**Curriculum overview 2022-23:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Year 7** | **Year 8** | **Year 9** | **Year 10** | **Year 11** |
| **RATIONALE:**  The PSHE curriculum has been designed to deliver the new statutory reforms for RSE and Health in compliance with the PSHE Association framework and include the Gatsby benchmarks. It has 6 core themes: Rights, Responsibilities and British Values, Celebrating Diversity and Equality, Relationships & Sex Education, Staying Safe Online & Offline, Health and Wellbeing and Life Beyond School. The RSE contend is delivered by The Northern Contraception, Sexual Health & HIV Service and is compliant with statutory guidance. Students have 2 lessons per week, lesson will follow the content detailed below and the second lesson is used to follow calendared topics or used to deliver lessons relating to the needs of the cohort of student e.g. Thrive | | | | | |
| **Autumn 1** | **Managing Change**  Intro to PSHE  Getting to know people  What is a community?  Careers & your future  Sleep & relaxation  Financial education  Transition points and managing emotions | **Proud To Be Me!**  Employability skills  Proud to be me  Careers interests and jobs Self esteem & media  Labour market information  Exploring careers | **Essential Life Skills**  From failure to success  First Aid  Importance of happiness  What is anger?  Saving and managing money  Employment & financial management  Social media & online stress | **Mental Health/Wellbeing**  Child abuse (CSE)  Screen time & Mobile use  Mental health types  Self harm  Suicidal thoughts & support  Promoting emotional wellbeing  Mental health & wellbeing | **Adult Health looking after yourself**  Organ donation & stem cell research Blood donation  Teenage pregnancy choices  Abortion (morals, laws and thoughts)  Testicular & prostate cancer Cervical, breast and ovarian cancer  Parenthood  Love & abuse are not the same |
| **Autumn 2** | **Friendships, Respect and Relationships**  Consent & Boundaries  Respect & Relationships  What makes a good friendship?  Friendships and managing them  Being positive & Self Esteem  Pressure and influence  What does it mean to be a man in  2022? | **Dangerous Society Online and Offline**  County lines  Drugs & UK gangs  Substance misuse  Online safety & cyber bullying  Grooming boys and girls  Drugs education & Alcohol safety  Child Exploitation and Online protection | **Dangerous Society Online and Offline**  County lines  Drugs and UK gangs  Substance misuse  Online safety and cyber bullying  Grooming boys and girls  Drugs education and alcohol safety  Child exploitation and online safety | **Rights and Responsibilities**  Instagram generation  Targeted advertising  Marriage & family  Rights & responsibilities  Consumer rights  Employment rights  Exploring a paycheck | **Staying safe**  Virtual reality & live streaming  New Psychoactive substances Festivals and drugs  War on drugs  Cosmetic & Aesthetic procedures  Substance addiction  Online Reputation  Digital footprint & the Internet |
| **Spring 1** | **Staying Safe Online and Offline**  Avoiding gangs  Staying safe online  Fortnight grooming & online gaming  What is alcohol?  What is smoking? E-Cigs, vaping and shisha  Energy Drinks  Knife crime in the UK | **Physical Health and Mental Wellbeing**  Health & wellbeing  What is mental health?  Positive body image  Child abuse  Types of bullying  Healthy eating and cholesterol  Stress management | **Body Confidence**  Self esteem changes  Time management  LGBT rights  HBT – Bullying in all its forms  Dealing with grief and loss  Media and airbrushing  Cancer prevention  Healthy lifestyles | **Violence, Crimes and Seeking Safety**  Honour based violence  Forced marriages  Online gambling  Social media validation  Keeping data safe  Modern day slavery  Preventing knife crime | **Your future and beyond**  Time management skills LGBT Rights across the world  Dealing with exam stress & anxiety  Insta life Vs. real life Writing a personal statement Ø Writing a CV |
| **Spring 2** | **Puberty and Body Development**  Intro to puberty  Puberty (Girls focus)  Puberty (Boys Focus)  Personal hygiene & Oral hygiene  Growing up - Beware of FGM  Assertiveness, consent & hormones  Self esteem & Empowerment  **4 sessions delivered by The Northern Contraception, Sexual Health & HIV Service** | **Identity, Relationships and Sex Education**  Introduction to RSE  Healthy relationships  Dealing with conflict Sexual orientation  Gender identity & Equality Act  Introduction to contraception  What is love?  Periods & Menstrual cycles  **4 sessions delivered by The Northern Contraception, Sexual Health & HIV Service** | **Contraception & STIs**  STI lesson – the big STI game  Contraception methods available  How to put on a condom  Realities of using contraception  Sexual harassment & stalking  HIV & AIDS  HIV - discrimination & prejudice  **4 sessions delivered by The Northern Contraception, Sexual Health & HIV Service** | **Exploring Relationships and Sex Ed**  Campaigning against FGM  Sexting nudes and dick picks  Porn life vs real life  Porn materials and attitudes Domestic abuse and violence  Sexual violence  Sexualisation of the media  **4 sessions delivered by The Northern Contraception, Sexual Health & HIV Service** | **Sexual health**  Peer on peer bullying  Fertility and what impacts it  Alcohol and bad choices Importance of sexual health  Revisiting contraception Revisiting STI’s Respect and relationships  **4 sessions delivered by The Northern Contraception, Sexual Health & HIV Service** |
| **Summer 1** | **Celebrating Differences**  Multicultural Britain  What is your identity?  Nature vs. nurture debate  Equality Act 2010  Breaking down stereotypes  Prejudice and discrimination  Challenging islamophobia | **LGBTQ+ Explored**  Exploring LGBT+ & Associated key terms  Homophobia in schools  Supporting those that are LGBT+  Challenging discrimination  Breaking down stereotypes  Transphobia  Coming out in 2022 | **Legal and Illegal Drugs**  Introduction to drugs  Different types of addictions  Cannabis products  Drug classifications  “Party drugs” – the dangerous side  Exploring illegal drugs and effects  Volatile substance abuse | **Exploring World Issues**  International organisations  Brexit explored  Aid and supporting other countries  Fair trade  Peace, war and conflict  Women’s rights & equality  #Metoo movement  Times up movement & gender equality | **Careers and life beyond school.**  **Exam preparation** |
| **Summer 2** | **Politics, Parliament and Me**  Why is politics important?  How is our country run?  Creating a political party  Elections & campaigning  Politics and debating  Exploring inside parliament  Who is the new PM  Exploring the constitution | **Law, Crime & Society**  Desert Island living  What is community spirit  Decision making & constitution  Criminals law & society  Law making process in the UK  Prisons & reform  Punishment & Restorative justice | **Combating Extremism & Terror**  Conspiracies & extremist narratives  Extremism in all its forms  What is terrorism?  Proud to be British?  Radicalisation process  Counter terrorism  Anti-Semitism  Prevent | **Exploring British Values**  Critical thinking & fake news  What is a cult?  Exploring British values  LGBT rights & British values  What are Human Rights?  Exploring Human Rights |  |
| **Visits/Guest speakers** | Spring term - Northern Contraception, Sexual Health & HIV Service  22nd Jan – Imperial war museum (Holocaust memorial day)  WC 12/19th June – Greater Manchester fire and rescue service Safe4Summer campaign – protect communities and think of consequences of actions over summer. (Fires/open waters)  June (TBC) – Eclypse – Drugs and alcohol awareness. | Spring term - Northern Contraception, Sexual Health & HIV Service  15th Dec – Safety in the home (Fire department)  WC 12/19th June – Greater Manchester fire and rescue service Safe4Summer campaign – protect communities and think of consequences of actions over summer. (Fires/open waters)  June (TBC) – Eclypse – Drugs and alcohol awareness.  13th July - Beacon counselling trust – Gambling harms prevention program | Spring term - Northern Contraception, Sexual Health & HIV Service  15th Dec – Safety in the home (Fire department)  22nd Jan – Imperial war museum (Holocaust memorial day)  26th Feb – Football museum (British values tour)  19/20th April – GMP Museum (British Values, rule of law, court case)  WC 12/19th June – Greater Manchester fire and rescue service Safe4Summer campaign – protect communities and think of consequences of actions over summer. (Fires/open waters)  June – (TBC) Eclypse – Drugs and alcohol awareness.  13th July - Beacon counselling trust – young people’s Gambling harms prevention program | Spring term – Northern Contraception, Sexual Health & HIV Service  22nd Jan – Imperial war museum (Holocaust memorial day)  WC 12/19th June – Greater Manchester fire and rescue service Safe4Summer campaign – protect communities and think of consequences of actions over summer. (Fires/open waters)  June (TBC) – Eclypse – Drugs and alcohol awareness.  13th July - Beacon counselling trust – Young people’s Gambling harms prevention program | Spring term – Northern Contraception, Sexual Health & HIV Service  22nd Jan – Imperial war museum (Holocaust memorial day)  WC 12/19th June – Greater Manchester fire and rescue service Safe4Summer campaign – protect communities and think of consequences of actions over summer. (Fires/open waters)  June (TBC) – Eclypse – Drugs and alcohol awareness.  13th July - Beacon counselling trust – Gambling harms prevention programmed. |

**Northern Contraception, Sexual Health & HIV Service – Sessions Spring 1/2**

KS3- We usually deliver sessions around puberty, bodyworks -discussing physical/emotional changes for both genders body image, hygiene ownership over one’s body and making positive choices (smoking, alcohol, healthy diet, sleep etc )-will include self -esteem/ consent

Relationships and Gender/sexuality/identity

 KS4- Bodyworks/puberty recap-exploring both physical/emotional changes that occur during puberty- menstruation, menopause-, wet dreams, erections. FGM , Self -examination, masturbation etc-

Relationships-how to recognise healthy/unhealthy relationships-different context of relationships including friendship, marriage, different types of abuse-ongoing consent, values and attitudes /external influences in relationships ie social media, peers, family. Age appropriate relationships. Why relationships may end, the context of sexual activity within a relationship

Contraception/Emergency contraception, Condoms—Overview of contraception, looking at and identifying different methods, how to access -importance, YP sexual health rights and rights to confidentiality , whose responsibility? Potential barriers to accessing contraceptive services

STIS -including Blood Borne Viruses-basic overview of STIS, how to reduce the risk, how to access testing/support-dispel the myths. PEP/PREP ( HIV related drugs)

Sex/Law—Sexual assault, Sexual content online, Youth Produced imagery ,sexual harassment, Pornography , Up skirting, stealthing etc-raising awareness of the different types of offences in relation to the law -where to seek help /support.

Pregnancy choices/options- How pregnancy occurs, alternative options to becoming a parent ( IVF-adoption, Surrogacy etc ) myths around “safer sex” Exploring options around pregnancy-continue with pregnancy, adoption or abortion- ensuring young people have the practical information and skills they need to cope with unplanned pregnancy-including Young men. Facts/myths around abortion. Young people’s rights to access a termination and awareness of local services.

****