

WHSB PSHEE LOWER SCHOOL CURRICULUM MAP



YEAR 7

MANAGING CHANGE
Getting to know people. What is community?
Careers and your future. Sleep and relaxation. Financial Education. Transition points in life

PUPERTY AND BODY DEVELOPMENT
Puberty in girls. Puberty in boys. Personal hygiene and oral hygiene. FGM. Assertiveness, consent and hormones. Self-esteem and empowerment

POLITICS, PARLIAMENT AND ME
Importance of Politics. How is our country run? Creating a political party. Elections and campaigning. Politics and debating. Exploring inside parliament. Who is the new Prime Minister?

STAYING SAFE ONLINE AND OFFLINE
Gangs. Staying safe online. Fortnight, grooming and online gaming. Alcohol. Smoking, E-cigarettes and vaping. Energy drinks. Carrying a knife

CELEBRATING DIFFERENCES
Multicultural Britain. What is your identity? Nature vs nurture. Equality Act 2010. Breaking down stereotypes. Prejudice and discrimination. Challenging prejudice

RSE FRIENDSHIPS, RESEPT AND RELATIONSHIPS
Consent and boundaries. Respect and relationships. What makes a good friend. Friendships and managing them. Being positive and self-esteem. Pressure and influence. Being a man and exploring gender stereotypes

Year 7 One lesson per week. Lessons taught on a six-week rotation, with staff teaching specialist topics throughout the year and repeated to all groups

ASSESSMENT: Worksheets, quizzes, written work, reflection, questioning, self-assessment. Pupil voice exercise as appropriate

SKILLS: Discussion; critical thinking; questioning, developing opinions & values; personal safety; discovering sources of support

YEAR 8

CAREERS – PROUD TO BE ME
Employability skills. Career choices, career interests and jobs. Labour market information. Exploring careers. Self-esteem and the media

PHYSICAL HEALTH AND MENTAL WELLBEING
Health and wellbeing. What is mental health? Positive body image. Recognising abuse. Types of bullying. Healthy eating and cholesterol. Stress management

LAW, CRIME AND SOCIETY
Desert island living. Building a community. Making decisions and making priorities. Criminals, laws and society. Law making in the UK. Prisons, reforms and punishment

DANGEROUS SOCIETY ONLINE AND OFFLINE
County Lines. County Lines - who is at risk? Substance misuse. Online safety and cyber bullying. Grooming boys and girls. Drugs education and alcohol safety. Child exploitation and online protection

TOLERANCE AND DIVERSITY
LGBTQIA+ - what is it? Homophobia in schools. Supporting those that are LGBTQIA+. Challenging homophobia. Transphobia. Coming Out

IDENTITY, RELATIONSHIPS AND SEX EDUCATION
Introduction to relationships and sex education. Healthy relationships. Conflict. Sexual orientation. Gender identity, Contraception. What is love? Periods and menstrual cycles

Year 8 One lesson per week. Lessons taught on a six-week rotation, with staff teaching specialist topics throughout the year and repeated to all groups

ASSESSMENT: Worksheets, quizzes, written work, reflection, questioning, self-assessment. Pupil voice exercise as appropriate

SKILLS: Discussion; critical thinking; questioning, developing opinions & values; discovering sources of support

YEAR 9

ESSENTIAL LIFE SKILLS
From failure to success. Importance of happiness. What is anger? Saving and managing money. Employment and financial management. Social media and online stress

BODY CONFIDENCE
Changes in self-esteem. The male and female reproductive systems. Testicular cancer and cervical screening. HBT bullying in all its forms. Grief and loss. Media and airbrushing. Cancer prevention and healthy lifestyles

COMBATting EXTREMISM AND TERRORISM
Conspiracies and extremist narratives. Extremism in all its forms. Terrorism. Proud to be British. Radicalisation. Counter terrorism. Antisemitism

FIRST AID, SAFETY AND DRUGS
First aid, primary survey, the recovery position. Cuts, bleeds, head injuries. Broken bones, fractures. Dangers of party drugs. Illegal drugs and their effects. Volatile substance abuse

RELATIONSHIPS, SEX, THE LAW AND CONSENT
Sexual consent and the law. FGM and the law. The right time. Why have sex? Relationships and partners. What are STIs?

RSE CONTRACEPTION AND STIs
STIs. Contraception. Why use a condom? Exploring the realities of contraception. Sexual harassment and stalking. HIV and Aids. Aids - prejudice and discrimination

Year 9 One lesson per fortnight. Lessons taught on a six-week rotation, with staff teaching specialist topics throughout the year and repeated to all groups

ASSESSMENT: Worksheets, quizzes, written work, reflection, questioning, self-assessment. Pupil voice exercise as appropriate

SKILLS: Discussion; critical thinking; questioning, developing opinions & values; practical first aid; and discovering sources of support

WHSB **PSHEE** MIDDLE SCHOOL CURRICULUM MAP

LOWER SCHOOL PRIOR LEARNING INFORMS

YEAR 10

RIGHTS, RESPONSIBILITIES AND RELIGION

Instagram generation. Targeted advertising. Marriage-what is it? Protected characteristics. Consumer rights. Employment rights. Exploring a pay-slip

MENTAL HEALTH AND WELLBEING

Recognizing child abuse (+CSE). Screen time and safe mobile- phone use. Common types of mental health issue. Self-harm. Suicidal thoughts and support. Promoting emotional wellbeing

PERSONAL SAFETY, ENHANCED FIRST AID AND STAYING SAFE

Contraception revisited. Safe sex, risky behaviour, promiscuity. STIs revisited. Primary survey, recovery position. Head injuries. Cuts and bleeds. Fractures and broken bones

VIOLENCE, CRIMES, SEEKING SAFETY AND RELIGION

Honour based violence. Forced marriages. Online gambling. Social media validation. Keeping data safe. Modern- day slavery, Knife crime

EXPLORING RELIGIOUS, WORLD ISSUES AND BRITISH VALUES

International organisations. BREXIT. Aid and supporting other countries. Fair Trade. Peace, war and conflict. Women's rights and equality
Protected characteristics,
Me-too movement and Times Up

EXPLORING RELATIONSHIPS AND SEX EDUCATION

FGM. Dangers of Sending nudes. Dangers of pornography. Signs of domestic violence and abuse. Consent, sexual violence (assault and rape). Sexualisation by the media

Year 10 One lesson per week.
Lessons taught on a six-week rotation, with staff teaching specialist topics throughout the year and repeated to all groups

ASSESSMENT: Worksheets, quizzes, written work, reflection, questioning, self-assessment. Pupil voice exercise as appropriate

SKILLS: Discussion; critical thinking; questioning, developing opinions & values; practical first aid and personal safety. Discovering sources of support.

YEAR 11

CAREERS, YOUR FUTURE AND BEYOND

Time management. LGBTQIA+ rights across the world. Exam stress and anxiety. Insta life vs real life. Writing a personal statement. Writing a CV

ADULT HEALTH AND LOOKING AFTER YOURSELF

Organ donation and donating blood. Teenage pregnancy choices. Abortion. Testicular and prostate cancer. Cervical, breast and ovarian cancer. Parenthood. Love and abuse are not the same

RELATIONSHIPS AND SEXUAL HEALTH

Child on child abuse. Fertility. Alcohol and bad choices. Sexual health. Contraception. STIs. Respect, relationships and consent (revisited)

STAYING SAFE

Virtual reality and live streaming. Dangers of psychoactive and festival drugs. War on drugs. Cosmetic and aesthetic procedures. Drugs and substance addiction. Online reputation and digital footprints

RELIGION AND BRITISH VALUES

Critical thinking and fake news. Cults. Exploring Britishness and British Values. Human Rights. Exploring types of human rights

RELIGION, BRITISH VALUES, RELATIONSHIPS, DIVERSITY AND IDENTITY

Relationships and parenting. Relationships and support. Diversity and discrimination. Values. Religion and identity. Law. Criminal Justice System

Year 11 One lesson per week.
Lessons taught on a six-week rotation, with staff teaching specialist topics throughout the year and repeated to all groups

ASSESSMENT: Worksheets, quizzes, written work, reflection, questioning, self-assessment. Pupil voice exercise as appropriate

SKILLS: Discussion; critical thinking; questioning, developing opinions & values; and discovering sources of support.

WHSB PSHEE SIXTH FORM CURRICULUM MAP

MIDDLE SCHOOL PRIOR LEARNING INFORMS

LOWER SIXTH BREADTH STUDIES

Culture. Stress. Philosophy

Critical Thinking, Psychology of addiction, Binge drinking

British Government. Cloning. Social networking

Online gaming. Fertility and pregnancy. Routes into pregnancy. Pregnancy outcomes. Abortion and choices. Multiculturalism

Nuclear energy. Family life. Obesity. Prejudice and discrimination. Arts and culture. Press freedom. Stem cells. Voting

Dissertation skills, critical reading, critical writing, research and presentational skills

One lesson per week.

ASSESSMENT: Worksheets, quizzes, written work, reflection, questioning, self-assessment. Pupil voice exercise as appropriate

SKILLS: Discussion; critical thinking; questioning, developing opinions & values; personal safety; and discovering sources of support

LOWER SIXTH PSHEE

POSTIVE WELLBEING
Dealing with depression. Stress and exam performance. Dealing with anxiety. Fears, phobias and anxiety. Sleep hygiene and mental health. Promoting emotional wellbeing. Resilience and growing up

CAREERS
Post 16 options explored. Planning for the future. Personal branding. Writing a personal statement. CV writing. Application forms uncovered. Interview preparation

PERSONAL FINANCE
Taxes and the UK. Banks, building societies and money. Types of employment. P45 and P60. Different types of debt. Income and state benefits. Role of Trade Unions and Employment Rights. Types of Insurance and Assurance

HEALTH AND WELLBEING
Exploring health and wellbeing. Cholesterol levels and healthy consumption. Vaccinations and immunity. Healthy eating habits. Dental hygiene and tooth decay. Exploring different eating disorders. Managing stress in daily situations and school

HEALTH, SAFETY AND DIVERSITY
Diversity and discrimination in the UK. Masculinity, Chauvinism and men. Knife crime and society. Managing my anger and frustrations. Cancer. Medical ethics and blood donations

DRUGS AND RISK EDUCATION
Alcohol safety. Substance misuse. Drugs and their effects on individuals and society. How to seek help and support for drug and alcohol problems

One lesson per week.

ASSESSMENT: Worksheets, quizzes, written work, reflection, questioning, self-assessment. Pupil voice exercise as appropriate

SKILLS: Discussion; critical thinking; questioning, developing opinions & values; and discovering sources of support

UPPER SIXTH PSHEE

EMOTIONAL WELLBEING
Causes of mental ill health. Looking after yourself. Importance of physical health and exercise. Improving body image and exploring appearance ideals. Stress, life events, exercise and sleep. Striking a balance in life

RELATIONSHIPS AND SEX EDUCATION
Pornography and the impacts on society. Fertility and what impacts it. Alcohol and bad choices. Importance of sexual health. Revisiting contraception. Revisiting STIs. Consent, respect and relationships. Menstrual charting

PERSONAL FINANCE
Payment methods in the UK. Managing a household budget. Borrowing money and the risks. Value for money and making more of it. Going abroad and understanding foreign currency. Inflation and our pockets. Calculating foreign exchange rates

CAREER POSSIBILITIES AND WELLBEING
Careers in the global economy. The gig economy explained. Green jobs and the global economy. Healthy diet on a budget. Transition - leaving education. Moving out and becoming independent. Personal safety when abroad

RISK AND DRUGS
The dangers of different drugs. How to seek support. Revision and study leave

One lesson per week

ASSESSMENT: Worksheets, quizzes, written work, reflection, questioning, self-assessment. Pupil voice exercise as appropriate

SKILLS: Discussion; critical thinking; questioning, developing opinions & values; and discovering sources of support.