

Castle Donington College PSHE Curriculum Overview 2021/22

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Themes and content	Themes and content	Themes and content	Themes and content	Themes and content	Themes and content
Year 7	<p>BEING ME IN MY WORLD Settling into secondary school; Being me in the world; Unique me; Differences & conflict; My influences, Peer pressure; Online safety; Sexting; Consequences; Online legislation</p>	<p>RELATIONSHIPS Characteristics of healthy relationships, healthy romantic relationships, consent, relationships and change, emotions within friendships, being discerning, assertiveness, sexting</p>	<p>CHANGING ME Puberty changes, FGM, breast flattening/ironing, responsibilities of parenthood, types of committed relationships, happiness and intimate relationships, media and self-esteem, self-image, brain changes in puberty, sources of help and support</p>	<p>HEALTHY ME Stress and anxiety, managing mental health, physical activity and mental health, effects of substances, nutrition, sleep, vaccination and immunisation, importance of information on making health choices</p>	<p>CELEBRATING DIFFERENCE Bullying, prejudice & discrimination, Equality Act, bystanders, stereotyping, challenging negative behaviour and attitudes</p>	<p>DREAMS AND GOALS Celebrating success, identifying goals, employment, learning from mistakes, overcoming challenges, planning skills, safe & unsafe choices, substances, gangs, exploitation, emergency first aid;</p>
Year 8	<p>BEING ME IN MY WORLD Self-identity, family and identity, stereotypes, personal beliefs and judgements, managing expectations, first impressions, respect for the beliefs of others. Active listening</p>	<p>CELEBRATING DIFFERENCE Positive change made by others, how positive behaviour affects feelings of wellbeing, social injustice, inequality, community cohesion and support, multiculturalism, race and religion, prejudice, LGBT+ bullying</p>	<p>HEALTHY ME Long-term physical health, responsibility for own health, dental health, stress triggers, substances and mood, legislation associated with substances, exploitation and substances, medicine, vaccinations, immunisation, blood donation</p>	<p>DREAMS AND GOALS Long-term goals; skills, qualifications, careers; money and happiness; ethics and mental wellbeing; budgeting; variation in income; positive and negative impact of money; online legal responsibilities; gambling issues</p>	<p>RELATIONSHIPS Positive relationship with self, social media and relationship with self, negative self-talk, managing a range of relationships, personal space, online etiquette, online privacy and personal safety, coercion, unhealthy balance of power in relationships, sources of support</p>	<p>CHANGING ME Types of close intimate relationships, physical attraction, legal status of relationships, behaviours in healthy and unhealthy romantic relationships, pornography, sexuality, alcohol and risky behaviour</p>

Year 9	CHANGING ME Mental health stigma, triggers, support strategies, managing emotional changes, resilience and how to improve it, reflection on importance of sleep in relation to mental health, reflection on body and brain changes, stereotypes	DREAMS AND GOALS Personal strengths, health goals, SMART planning, links between body image and mental health, nonfinancial dreams and goals, mental health and ill health, media manipulation, self-harm, anxiety disorders, eating disorders, depression	BEING ME IN MY WORLD Choosing a career; labour market update; skills show visit; challenging stereotypes; roles within organisations; choosing options at GCSE Perceptions about intimate relationships, consent, sexual exploitation, peer approval, grooming, radicalization, county lines, risky experimentation, positive and negative self-identity, abuse and coercion, coercive control	RELATIONSHIPS Power and control in intimate relationships, risk in intimate relationships, importance of sexual consent, assertiveness skills, sex and the law, pornography and stereotypes, contraception choices, family planning, STIs, support and advice service	CELEBRATING DIFFERENCE Protected characteristics, Equality Act, phobic and racist language, legal consequences of bullying and hate crime, sexism, ageism, positive and negative language, banter, bullying in the workplace, direct and indirect discrimination, harassment, victimisation. Prejudice, discrimination and stereotyping	HEALTHY ME Misperceptions about young peoples' health choices, physical and psychological effects of alcohol, alcohol and the law, alcohol dependency, drug classification, supply and possession legislation, emergency situations, first aid, CPR , substances and safety, sources of advice and support
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Year 10	BEING ME IN MY WORLD Human rights, societal freedom, understanding safety in UK and beyond, ending relationships safely, stages of grief, loss and bereavement, social media and culture, use of online data, threats to online safety, online identity, assessing and managing risks	CELEBRATING DIFFERENCE Equality including in the workplace , in society, in relationships. Equality and vulnerable groups. Power and control	DREAMS AND GOALS Impact of physical health in reaching goals, relationships and reaching goals, work/life balance, connections and impact on mental health, benefits of helping others, online profile and impact on future goals	HEALTHY ME Improving health, sexual health, blood-borne infections, self-examination, diet and long-term health, misuse of prescription drugs, common mental health disorders, positive impact of volunteering, common threats to health including chronic disease, epidemics, misuse of antibiotics, organ donation, stem cells	RELATIONSHIPS Sustaining long-term relationships, relationship choices, ending relationships safely, consequences of relationships ending e.g. bullying, revenge porn, grief cycle. Divorce and separation, impact of family breakup on children, understanding love, fake news and rumour mongering, abuse in teenage relationships. Legislation, support and advice	CHANGING ME Impact of societal change on young people, role of media on societal change, reflection on change so far and how to manage it successfully, decision making, sexual identity gender, spectrum of sexuality, stereotypes in romantic relationships, sexual identity and risk, family change, sources of support.
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Year 11	<p>BEING ME IN MY WORLD Becoming an adult, relationships and me, The Law and me, the Internet and the Law, how to deal with emergency situations, impact of unfair treatment on mental health, misuse of power, campaigning for equality</p>	<p>DREAMS AND GOALS Aspiration on; career, finances, relationships, health. Skills identification, realistic goals, gambling, financial pressure, debt, dream jobs, skill set, education and training options, long term relationship dreams and goals, parenting skills and challenges, resilience, what to do when things go wrong.</p>	<p>HEALTHY ME Managing anxiety and stress, exam pressure, concentration strategies, work- life balance, sexual health, hygiene, self-examination, STIs, sexual pressure, fertility, contraception, pregnancy facts and myths, identifying a range of health risks and strategies for staying safe</p>	<p>RELATIONSHIPS Stages of intimate relationships, positive and negative connotations of sex, protecting sexual and reproductive health, safely ending relationships, spectrum of gender and sexuality, LGBT+ rights and protection under the Equality Act, “coming out” challenges, LGBT+ media stereotypes, power, control and sexual experimentation, forced marriage, honour-based violence, FGM and other abuses, hate crime, sources of support</p>		
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