

## PSHCE Lesson Overview 2019/2020

### PSHCE

- Health and Wellbeing
- Relationships and Sex Education
- Living in the wider world.

### Year 7

#### Managing Transition

<u>Lesson</u>	<u>Lesson Content</u>
1	Moving to secondary School
2	What makes a good friend
3	Being part of the school community
4	My likes and dislikes
5	New Opportunities

#### Staying Safe

<u>Lesson</u>	<u>Lesson Content</u>
1	Internet Safety
2	Digital footprint
3	Road Safety - Visit by police and Ambulance service
4	Peer Pressure
5	Anti-Social Behaviour
6	Smoking
7	Drugs

#### Understanding You

<u>Lesson</u>	<u>Lesson Content</u>
1	Thinking like a 'girl' or 'boy'
2	Puberty - What is it?

3	Body changes through puberty
4	Periods/puberty - Single sex sessions
5	Periods/Puberty - mixed group sessions
6	Emotional changes during puberty
7	Puberty survival guide

### **Global Citizenship**

<b><u>Lesson</u></b>	<b><u>Lesson Content</u></b>
1	What is a global citizen
2	Citizenship in the UK
3	Being British

### **Year 8**

#### **Bullying, stereotypes and Diversity**

<b><u>Lesson</u></b>	<b><u>Lesson Content</u></b>
1	Bullying
2	Prejudice and Discrimination
3	Cultural Diversity
4	How people see me
5	Positive persuasion
6	Stereotypes
7	Making changes - Diversity in school

### **Healthy You**

<b><u>Lesson</u></b>	<b><u>Lesson Content</u></b>
1	Healthy eating - balanced diet
2	Eating Disorders
3	Emotional wellbeing

4	Mental health awareness
5	Self Confidence
6	Inspirational people

## Gender

<u>Lesson</u>	<u>Lesson Content</u>
1	Boy/Girl stereotyping
2	Appearance
3	Gender Labelling
4	Gender balance
5	Gender inequality
6	Body evolution
7	Body Dysmorphia

## Year 9

### Healthy Relationships

<u>Lesson</u>	<u>Lesson Content</u>
1	Different types of relationships
2	Verbal and Physical abuse
3	What makes a perfect partner
4	Losing virginity/consent
5	Peer pressure - when to have sex
6	FGM

### Sex and Sexuality

<u>Lesson</u>	<u>Lesson Content</u>
1	Underage Sex

2	Contraception
3	STI's
4	LGBTQ+
5	Same sex relationships
6	Child exploitation

### **Money Management**

<b><u>Lesson</u></b>	<b><u>Lesson Content</u></b>
1	Tax, pensions and national insurance
2	Borrowing money
3	Making money
4	Debt
5	How much do things cost
6	Money in the future

### **British Values**

<b><u>Lesson</u></b>	<b><u>Lesson Content</u></b>
1	Challenging discrimination
2	Religious belief and practice
3	Freedom of faith in the UK
4	UK democracy
5	Rule of law in the UK

### **Year 10**

#### **Sexual Exploitation**

<b><u>Lesson</u></b>	<b><u>Lesson Content</u></b>
1	Underage sex
2	Body Image

3	Sexting
4	Self harm
5	Depression
6	Pornography
7	Pregnancy and Parenting

### Legal and Illegal Highs

<u>Lesson</u>	<u>Lesson Content</u>
1	Legal Highs
2	Smoking and Vaping
3	Drugs
4	Alcohol
5	Understanding the law
6	Mental wellbeing

### Year 11

#### Mindfulness and Wellbeing

**From January - Easter we run a Friday programme during their PSHCE lessons where year 11 students can pick from a variety of activities all created to reduce stress and promote emotional wellbeing in the lead up to their exams. Some of these activities are as follows:**

- **Fiction reading in the library**
- **Mindfulness sessions**
- **Small counselling sessions (bookable)**
- **Yoga**
- **Football**
- **Cooking**
- **Silent study**
- **Film screenings**
- **Revision support (core subjects)**