**Curriculum overview 2022-23:**

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|  | **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 educationTransition points and managing emotions | **Proud To Be Me!**Employability skillsProud to be me Careers interests and jobs Self esteem & mediaLabour market informationExploring careers | **Essential Life Skills**From failure to successFirst AidImportance of happinessWhat is anger?Saving and managing moneyEmployment & financial managementSocial media & online stress | **Mental Health/Wellbeing**Child abuse (CSE)Screen time & Mobile useMental health typesSelf harmSuicidal thoughts & supportPromoting emotional wellbeingMental 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 & BoundariesRespect & RelationshipsWhat makes a good friendship?Friendships and managing themBeing positive & Self EsteemPressure and influenceWhat does it mean to be a man in2022? | **Dangerous Society Online and Offline**County linesDrugs & UK gangsSubstance misuseOnline safety & cyber bullyingGrooming boys and girlsDrugs education & Alcohol safetyChild Exploitation and Online protection | **Dangerous Society Online and Offline**County linesDrugs and UK gangsSubstance misuseOnline safety and cyber bullyingGrooming boys and girlsDrugs education and alcohol safetyChild exploitation and online safety | **Rights and Responsibilities** Instagram generationTargeted advertisingMarriage & familyRights & responsibilitiesConsumer rightsEmployment rightsExploring 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 gangsStaying safe onlineFortnight grooming & online gamingWhat is alcohol?What is smoking? E-Cigs, vaping and shishaEnergy DrinksKnife crime in the UK | **Physical Health and Mental Wellbeing**Health & wellbeingWhat is mental health?Positive body imageChild abuseTypes of bullyingHealthy eating and cholesterolStress management | **Body Confidence**Self esteem changesTime managementLGBT rightsHBT – Bullying in all its formsDealing with grief and lossMedia and airbrushingCancer preventionHealthy lifestyles | **Violence, Crimes and Seeking Safety**Honour based violenceForced marriagesOnline gamblingSocial media validationKeeping data safeModern day slaveryPreventing 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 hygieneGrowing up - Beware of FGMAssertiveness, consent & hormonesSelf esteem & Empowerment**4 sessions delivered by The Northern Contraception, Sexual Health & HIV Service** | **Identity, Relationships and Sex Education**Introduction to RSEHealthy relationshipsDealing with conflict Sexual orientationGender identity & Equality ActIntroduction to contraceptionWhat is love?Periods & Menstrual cycles**4 sessions delivered by The Northern Contraception, Sexual Health & HIV Service** | **Contraception & STIs**STI lesson – the big STI gameContraception methods availableHow to put on a condomRealities of using contraceptionSexual harassment & stalkingHIV & AIDSHIV - discrimination & prejudice**4 sessions delivered by The Northern Contraception, Sexual Health & HIV Service** | **Exploring Relationships and Sex Ed**Campaigning against FGMSexting nudes and dick picksPorn life vs real lifePorn materials and attitudes Domestic abuse and violenceSexual violenceSexualisation 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 BritainWhat is your identity?Nature vs. nurture debateEquality Act 2010Breaking down stereotypesPrejudice and discriminationChallenging islamophobia | **LGBTQ+ Explored**Exploring LGBT+ & Associated key termsHomophobia in schoolsSupporting those that are LGBT+Challenging discriminationBreaking down stereotypesTransphobiaComing out in 2022 | **Legal and Illegal Drugs**Introduction to drugsDifferent types of addictionsCannabis productsDrug classifications“Party drugs” – the dangerous sideExploring illegal drugs and effectsVolatile substance abuse | **Exploring World Issues**International organisationsBrexit exploredAid and supporting other countriesFair tradePeace, war and conflictWomen’s rights & equality#Metoo movementTimes 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 partyElections & campaigningPolitics and debatingExploring inside parliamentWho is the new PMExploring the constitution | **Law, Crime & Society**Desert Island livingWhat is community spiritDecision making & constitutionCriminals law & societyLaw making process in the UKPrisons & reformPunishment & Restorative justice | **Combating Extremism & Terror**Conspiracies & extremist narrativesExtremism in all its formsWhat is terrorism?Proud to be British?Radicalisation processCounter terrorismAnti-SemitismPrevent | **Exploring British Values**Critical thinking & fake newsWhat is a cult?Exploring British valuesLGBT rights & British valuesWhat are Human Rights?Exploring Human Rights |  |
| **Visits/Guest speakers** | Spring term - Northern Contraception, Sexual Health & HIV Service22nd 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 Service15th 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 Service15th 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 Service22nd 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 Service22nd 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.

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