

Golden Threads:
 Uniqueness; showing that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing
 To understand what can affect wellbeing and resilience
 Study, organisational, research and presentation skills.
 To review strengths, interests, skills, qualities and values and how to develop them to be compassionate.
 To be able to empathise with the suffering of others and have the generosity to help others in trouble.
 To be courteous in their dealings with friends and strangers.
 To be honest, committed to living truthfully and with integrity.

PSHEe Curriculum Map



Prejudice and Discrimination- Pupils develop their understanding of British Values, the learn more about how democracy works and the rule of law. They also study the Human Rights Act.

Online Safety- Key points reiterated from previous years but pupils also consider their digital footprint and the dangers of online gaming. They also look at the impact and reality of fake news.

Mental Health- Pupils consider how to deal with exam stress, the pressure of year 11 and cover different revision techniques.

YEAR 11

Physical Health- Discussion around self esteem and the dangers of cosmetic surgery.

Relationships- Pupils develop their understanding of abuse and coercion, looking at why it happens and how people become trapped in abusive relationships. They also learn about the different types of relationships e.g. marriage, civil partnerships etc.

Personal Safety- Pupils learn factual information relevant to them e.g. age limits, the study the impact of knife crime, consider online safety again and the impact of cyberbullying.

Prejudice and Discrimination- pupils look at the Equalities Act (having studied each characteristic on its own previously. They link this to discrimination in the work place as they will be going on their work experience.

Social responsibility- Pupils look at the issue of exploitation and homelessness.

Mental Health- Pupils develop and understanding of how to develop a positive mind-set. The implications that screen time can have on their mental health, the importance of sleep for their mental wellbeing (they have covered this in physical wellbeing previously and healthy coping strategies.

YEAR 10

Prejudice and discrimination-pupils consider the impact of gender, but focus on the discrimination of women in society, the ongoing issue of violence against women and female safety.

Personal Safety- Pupils develop their understanding of online safety building on previous years study by learning about online fraud, the dangers of gambling, online safety and sexual harassment. They look again at drugs and alcohol but this year they consider the impact of peer pressure.

Physical Health- pupils develop and understanding of the importance of sleep and exercise on their growing bodies and minds. They also develop their understanding of safety in the home, online safety and road safety.

Prejudice and Discrimination- pupils learn about racial discrimination, why it happens, how to prevent/challenge it and how to be actively anti racist.

Mental Health- Pupils consider how to deal with grief, how to boost self esteem, they learn about eating disorders and consider how to reframe negative thinking.

Relationships - building on year 8 content pupils learn to recognise the signs of unhealthy relationships.

Physical Health- pupils revise key points around healthy diet, exercise and sleep. They study how to spot the signs of different cancers. They also cover how to access key NHS services.

YEAR 9

Relationships -Pupils look at the aspects of positive behaviours in relationships, including friendships, family and romantic relationships.

Physical Health- this includes a range of topics including legal and illegal substances- this builds on the study last years and begins to look more at the dangers, it also considers vaping.

Mental Health- Pupils develop their study from year 7 looking at examples of mental illness as well as key examples of self care.

Changing Relationships and Friendships- Pupils recognise how to deal with their own changing attitudes and behaviours and how to deal spot signs of concern with their friends.

YEAR 8

E safety- Pupils learn about the dangers of sharing too much information online and devise an action plan of how to stay safe.

Physical Health- pupils build on this topic from primary school/PE and link it with how to deal with the physical changes they are going through. Pupils also cover drugs and alcohol, learning the basic facts and dangers of each.

Social Responsibility- Pupils discuss/consider their responsibility to the environment.

Bullying- Pupils identify different types of bullying and discuss the impact it can have on people. This links to the transition from primary school as they may be exposed to different behaviours and situations.

Changing relationships and friendships- As they have settled into year 7 and things are beginning to change pupils discuss/discover how friendships can evolve and change, without people being hurt.

Mental Health- Pupils learn about emotive health, the importance of positivity and resilience. Again building on transition materials once settled in school.

Prejudice and Discrimination- Pupils develop an understanding of different gender identities and sexualities. They consider how this can lead to prejudice and discrimination and how to challenge such ideas and behaviours.

YEAR 7

Careers- Module (see dept. curriculum map)

Transition- Pupils work through issues around making a new start, organisation and they start to consider how to be more resilient.

Welcome

"Building a child's emotional intelligence is a straightforward way to enhance physical and mental health, memory, decision making, creativity, relationships, grades and job performance" *The Contented Child.*