T2	RSE – T2	SH – T4	SH – T1
<b>Optional –PSHE Student Work Book that follows the lessons above</b>						
KEY GB = Gatsby Benchmark Careers Standard   BV = British Values   SH = Statutory Health.   RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b>	<b>Term Time Project:</b> Launching a leisure center Project (Precious gem stone Assessment criteria available with a graduation portfolio)					

**LAW, CRIME & SOCIETY**

## Law, Crime & Society Unit

**LAW, CRIME & SOCIETY**

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
<b>Desert Island Living</b>	<b>Building a community</b>	<b>Making decisions &amp; making priorities</b>	<b>Criminals, laws and society</b>	<b>Law making in the UK</b>	<b>Prisons, Reform and Punishment</b>	n/a
CIT	CIT, GB, BV	CIT	CIT, BV	CIT, BV	CIT	
<b>Optional –PSHE Student Work Book that follows the lessons above</b>						
KEY GB = Gatsby Benchmark Careers Standard   BV = British Values   CIT = Citizenship .   RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b>	<b>Term Time Project:</b> Prisons for the future display Project (Precious gem stone Assessment criteria available with a graduation portfolio)					

**DANGEROUS SOCIETY ONLINE & OFFLINE**

## Dangerous Society Online & Offline Unit

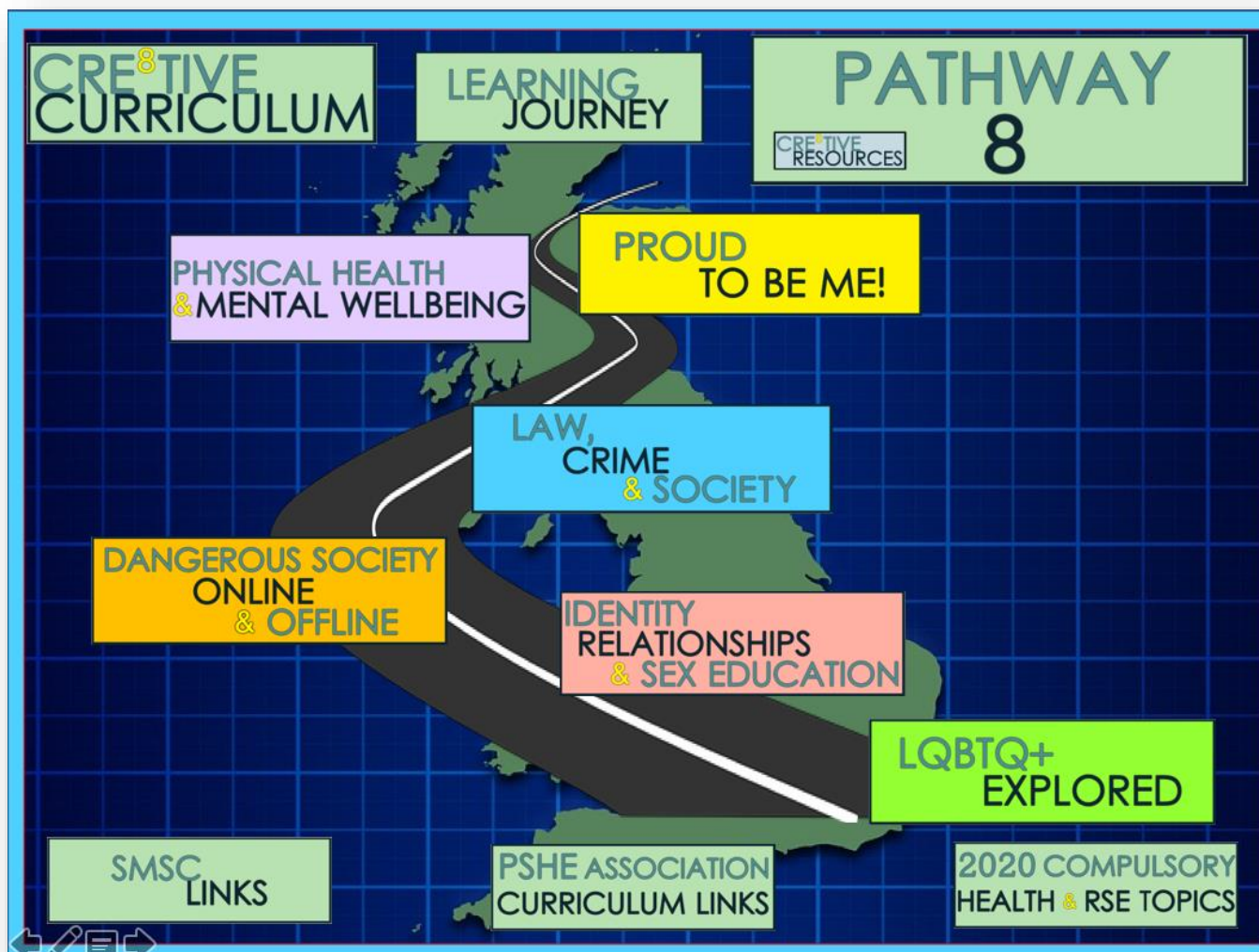
**DANGEROUS SOCIETY ONLINE & OFFLINE**

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
<b>County Lines – What is it?</b>	<b>County Lines – Who is at risk?</b>	<b>Substance misuse</b>	<b>Online safety – Cyber bullying</b>	<b>Grooming Boys and Girls</b>	<b>Drugs Education – Alcohol safety</b>	<b>Child Exploitation and online protection</b>
		SH –T5	SH -2 , RSE -T1	SH -2 , RSE -T1	SH –T5	SH -2 , RSE -T1
<b>Optional –PSHE Student Work Book that follows the lessons above</b>						
KEY GB = Gatsby Benchmark Careers Standard   BV = British Values   SH = Statutory Health.   RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b>	<b>Term Time Project:</b> Become the teacher Project (Precious gem stone Assessment criteria available with a graduation portfolio)					

# Year 8 Curriculum Overview

LGBTQA+ Explored Unit						
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Intro to Year 8 Lesson	LGBT what is it?	LGBT Homophobia in schools	Supporting those that are LGBT	Challenging homophobia	Transphobia	Coming Out
	RSE		BV	BV		
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
KEY GB = Gatsby Benchmark Careers Standard   BV = British Values   SH = Statutory Health.   RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b>	<b>Term Time Project:</b> LGBT+ Champion Speech competition Project (Precious gem stone Assessment criteria available with a graduation portfolio)					

Identity, Relationships & Sex Education Unit						
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Intro to relationships and sex education	Healthy relationships	Dealing with conflict	Sexual Orientation	Gender Identity	Introduction to contraception	What is Love (Periods and menstrual cycles)
RSE – T3	RSE – T6		RSE – T1	RSE -T1	RSE –T6	SH – T8
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
KEY GB = Gatsby Benchmark Careers Standard   BV = British Values   SH = Statutory Health.   RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b>	<b>Term Time Project:</b> Body image and social Media Project (Precious gem stone Assessment criteria available with a graduation portfolio)					



## Statutory RSE Topics

- [Topic 1] Families
- [Topic 2] Respectful relationships, including friendships
- [Topic 3] Online and the Media
- [Topic 4] Being safe
- [Topic 5] Intimate and sexual relationships, including sexual health

## Statutory Health Topics

- [Topic 1] Mental Wellbeing
- [Topic 2] Internet Safety & Harms
- [Topic 3] Physical Health and Wellbeing
- [Topic 4] Healthy Eating
- [Topic 5] Drugs, Alcohol and Tobacco
- [Topic 6] Health and Prevention
- [Topic 7] Basic First Aid
- [Topic 8] Changing Adolescent body

# Year 9 Curriculum Overview

## ESSENTIAL LIFE SKILLS

### Essential life skills Unit

## ESSENTIAL LIFE SKILLS

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
From Failure to Success	First Aid Lesson (2-3 Hours)	Importance of Happiness	What is anger?	Saving and managing money	Employment & Financial management	Social media and online stress
GB	SH	SH		GB	GB	SH
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
KEY GB = Gatsby Benchmark Careers Standard   BV = British Values   SH = Statutory Health.   RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b>	<b>Term Time Project:</b> Fair Trade Project (Precious gem stone Assessment criteria available with a graduation portfolio)					

## BODY CONFIDENCE

### Body Confidence Unit

## BODY CONFIDENCE

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Self esteem changes	What is a penis?	What is a vulva?	HBT – Bullying in all its forms	Dealing with Grief and loss	Media and Airbrushing	Cancer Prevention & Healthy lifestyles
SH	SH	SH			SH, RSE	SH
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
KEY GB = Gatsby Benchmark Careers Standard   BV = British Values   SH = Statutory Health.   RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b>	<b>Term Time Project:</b> School Health & wellbeing Project (Precious gem stone Assessment criteria available with a graduation portfolio)					

## COMBATTING EXTREMISM & TERRORISM

### Combatting Extremism & Terrorism Unit

## COMBATTING EXTREMISM & TERRORISM

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Conspiracies & Extremist narratives	Extremism in all its forms	What is Terrorism?	Proud to be British	The radicalisation process	Counter Terrorism	Anti – Semitism
CIT	CIT	CIT	BV, CIT	CIT	CIT	CIT
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
KEY CIT = Citizenship.   BV = British Values   SH = Statutory Health.   RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b>	<b>Term Time Project:</b> Creating a Fake Newspaper Project (Precious gem stone Assessment criteria available with a graduation portfolio)					

## LEGAL & ILLEGAL DRUGS

### Legal & Illegal Drugs Unit

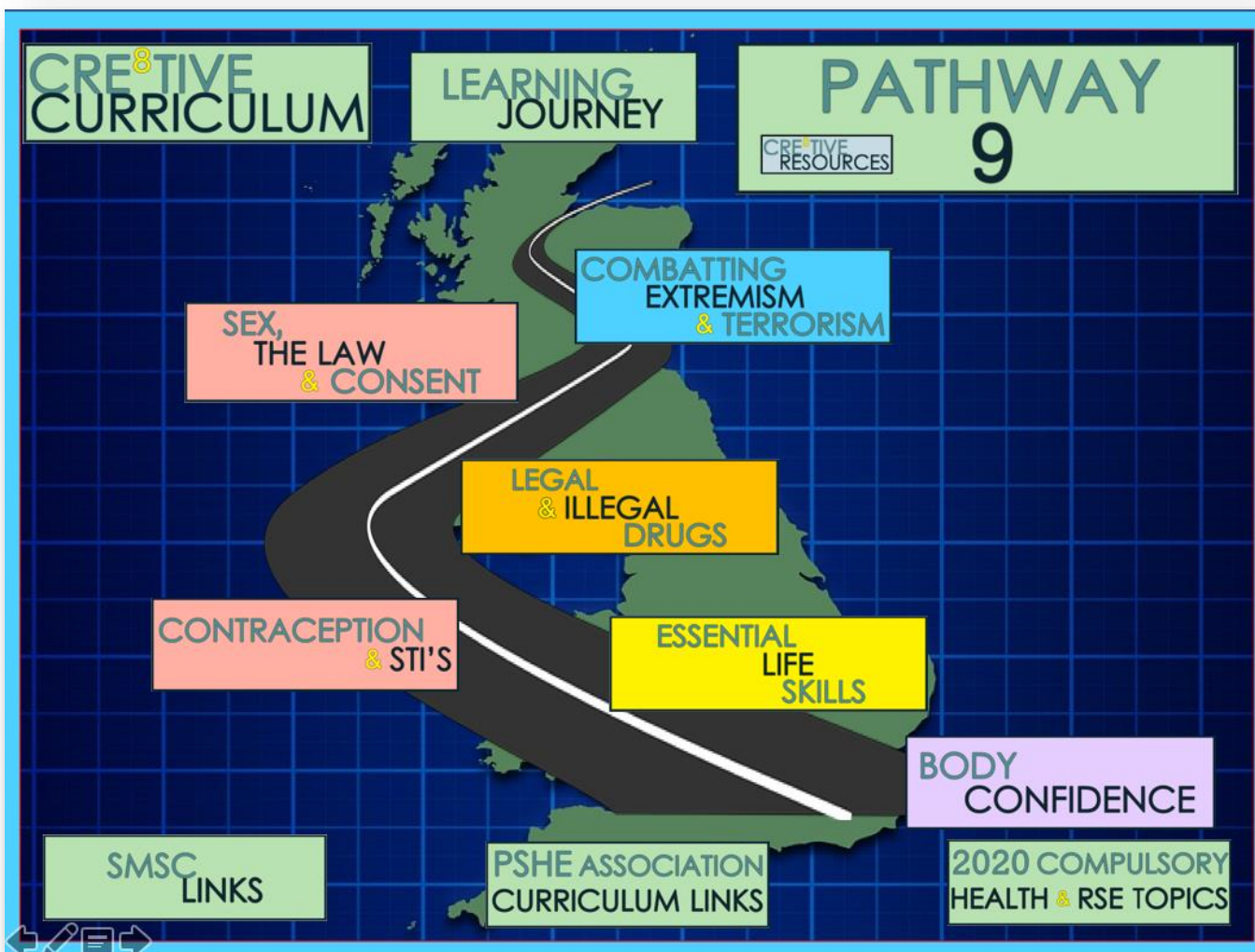
## LEGAL & ILLEGAL DRUGS

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Introduction to drugs	Different types of Addictions	Cannabis products	Drug Classifications	“Party” Drugs – The dangerous side	Exploring illegal drugs & Effects	Volatile Substance Abuse
SH	SH	SH	SH	SH	SH	SH
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
KEY GB = Gatsby Benchmark Careers Standard   BV = British Values   SH = Statutory Health.   RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b>	<b>Term Time Project:</b> The War on Drugs Strategy Project (Precious gem stone Assessment criteria available with a graduation portfolio)					

# Year 9 Curriculum Overview

SEX, THE LAW & CONSENT						
Sex the Law & Consent Unit						
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Sexual Consent & the law	FGM & The Law	Delaying Sexual Activity	Why have Sex?	Relationships and Partners	Pleasure and Masturbation	What are STI's?
RSE – T4	RSE – T4	RSE-T6	RSE – T6	RSE – T6	RSE – T6	RSE- T6
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
KEY GB = Gatsby Benchmark Careers Standard    BV = British Values    SH = Statutory Health.    RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b>	<b>Term Time Project:</b> New Reality TV Show (Precious gem stone Assessment criteria available with a graduation portfolio)					

CONTRACEPTION & STI'S						
Contraception & STI's Unit						
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
STI Lesson	Contraception Available	The Condom Lesson	Exploring the realities of Contra.	Sexual Harassment & Stalking	HIV and AIDS	AIDS – Prejudice & Discrimination
RSE- T6	RSE- T6	RSE- T6	RSE- T6	RSE- T6	RSE- T6	RSE- T6
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
KEY GB = Gatsby Benchmark Careers Standard    BV = British Values    SH = Statutory Health.    RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b>	<b>Term Time Project:</b> Sexual Health Forum Debate (Precious gem stone Assessment criteria available with a graduation portfolio)					



## Statutory RSE Topics

- [Topic 1] Families
- [Topic 2] Respectful relationships, including friendships
- [Topic 3] Online and the Media
- [Topic 4] Being safe
- [Topic 5] Intimate and sexual relationships, including sexual health

## Statutory Health Topics

- [Topic 1] Mental Wellbeing
- [Topic 2] Internet Safety & Harms
- [Topic 3] Physical Health and Wellbeing
- [Topic 4] Healthy Eating
- [Topic 5] Drugs, Alcohol and Tobacco
- [Topic 6] Health and Prevention
- [Topic 7] Basic First Aid
- [Topic 8] Changing Adolescent body

# Year 10 Curriculum Overview

## RIGHTS & RESPONSIBILITIES

### Rights & Responsibilities Unit

## RIGHTS & RESPONSIBILITIES

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Instagram Generation	Targeted Advertising	Marriage what is it?	Rights & Responsibilities	Consumer Rights	Employment rights	Exploring a pay check
SH – T2	SH - T2 & RSE –T3	RSE – T1	GB	GB, FE	GB, FE	GB, FE
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
KEY GB = Gatsby Benchmark Careers Standard    FE = Financial Education    SH = Statutory Health.    RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b>						

## MENTAL HEALTH & WELLBEING

### Mental Health and Wellbeing Unit

## MENTAL HEALTH & WELLBEING

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Child abuse (CSE)	Screen time & Safe mobile Phone use	Common types of Mental Health	Self Harm	Suicidal thoughts & Support	Promoting emotional wellbeing	
RSE -T2	SH - T2	SH – T1			SH – T1	
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
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<b>Homework Opportunities</b>						

## EXPLORING BRITISH VALUES

### Exploring British Values Unit

## EXPLORING BRITISH VALUES

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Critical thinking & Fake News	What is a cult?	Exploring Britishness and British Values	LGBT Rights & British Values	What are Human Rights	Exploring Human Rights	
BV, CIT	BV, CIT	BV, CIT	BV, CIT	BV, CIT	BV, CIT	
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
KEY CIT = Citizenship.    BV = British Values    SH = Statutory Health.    RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b>						

## VIOLENCE CRIMES & SEEKING SAFETY

### Violence, Crimes & Seeking Safety Unit

## VIOLENCE CRIMES & SEEKING SAFETY

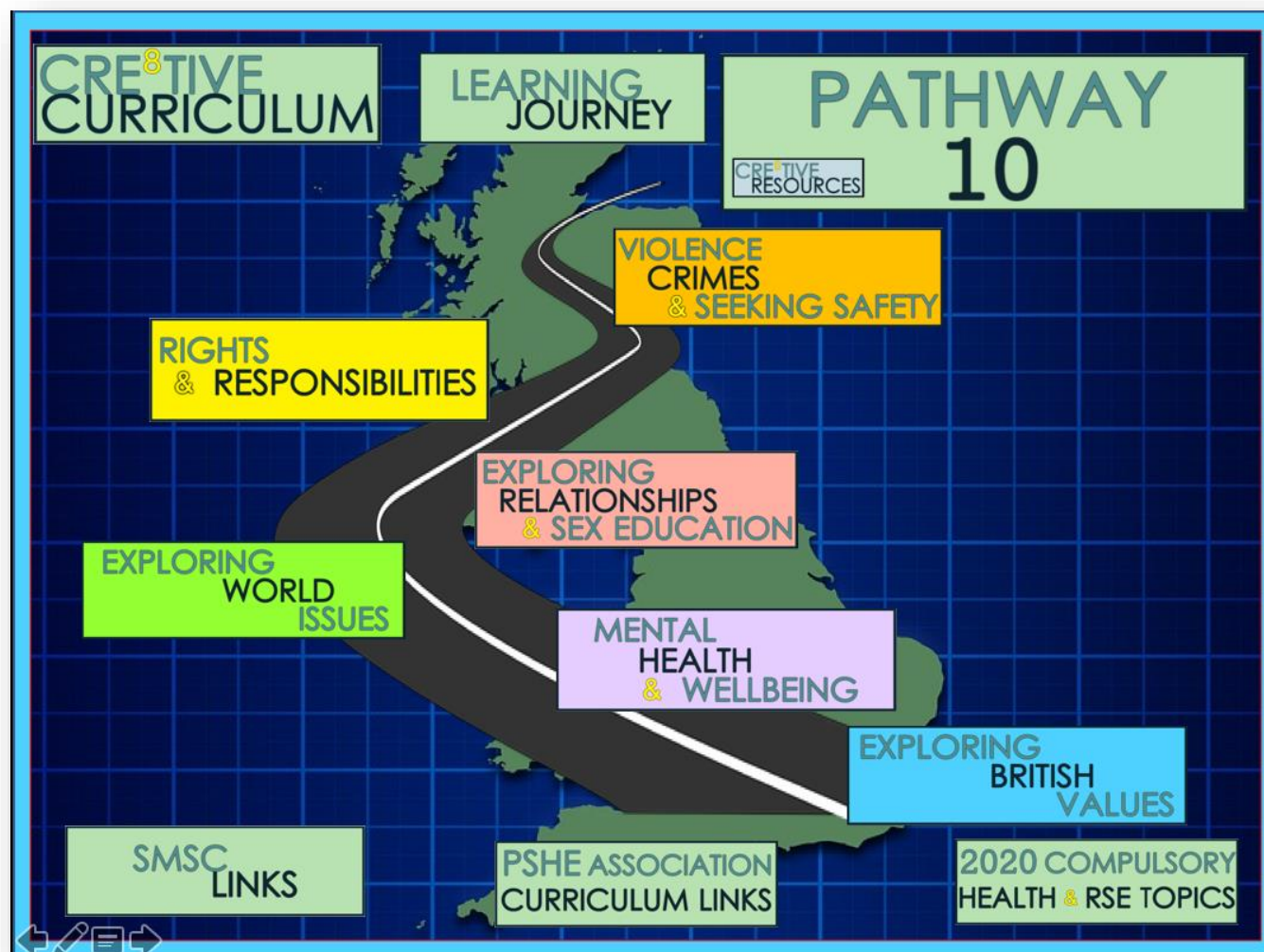
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Honour based Violence	Forced Marriages	Online Gambling	Social Media Validation	Keeping Data Safe	Modern Day Slavery	Preventing Knife Crime
RSE – T1	RSE –T4	SH –T2	SH –T2	SH –T2, RSE –T3	CIT	
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
KEY CIT = Citizenship.    BV = British Values    SH = Statutory Health.    RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment	
<b>Homework Opportunities</b> <b>Term Time Project:</b> Citizens, Society and Board Games Project (Precious gem stone Assessment criteria available with a graduation portfolio)						



# Year 10 Curriculum Overview

Exploring World Issues Unit						
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
International Organisations	Brexit	Aid and Supporting Other Countries	Fair Trade	Peace, War and Conflict	Women's Rights & Equality	#Metoo Movement & Times Up
CIT	CIT	BV, CIT	CIT	CIT	BV, CIT,	CIT, RSE
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
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Homework Opportunities						

Exploring relationships & Sex Education Unit						
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Campaigning against FGM	Sexting Nudes and Dick Picks	Porn Lesson 1 Porn Life vs Real Life	Porn materials and attitudes	Domestic abuse and violence	Sexual violence (Assault and Rape)	Sexualisation of the media
RSE –T4	SH –T2 & RSE – T3	SH –T2 & RSE – T3	RSE – T6	RSE – T6	RSE – T6	RSE – T3
<b>Optional</b> –PSHE Student Work Book that follows the lessons above						
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Homework Opportunities						



## Statutory RSE Topics

- [Topic 1] Families
- [Topic 2] Respectful relationships, including friendships
- [Topic 3] Online and the Media
- [Topic 4] Being safe
- [Topic 5] Intimate and sexual relationships, including sexual health

## Statutory Health Topics

- [Topic 1] Mental Wellbeing
- [Topic 2] Internet Safety & Harms
- [Topic 3] Physical Health and Wellbeing
- [Topic 4] Healthy Eating
- [Topic 5] Drugs, Alcohol and Tobacco
- [Topic 6] Health and Prevention
- [Topic 7] Basic First Aid
- [Topic 8] Changing Adolescent body

# Year 11 Curriculum Overview

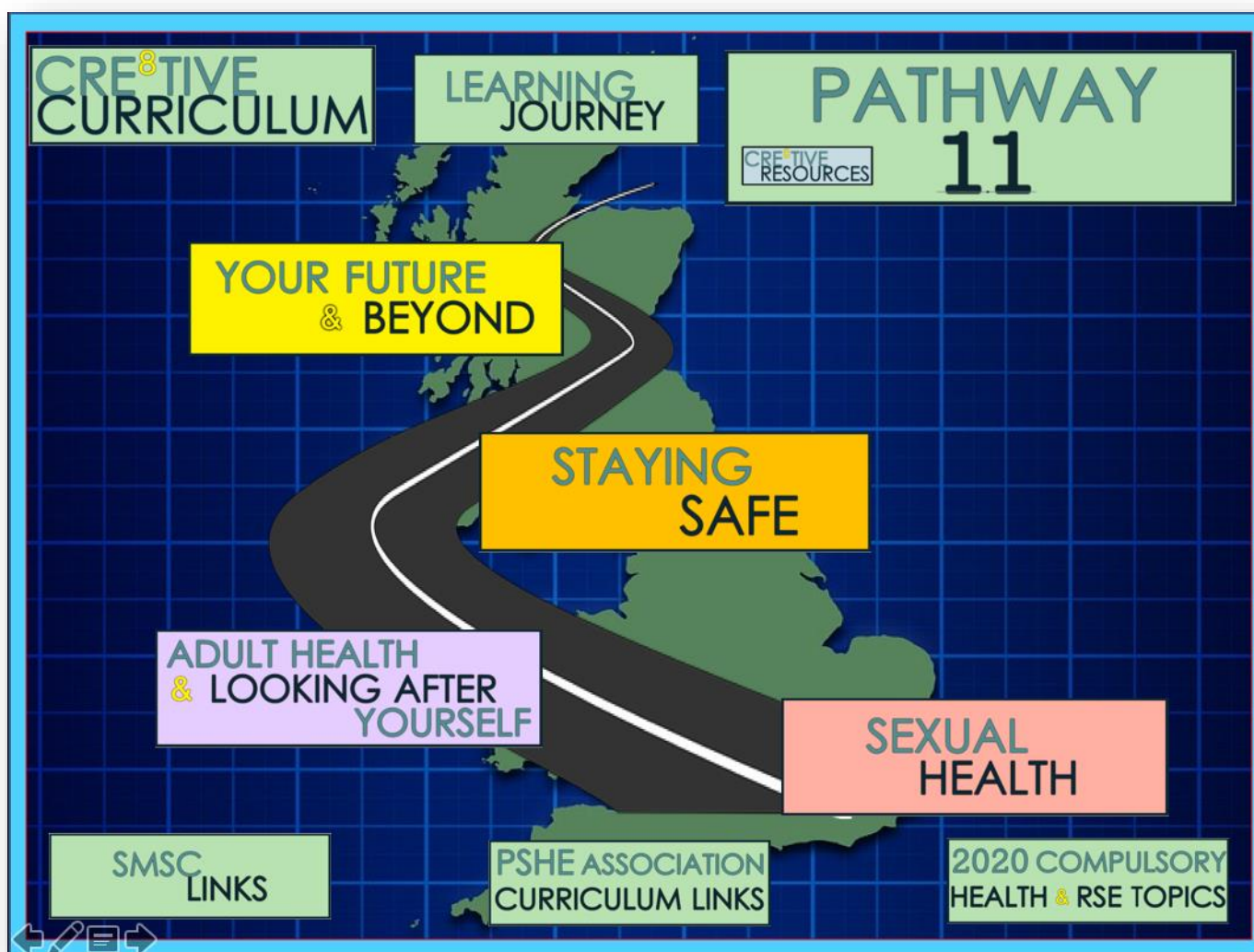
YOUR FUTURE & BEYOND		Your future and Beyond Unit					YOUR FUTURE & BEYOND
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)	
Time management	LGBT Rights across the world	Dealing with exam stress & Anxiety	Insta Life Vs. Real Life	Writing a Personal statement	Writing a CV		
SH –T2	BV	HS –T6	SH –T2 & RSE – T3	GB	GB		
<b>Optional</b> –PSHE Student Work Book that follows the lessons above							
KEY GB = Gatsby Benchmark Careers Standard   BV = British Values   SH = Statutory Health.   RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment		
Homework Opportunities							

ADULT HEALTH & LOOKING AFTER YOURSELF		Adult Health & Looking After Yourself Unit					ADULT HEALTH & LOOKING AFTER YOURSELF
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)	
Organ donation & Donating Blood	Teenage Pregnancy Choices	Abortion (Morals, laws and thoughts)	Testicular & Prostate Cancer	Cervical, breast & Ovarian Cancer	Parenthood	Love & Abuse are not the same	
HS –T3	RSE – T6	RSE –T6	HS –T6	HS –T6	RSE –T6	RSE –T6	
<b>Optional</b> –PSHE Student Work Book that follows the lessons above							
KEY GB = Gatsby Benchmark Careers Standard   BV = British Values   SH = Statutory Health.   RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment		
Homework Opportunities							

SEXUAL HEALTH		Sexual Health Unit					SEXUAL HEALTH
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)	
Peer on peer bullying	Fertility and what impacts it	Alcohol and Bad Choices	Importance of Sexual Health	Revisiting contraception	Revisiting STI's	Respect and Relationships	
RSE –T1	RSE –T6	RSE –T6	RSE –T6	RSE –T6	HS – T8		
<b>Optional</b> –PSHE Student Work Book that follows the lessons above							
KEY GB = Gatsby Benchmark Careers Standard   BV = British Values   SH = Statutory Health.   RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment		
Homework Opportunities							

STAYING SAFE		Staying Safe Unit					STAYING SAFE
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)	
Virtual Reality & Live Streaming	New Psychoactive Drugs (NPS)	Festivals, Drugs	War on Drugs	Cosmetic & Aesthetic Procedures	Drugs substance addiction	Online reputation & Digital Footprints	
HS –T2	HS-T5	HS-T5	HS-T5		HS-T5	HS –T2	
<b>Optional</b> –PSHE Student Work Book that follows the lessons above							
KEY GB = Gatsby Benchmark Careers Standard   BV = British Values   SH = Statutory Health.   RSE = Statutory RSE					Optional - End of Unit Team Assessment Quiz Optional - End of Unit Confidence Assessment		
Homework Opportunities							

# Year 11 Curriculum Overview



## Statutory RSE Topics

- [Topic 1] Families
- [Topic 2] Respectful relationships, including friendships
- [Topic 3] Online and the Media
- [Topic 4] Being safe
- [Topic 5] Intimate and sexual relationships, including sexual health

## Statutory Health Topics

- [Topic 1] Mental Wellbeing
- [Topic 2] Internet Safety & Harms
- [Topic 3] Physical Health and Wellbeing
- [Topic 4] Healthy Eating
- [Topic 5] Drugs, Alcohol and Tobacco
- [Topic 6] Health and Prevention
- [Topic 7] Basic First Aid
- [Topic 8] Changing Adolescent body