

PSHE Strands

Strands	Year 7	Year 8	Year 9	Year 10
Sex and Relationships Education	<ul style="list-style-type: none"> • Welcome to school- making friends at school and getting along with different people • Resilience- how to deal with issues with friends • Media Navigator- looking at how the media influences people to believe a certain thing about people 	<ul style="list-style-type: none"> • Relationships- improving their listening and communication skills • Diversity- further their understanding of different cultures • Prevent- coming in to talk about radicalisation and to help students to understand different cultures and breaking down stereotypes 	<ul style="list-style-type: none"> • Relationships- looking at what makes a good relationship, being able to identify an unhealthy relationship, know where to go for help • Sex education- understanding STI's, learn about different forms of contraception • Life skills- dealing with divorce, parenting skills 	<ul style="list-style-type: none"> • Spanish/French- learning vocab so they are able to discuss in their lessons • Laws and Voting- look at the law in terms of distributing pornographic images and FGM
Drugs and Alcohol	<ul style="list-style-type: none"> • First Aid- looking at how substances can affect the body • Healthy eating- how to keep to a healthy diet and what alcohol can do to your body 	<ul style="list-style-type: none"> • Staying safe- the effects of drugs and alcohol 	<ul style="list-style-type: none"> • Substances- looking at how substances can affect the body, being able to identify different substances, looking at the law of substance use 	<ul style="list-style-type: none"> • Spanish/French- learning vocab so they are able to discuss in their lessons
E-Safety	<ul style="list-style-type: none"> • Covered in ICT lessons • Barnardo's are coming in to talk to students about grooming and staying safe online 	<ul style="list-style-type: none"> • Staying safe- looking at the dangers of grooming, the laws to do with cyber bullying and where to go for help 	<ul style="list-style-type: none"> • Barnardo's are coming in to talk to students about grooming and staying safe online 	<ul style="list-style-type: none"> • Barnardo's are coming in to talk to students about grooming and staying safe online • Laws and Voting- the law in terms of cyber

		<ul style="list-style-type: none"> • Barnardo's are coming in to talk to students about grooming and staying safe online 		bullying and recent case studies
Anti-Bullying	<ul style="list-style-type: none"> • Welcome to school- looking at getting on with different people and accepting differences • Resilience- accepting different people and coping strategies 	<ul style="list-style-type: none"> • Relationships- understanding what makes a good friend and improving their communication skills, looking at what makes a bully, homophobic bullying • Staying safe- concentrating on laws to do with cyber bullying • Diversity- looking at different cultures and being open minded, looking at stereotypes 	<ul style="list-style-type: none"> • Relationships- looking at what makes a healthy relationship, identifying unhealthy relationships, where to go if you feel you or your friend are in an unhealthy relationship 	<ul style="list-style-type: none"> • Laws and voting- cyber bullying and recent changes in law.
Careers	<ul style="list-style-type: none"> • Resilience- looking at issues they may face later on in life 	<ul style="list-style-type: none"> • Schools to life- looking at employability skills, realising how school is linked to their professional lives later on 	<ul style="list-style-type: none"> • Life aspirations- understand what employability skills are, understand the link between GCSE choices and their professional lives after school 	<ul style="list-style-type: none"> • CVs- improve CV writing skills, understand what they need to do to achieve their 'dream' job • Budgeting- how bank accounts work, improve money skills once they earn a wage • Prepare their CVs and cover letters for their Rotary club interviews

				in year 11
Self-Awareness	<ul style="list-style-type: none"> • Healthy eating- what being healthy means and how to be healthy • Media navigator- understanding how the media can distort images of people • Samaritans come in to talk about resilience and how to be emotionally resilient 	<ul style="list-style-type: none"> • Media navigator- looking at how media distorts images, how they portray different genders, gender stereotypes 	<ul style="list-style-type: none"> • Life skills- how to deal with death and how that could affect you mentally 	<ul style="list-style-type: none"> • Revision/mindfulness- how to revise properly, how to deal with exam pressure without crumbling • Resilience- how to deal with rejection from job interviews

In PSHE

In lessons

Outside Agencies