

Curriculum Implementation Plan: PSHE 2023



The curriculum is built around 6 core themes: * EPA Formative Assessment at the end of each Unit End points Feb & June 2024

Core Theme 1: Rights, responsibilities and British Values	Core Theme 2: Celebrating diversity and equality	Core Theme 3: Relationships and sex education	Core Theme 4: Staying safe online and offline	Core Theme 5: Health and Wellbeing	Core Theme 6: Life Beyond School
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Year		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Core Theme	Core Theme 2: Celebrating diversity and equality	Core Theme 3: Relationships and sex education	Core Theme 1: Rights, responsibilities and British Values	Core Theme 4: Staying safe online and offline	Core Theme 5: Health and Wellbeing	Core Theme 6: Life Beyond School
	Unit Title	Celebrating Differences	Friendships, Respect and Relationships	Politics, Parliament and Media	Staying Safe Online and Offline	Puberty and Body Development	Managing Change
	Lesson 1	What is PSHE (intro) What is your identity? CIT, BV, SMSC, PC	Consent and boundaries RSE – T4, BV	Why is politics important CIT, BV, SMSC, PC	Avoiding Gangs Laws, SMSC	Intro to puberty SH – T8	Getting to know people GB T1 -SH SMSC
	Lesson 2	Multicultural Britain BV, CIT, RSE – T2, SMSC	Respect and relationships RSE – T2BV, SMSC	How is our country run CIT, GB, BV, SMSC	Staying Safe Online SH – T2	Puberty (girls focus) SH- T8 PC	What is a community? GB BV SMSC PC
	Lesson 3	Importance of being kind CIT, BV, SMSC	What makes a good friend SH - T1 & RSE – T2 SMSC	The role of the Prime Minister CIT, SMSC, GB	Online Gaming, Grooming & addiction SH – T2	Puberty (boys focus) SH – T8 PC	Careers and your future BV T6-SH GB
	Lesson 4	Breaking down stereotypes BV, CIT, RSE – T2 SMSC	Friendships and managing them SRE – T2	The Monarchy and King Charles III CIT, SMSC	Alcohol and Risk SH – T5	Personal hygiene, inc. oral hygiene SH – T6	Sleep and relaxation GB T6-SH SMSC
	Lesson 5	Learning Disabilities BV, CIT, RSE – T2 SMSC	Being positive & Self Esteem RSE – T1 SMSC	Politics Debates and Parliament CIT, BV, SMSC	Nicotine & smoking SH – T5	Growing up and FGM SH – T8, RSE BV SMSC	Financial education GB
	Lesson 6	Prejudice and Discrimination BV, CIT, RSE – T2 SMSC	Pressure & Influence RSE – T1 SMSC, GB	Elections and Campaigning CIT, BV, SMSC	E-Cigs and vaping and shisha SH – T5	Assertiveness, consent and hormones SH – T8 SMSC	Transition points in your life GB T2 RSE SMSC
Lesson 7	Challenging Islamophobia CIT, RSE – T2 BV, SMSC	What does it mean to be a man? T1 PC	Creating a political party CIT, BV, SMSC	Energy drinks and caffeine RSE, SH – T2 Knife Crime and safety SMSC	Self esteem and empowerment GB, SH – T6 Teeth decay & dental hygiene		

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	Unit Title	LGBTQ+ Explored	Identity, Relationships and Sex Education	Law, Crime and Society	Dangerous Society Online and Offline	Physical Health and Mental Wellbeing	Proud to Be Me!
	Lesson 1	What is PSHE (intro) Equality Act & protected characteristics T1 RSE BV, SMSC, PC, CIT	Intro to relationships and sex education RSE – T3 BV, SMSC	Desert Island Living BV, SMSC	County Lines & Gangs SMSC	Health and Wellbeing SH – T1	Employability & Enterprise Skills GB
	Lesson 2	LGBT what is it? T2 RSE BV, SMSC, PC	Being yourself and self love RSE – T1, SMSC	Building a community GB, BV T1-RSE, SMSC, PC	County Lines – Who is at risk? SMSC	What is mental health? SH – T1	Proud to be me + Career choices GB, SMSC
	Lesson 3	Rights across the world T2 RSE, BV, SMSC, PC	Healthy Respectful relationships RSE T5, SMSC	Making decisions & constitution , BV, SMSC, PC, GB	Substance misuse SH – T5	Positive body image SH – T2, RSE – T3 SMSC	Career & Aspirations GB
	Lesson 4	Gender Equality BV T1 RSE, SMSC, PC	What is Love? RSE – T5	Criminals, laws and society CIT, BV, SMSC	Online safety – Cyber bullying SH – 2, RSE – T3	Child Abuse RSE – T2	Self Esteem and the Media SMSC, GB
	Lesson 5	Ableism and disability discrimination BV T2 RSE, SMSC, PC	Dealing with conflict	Law making processes in the UK CIT, BV, SMSC	Grooming Boys and Girls SH – 2, RSE – T1	Types of Bullying RSE – T2	Importance of happiness GB SH -T1 SMSC
	Lesson 6	Removing Barriers & equality for all BV T2 RSE, SMSC, PC, GB, CIT	Periods and menstrual cycles T8-SH	Prisons, Reform and Punishment CIT, BV, SMSC	Drugs Education – Alcohol safety SH – T5	Healthy eating and Cholesterol RSE – T4 SH-T6 SMSC	What makes me Angry? RSE -T2 SMSC
Lesson 7	Racism and discrimination BV, SMSC, PC, CIT	introduction to contraception RSE – T5 Sexual orientation RES T1 BV PC		Child Exploitation and online protection SH – T2, RSE T3	Stress management SH – T1	Exploring careers GB	

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	Unit Title	Combating Extremism and Terrorism	Sex, the Law and Consent	Legal and Illegal Drugs	Contraception and STIs	Essential Life skills	Body Confidence
	Lesson 1	What is PSHE (intro) Conspiracies Theories & Extremist narratives CIT RSE-T3 SH-T2, BV SMSC,	Sexual Consent RSE – T4 PC	What is a drug? SH – T5	Treating STI's & GUM clinics RSE – T5	Resilience: Failure to Success GB	How Self Esteem changes SH – T1, SMSC,GB
	Lesson 2	Extremism in all its forms SH T2,BV,SMSC,PC	FGM & the Law RSE – T4	Different types of Addictions SH – T5	Contraception Methods Available RSE – T5	Assertiveness RSE – T2 SMSC,GB	What is a penis? SH – T8 PC
	Lesson 3	What is Terrorism ,BV,SMSC,PC	Relationship & Partners RSE – T5 SMSC	Cannabis products SH – T5	ContraceptionThe Condom Lesson RSE – T5	First Aid SH – T7,GB	What is a vulva? SH – T8 RSE -T1 PC
	Lesson 4	War and conflict CIT, BV	Relationship & Partners RSE – T1	Drug Classifications SH – T5 SMSC, CIT	Contraception Explored RSE – T5	What is anger? GB,CIT	HBT – Bullying in all its forms BV
	Lesson 5	The radicalisation process SH-T2,BV,PC	Domestic Abuse & Domestic Violence RSE – T5	"Party" Drugs & Illegal Drugs SH – T5	Sexual Harassment & Stalking RSE – T5	Saving and managing money GB	Dealing with Grief and loss
	Lesson 6	Counter Terrorism RSE T2,BV,CP	Why have sex? RSE – T5	Exploring illegal drugs & Effects SH – T5	HIV and AIDS RSE – T5 BV,PC	Labour Market Information GB CIT Finance media & online stress	Media and Airbrushing SH – T2, RSE – T3
Lesson 7	Anti – Semitism in the UK PC	Delaying Sexual Activity RSE – T5 SMSC PC What are STI's? RSE T5	Volatile Substance Abuse SH – T5	AIDS – Prejudice & Discrimination RSE – T5 BV,PC	Social media and online stress SH – T2	Cancer Prevention & Healthy lifestyles SH – T6	

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	Unit Title	Exploring British Values	Exploring Relationships and Sex Education	Mental Health and Wellbeing	Rights and Responsibilities	Violence, Crimes and Seeking Safety	Exploring World Issues
	Lesson 1	What is PSHE (intro) Critical thinking & Fake News BV, CIT RSE-T3 SH-T2	Pleasure and delaying Sex RSE – T5	Child Sexual Abuse (CSE) RSE – T2,BV	Instagram Generation SH – T2,GB	Honour-based Violence RSE – T1,SMSC	International Organisations CIT
	Lesson 2	Hate crime in the UK BV, CIT RSE-T2,SMSC,PC	Campaigning Against FGM RSE – T4,BV,SMSC	Screen time SH – T2	Targeted Advertising SH – T2, RSE – T3,GB	Forced Marriages & Breast Ironing RSE – T4,BV	Peace, War and Conflict CIT
	Lesson 3	Exploring British Values BV, CIT RSE-T1,SMSC,PC	Sexting Nudes and Dick pictures SH – T2, RSE – T3	Common types of Mental Health SH – T1	What is Marriage? RSE – T1,PC	Online Gambling SH – T2,GB	Human rights during War CIT
	Lesson 4	British Values & Identity BV, CIT, RSE T2,SMSC,PC	Online Pornography (Myths Vs Reality) RSE – T4SH-T2	Self Harm SH-T1	Rights & Responsibilities GB,CIT	Social Media Validation SH – T2	Aid & Supporting Countries CIT
	Lesson 5	Mutual Respect & Tolerance BV, CIT,SMSC	Porn & its impact on Society RSE – T4	Suicidal thoughts & Feelings SH-T1	Consumer Rights GB, CIT	Modern Day Slavery CIT, RSE-T1,SMSC	Striking and Trade unionism CIT
	Lesson 6	Individual Liberty BV, CIT,SMSC	Unhealthy Relationships & Sexual Violence RSE – T4	Promoting Emotional wellbeing SH – T1	Employment rights GB,,CIT	Keeping Data SH – T2, RSE – T3,BV,GB	Women’s Rights and Equality CIT, BV
	Lesson 7	What are Human Rights? democracy Explored BV,SMSC,CIT	Sexualisation of the media RSE – T3		Exploring a Paycheck GB	Causes of Knife Crime SMSC	Fair Trade and Free Trade CIT

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	Unit Title	Your Future and Beyond	Sexual Health	Adult Health and Looking After Yourself	Staying Safe		
	Lesson 1	What is PSHE (intro) Screen Addiction and Studying SH – T2 GB	Peer on peer bullying RSE – T1,PC	Organ donation & Donating Blood SH – T3	Virtual Reality & Live Streaming SH – T2,GB		
	Lesson 2	Post 16 options BV GB	Fertility and what impacts it RSE – T5	Teenage Pregnancy Choices RSE – T5	Online reputation & Digital Footprint SH – T2 RSE -T3,BV,GB		
	Lesson 3	Exam stress and Anxiety SH – T6,GB	Alcohol and Bad Choices RSE – T5,BV,SMSC	Abortion (Morals, laws & Ethics) RSE – T5	Group Chats & Anti-Bullying SH – T2, RSE-T3,BV,SMSC		
	Lesson 4	Social Media Vs Real Life SH – T2, RSE – T3,SMSC	Importance of Sexual Health RSE – T5	Testicular & Prostate Cancer SH – T6	Cosmetic & Aesthetic Procedures		
	Lesson 5	Writing a CV GB	Revisiting contraception RSE – T5	Cervical, breast & Ovarian Cancer SH – T6	NPS New Psychoactive Substance SH-T5		
	Lesson 6	Writing a Personal Statement GB	Revisiting STI's RSE T5	Parenthood for Teenager RSE-T1	Festivals and Nitrous oxide SH-T5		
Lesson 7		Respect Love & Relationships RSE -T5,SMSC	Love & Abuse RSE – T1	Substance Addiction SH – T5			