

PSHEC 2019-2020

Y7	Autumn A (7)	Autumn B (8)	Spring A (6)	Spring B (6)	Summer A (5)	Summer B (7)
Physical Health	FGM	Knife Crime workshop SSO Safe Travel afternoon SSO	Puberty Eating healthily Exercise Drugs and alcohol workshop	Smoking	Basic First Aid SSO	
Mental Wellbeing	Mental Health week – assembly and activities	Mental Health Targets ARD	Body Image Self-Esteem Mental Health Awareness assembly	Mental Health Targets review ARD		
Relationship & Sex Education	Healthy/Unhealthy relationships	Bullying/Cyberbullying Resolution Relationships with friends (inc conflict and reconciliation) Domestic Violence Awareness drop in SSO	Sexualised Images Safer Internet Day assembly	CSE Awareness Week assembly Relationships with parents/ Conflict		Families and parenting
Living in the Wider World (Citizenship and British Values)	Britain and our identity Black History Month – lesson tasks and activities Prevent – Stereotypes/Inclusivity Equalities – protected characteristics intro and Sexism – Registration	Anti-bullying week – homophobic, biphobic, transphobic - assembly Equalities – Age - Registration Parliament week talk	Prevent – Terrorism LGBTQI History Month assembly Equalities – Sexual Orientation - Registration	Racism Homophobia Equalities – Disability - Registration	Rights and responsibilities Equalities – Race - Registration Study skills/learning styles	Retreat - Refugees Equalities – Gender Reassignment – Registration

	Money laundering - registration					
Other/ Careers	<p>Getting started Presentation of work & organisation; Homework</p> <p>ARD Prep Liddington Prep</p> <p>Lunch and Learn GB1, 5</p> <p>Curriculum links to Careers – assembly GB1, 4</p> <p>Can I be? – my extraordinary future (World of work and skills) GB1, 2, 3, 4, 5</p>	<p>Prep for Christmas fair</p> <p>PASS survey</p> <p>Lunch and Learn GB1, 5</p> <p>Curriculum links to Careers – assembly GB1, 4</p>	<p>Lunch and Learn GB1, 5</p> <p>Curriculum links to Careers – assembly – assembly GB1, 4</p>	<p>ARD Prep</p> <p>Lunch and Learn GB1, 5</p> <p>Apprenticeships assembly GB1, 5</p> <p>Curriculum links to Careers – assembly GB1, 4</p>	<p>START and Locker GB1, 2, 3, 4, 8</p> <p>Lunch and Learn GB1, 5</p>	<p>Sports day prep Exam week Debates prep, prep celebration, Serviam assembly</p> <p>Lunch and Learn GB1, 5</p> <p>Curriculum links to Careers – assembly GB1, 4</p> <p>Intro to world of work – how you can control your future GB1, 2, 3, 4, 5</p>

Y8	Autumn A (7)	Autumn B (8)	Spring A (6)	Spring B (6)	Summer A (5)	Summer B (7)
Physical Health	FGM	Personal Hygiene	Cancer and cancer prevention Exercise Importance of sleep Knife Crime knife arch and workshop follow up SSO Drugs workshop			
Mental Wellbeing	Mental Health week assembly and activities	Mental Health Targets ARD	Mental Health Awareness assembly	Body Image/ Self Esteem Pressure on teenagers – Mental Health Targets review ARD		
Relationship & Sex Education	Online exploitations/Sexting	Conflict resolution Relationships – friends, attraction including Consent Domestic Violence Awareness drop in SSO	Safer Internet Day assembly	CSE Awareness Week assembly Advertising and Media		Assertiveness
Living in the Wider World (Citizenship and British Values)	National Government/MPs The UK's role in key international organisations Black History Month lesson tasks and activities Strengths and Weaknesses	Local Government Laws Anti-bullying week – homophobic, biphobic, transphobic assembly Equalities – Age - Registration Parliament week talk	Institute of Philanthropy project LGBTQI History Month assembly Equalities – Sexual Orientation– Registration Retreat – Building bridges	Institute of Philanthropy project Equalities – Disability - Registration Equalities – Race - Registration	Personal Safety Study Skills Financial Literacy – saving/borrowing/pensions/loans Equalities – Race - Registration	Gambling and online gambling Equalities – Gender Reassignment– Registration

	<p>Homophobia and Prejudice</p> <p>Prevent –non-violence/ anti-war protests and Terrorist agendas</p> <p>Equalities – protected characteristics intro and Sexism - Registration</p> <p>Money laundering - registration</p>					
Other/ Careers	<p>ARD Prep</p> <p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p>	<p>Christmas assembly prep</p> <p>START / Careers – Aspire GB1, 2, 3, 4, 8</p> <p>Careers panel discussion GB 1, 2, 5</p> <p>PASS survey</p> <p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers GB1, 4</p>	<p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers GB1, 4</p>	<p>ARD Prep</p> <p>Careers – Panel presentation GB 1, 2, 5</p> <p>Lunch and learn GB1, 5</p> <p>Apprenticeships assembly GB1, 5</p> <p>Curriculum links to Careers GB1, 4</p> <p>Careers panel discussion GB 1, 2, 5</p>	<p>Study skills</p> <p>Lunch and learn GB1, 5</p>	<p>Sports day prep</p> <p>Exam week</p> <p>Debates prep, prep celebration, Serviam assembly</p> <p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers GB1, 4</p>

Y9	Autumn A (7)	Autumn B (8)	Spring A (6)	Spring B (6)	Summer A (5)	Summer B (7)
Physical Health	FGM Street Crime	Puberty	Drugs and Alcohol awareness performance Knife Crime workshop follow up SSO		Tobacco, alcohol, drugs -risks, laws and consequences	Basic First Aid SSO
Mental Wellbeing	Mental Health week assembly and activities	Mental Health Targets ARD Peer pressure	Mental Health Awareness assembly	Mental Health Targets review ARD	Self-Esteem Body Image Handling Stress	Coping with change
Relationship & Sex Education	Handling conflict CSE vulnerabilities Bullying/ Cyberbullying	STIs, including HIV/AIDS and testing, Contraception Domestic Violence Awareness drop in SSO	Safer Internet Day assembly	CSE/grooming/county lines performance and workshop CSE Awareness Week	Parenting, Fostering, Adoption	
Living in the Wider World (Citizenship and British Values)	Cultural Diversity Black History Month Black History Month lesson tasks and activities Homelessness Prevent – political and religious radicalisation Equalities – protected characteristics intro and Sexism – Registration Money laundering - registration	Parliament week talk Anti-bullying week – homophobic, biphobic, transphobic assembly LGBTQ! Equalities –Age - Registration	LGBTQ! History Month assembly Equalities – Sexual Orientation - Registration	Democracy, Monarchy Political parties Justice and youth crime Equalities – Disability - Registration Retreat – making a difference in the world	Study Skills Equalities – Race - Registration Equalities – Disability - Registration	Financial literacy - Budgeting, recognise and manage influences on financial decisions, managing risk, money laundering Equalities – Gender Reassignment– Registration

<p>Other/ Careers</p>	<p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p>	<p>PASS survey</p> <p>Christmas Fair prep</p> <p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p> <p>START & Locker – Research GB 1, 2, 3, 4, 8</p>	<p>START & Locker Employability Skills</p> <p>Workplace skills, Careers Networking Prep and Networking Event and evaluation GB1, 2, 3, 4, 5, 8</p> <p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p>	<p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p> <p>Apprenticeships assembly - GB1, 5</p>	<p>Lunch and learn GB1, 5</p>	<p>Sports day prep</p> <p>Exam week</p> <p>Debates prep x1, prep celebration, Serviam assembly</p> <p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p>

Y10	Autumn A (7)	Autumn B (8)	Spring A (6)	Spring B (6)	Summer A (5)	Summer B (7)
Physical Health	FGM	Emotional Health and Lifestyle Diet Exercise/ Healthy Lifestyle Importance of sleep and dental hygiene	Drugs, Alcohol Drugs and alcohol workshop Drugs and Alcohol awareness performance	Street Crime/Knives SSO registration		
Mental Wellbeing	Mental Health week assembly and activities	Eating Disorders Causes and symptoms of emotional health disorders – depression, anxiety Mental Health Targets ARD	Mental Health Awareness assembly	Mental Health Targets review ARD	Retreat - Dealing with stress; time management; relaxation techniques	
Relationship & Sex Education	Sexual Harassment assembly CSE risks and advice to stay safe	Relationships with parents and peers, Managing Conflict – impact of domestic abuse Domestic Violence Awareness drop in SSO	Consent STIs and self-checking Fertility and unintended pregnancy Gender Ideals in the media, Modern Culture/ Sexism – impact on relationships and behaviours Safer Internet Day assembly	CSE Awareness Week assembly		Malicious Gossip
Living in the Wider World (Citizenship and British Values)	Britain and the World British Values Britain and The UN The Commonwealth Britain in the EU, Brexit	Parliament week talk Anti-bullying week – homophobic, biphobic, transphobic assembly	LGBTQI History Month assembly Retreat – human dignity Equalities – Sexual Orientation - Registration	Justice Legal rights/Age limits Campaigning and influencing others Euthansia Human Rights	Equalities – Race - Registration	Equality Bullying and respecting difference Racism Homophobia Refugees

	<p>Black History Month lesson tasks and activities</p> <p>Prevent – impact on society and recruitment</p> <p>Equalities – protected characteristics intro and Sexism - Registration</p> <p>Money laundering - registration</p>	<p>Equalities –Age - Registration</p>		<p>Equalities – Disability - Registration</p>		<p>Equalities – Gender Reassignment– Registration</p>
<p>Other/ Careers</p>	<p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p>	<p>START and Locker – Explore GB 1, 2, 3, 4, 8</p> <p>Hackerbox (Stem Ambassador event) GB 1, 4, 5</p> <p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p>	<p>Jack Petchey – Public Speaking event GB 1, 4, 5</p> <p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p>	<p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p> <p>Apprenticeships assembly - GB1, 5</p>	<p>Lunch and learn GB1, 5</p>	<p>SLT post-16 interview GB1, 3, 7, 8</p> <p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p> <p>Careers pathway event – Unifrog GB1, 2, 3, 4, 7, 8</p>

Y11	Autumn A (7)	Autumn B (8)	Spring A (6)	Spring B (6)	Summer A	Summer B
Physical Health	FGM	Drugs – law and risks Alcohol – impact on society and binge drinking	Drugs and alcohol workshop	Knife Crime SSO registration		
Mental Wellbeing	Mental Health week assembly and activities	Mental Health Targets ARD	Mental Health Awareness assembly	Managing stress/ Meditation Mental Health Targets review ARD	Exam stress support	
Relationship & Sex Education	Exploitative relationships/ Domestic Violence Sexual Harassment assembly	Domestic Violence Awareness drop in SSO	Safer Internet Day assembly	CSE Awareness Week assembly		
Living in the Wider World (Citizenship and British Values)	Democracy- Government and Parliament, Voting and Participation Prevent – Online radicalisation and Tackling radicalisation Black History Month lesson tasks and activities Retreat – aspirations and future endeavors	Parliament week talk Anti-bullying week – homophobic, biphobic, transphobic assembly Equalities – Age - Registration	Financial Literacy -credit and debit, saving and borrowing, budgets, public funds, tax and insurance, gambling Equalities – Gender Reassignment – Registration LGBTQI History Month assembly Equalities – Sexual Orientation– Registration	Equalities – Disability – Registration Equalities – Race - Registration		

	<p>Equalities – protected characteristics intro and Sexism - Registration</p> <p>Money laundering - registration</p>					
Other/ Careers	<p>START and Locker – Expand GB 1, 2, 3, 4, 8</p> <p>My Future Conference GB 1, 2, 3, 4, 5, 8</p> <p>CV writing skills and prep for 1:1 interview GB1, 3, 8</p> <p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p>	<p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p> <p>Work experience assembly GB 1, 2,</p> <p>Career guidance 1:1 support GB 1, 2, 3, 7, 8</p>	<p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p>	<p>Revision skills</p> <p>Time management</p> <p>Work experience GB 1, 4</p> <p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p> <p>Apprenticeships assembly - GB1, 5</p>	<p>Lunch and learn GB1, 5</p>	<p>Work Experience: prep and log book on rights and responsibilities of employees GB 1, 2, 3, 4, 5, 6,</p> <p>Transition/Induction into the 6th form GB 1, 3, 7, 8</p>

Y12	Autumn A (7)	Autumn B (8)	Spring A (6)	Spring B (6)	Summer A (5)	Summer B (7)
Physical Health	FGM	Personal Awareness & Safety over Xmas Holidays – Making appropriate choices.		Drugs /Alcohol Awareness and safe choices Money Mules and Knife crime SSO		
Mental Wellbeing	Mental Health week assembly and activities Positive mental health – good habits, support inside and outside of school		Mental Health Awareness assembly		Positive Mental Health accessing support at uni – St Mary’s University Personal Safety & Safety over Xmas Holidays – Making appropriate choices	
Relationship & Sex Education	Sexual Harassment / Consent assembly CSE healthy relationships, recognising signs of unhealthy relationships – support available	Domestic Violence Awareness drop in SSO		CSE Awareness Week assembly Sexual Health talk (Spectra)		
Living in the Wider World (Citizenship and British Values)	Money laundering – registration Black History Month activities Prevent Equalities – protected characteristics intro	Head Girl Hustings Equalities – Age – Registration Equalities - Sexism - Registration Anti-bullying week – homophobic, biphobic, transphobic assembly	Equalities – Sexual Orientation– Registration LGBTQI History Month assembly	Equalities – Disability– Registration	Equalities – Race – Registration	Equalities – Gender Reassignment– Registration

Other/ Careers	<p>Expectations and Transition from KS4-5 GB 1, 5</p> <p>Lunch and learn GB1, 5</p> <p>Bookfest lectures GB1, 4, 7</p> <p>CV writing and skills GB 1, 3, 8</p>	<p>Review of term & goals moving forward</p> <p>Work Shadowing and Widening Participation and Volunteering opportunities GB 1, 2, 3, 4, 8</p> <p>Careers Talk on Legal Sector GB 1, 2, 5</p> <p>Lunch and learn GB1, 5</p> <p>Healthcare Panel (Paramedic, surgeon, nurses – Q & A) GB 1, 2, 5</p> <p>VESPA and Study skills GB 1, 4</p> <p>UCAS introduction GB 1, 4, 7, 8</p> <p>Vocational Learning Conference GB1, 2, 4</p>	<p>Introduction to societies</p> <p>Predicted grades; Cumulative Preparation</p> <p>Lunch and learn GB1, 5</p> <p>Step into STEM with University of Lancaster GB 1, 2, 5, 7</p> <p>Personalised careers research GB 1, 3, 4, 8</p> <p>Work Shadowing GB 1, 2, 3, 4, 8</p> <p>Money Matters GB 1, 4, 8</p> <p>Apprenticeship Panel – range of industry sectors GB 1, 2, 3, 4, 5, 7, 8</p> <p>Unifrog Workshop GB 1, 2, 4, 7</p> <p>Lloyds Bank – Basic Finance Principles & Managing GB 1, 2, 4, 5</p>	<p>Managing Time and Planing/ Societies update</p> <p>VESPA and Exam Prep Visit to Surrey University GB 1, 4, 7, 8</p> <p>Lunch and learn GB1, 5</p> <p>Apprenticeships assembly - GB1, 5</p> <p>Saipem engineering and skills talk GB 1, 2, 4, 5, 8</p> <p>Careers Talk – Legal GB 1, 2, 4, 5, 8</p> <p>UCAS fair GB 1, 3, 4, 7, 8</p>	<p>Prep for exams</p> <p>Lunch and learn GB1, 5</p>	<p>Lunch and learn GB1, 5</p> <p>Creative arts speaker GB 1, 2, 4, 5, 8</p> <p>Preparing for Year 13 – Planning ahead GB 1, 4, 8</p> <p>Careers Pathway Day GB 1, 2, 3, 4, 7, 8</p> <p>Briefing on Work Shadowing – Reflective Diary/Employer Report GB 1, 2, 3, 4, 8</p> <p>Work Shadowing GB 1, 2, 3, 4, 5, 6, 8</p> <p>Making the Most of the Summer Holidays – Open days/Taster days GB 1, 3, 7, 8</p> <p>Serviam Assembly</p> <p>FAITH DAY</p>

Y13	Autumn A (7)	Autumn B (8)	Spring A (6)	Spring B (6)	Summer A	Summer B
Physical Health	Positive Physical Health - strategies and accessing support FGM		Physical Health	Drugs /Alcohol Awareness and safe choices Money Mules and Knife crime SSO		
Mental Wellbeing	Mental Health week assembly and activities Positive Mental Health - Building resilience, strategies and accessing support		Mental Health and managing stress with mocks Mental Health Awareness assembly		Managing stress	
Relationship & Sex Education	Sexual Health CSE, Healthy Relationships and Consent Sexual Harassment assembly	Domestic Violence Awareness drop in SSO	Sexual Health talk (Spectra)	Safe choices around relationships CSE Awareness Week assembly		
Living in the Wider World (Citizenship and British Values)	PREVENT Black History Month activities Money laundering - registration Equalities – protected characteristics intro - Registration	Head Girl Hustings Equalities – Age – Registratio Equalities – Sexism – Registratio Anti-bullying week – homophobic,	Equalities – Gender Reassignment– Registration Equalities – Sexual Orientation – Registration LGBTQI History Month assembly	Equalities – Race – Registration Equalities – Disability– Registration		

		biphobic, transphobic assembly				
Other/ Careers	<p>UCAS and Predicted Grades and the Assessment schedule in Year 13, Study Skills (VESPA), Preparation for Mocks GB 1, 4, 8</p> <p>Aspirations and goals GB 1, 3, 4</p> <p>Vocational Learning Conference GB 1, 2, 4</p> <p>Lunch and learn GB1, 5</p>	<p>UCAS – next stages Gap Year Programmes GB 1, 4, 7, 8</p> <p>Work Shadowing and Widening Participation and Volunteering opportunities for YMCA GB 1, 2, 3, 4, 8</p> <p>Careers Talk on Legal Sector GB 1, 2, 5</p> <p>Fashion & Retail Academy Talk – Creative Arts GB 1, 2, 5</p> <p>Vocational Learning Conference. Accenture visit and Gap Year Programmes GB</p> <p>Lunch and learn GB1, 5</p> <p>Healthcare Panel (Paramedic, surgeon, nurses – Q & A) GB 1, 2, 5</p>	<p>Lunch and learn GB1, 5</p> <p>Step into STEM GB 1, 2, 5</p> <p>UCAS Next Steps – Firm, Insurance and UCAS Extra GB 1, 2, 3, 4, 7, 8</p> <p>Apprenticeship Panel – range of industry sectors GB 1, 2, 3, 4, 5, 7, 8</p> <p>Student Finance England UEA GB 1, 7</p> <p>Lloyds Bank – Basic Finance Principles & Managing GB 1, 2, 4, 5</p>	<p>Gap Year & Employment Opportunities GB 1, 4, 7, 8</p> <p>Transition to university – what to expect GB 1, 7, 8</p> <p>Independent Living GB 1, 8</p> <p>Lunch and learn GB1, 5</p> <p>Apprenticeships assembly - GB1, 5</p> <p>Saipem engineering and skills talk GB 1, 2, 4, 5, 8</p> <p>Careers Talk – Psychology GB 1, 2, 4, 5, 8</p> <p>Gap Year Student and Apprenticeship Workshop GB 1, 2, 4</p>	<p>Preparing for the Exams and The Final Countdown (VESPA) GB 1, 4, 7, 8</p> <p>Independent Living GB 1, 8</p> <p>Lunch and learn GB1, 5</p> <p>Preparing for University Life – Royal Holloway GB 1, 7, 8</p> <p>Alternative options talk – clearing & adjustment process GB 1, 7, 8</p>	<p>Lunch and learn GB1, 5</p> <p>Creative arts speaker GB 1, 2, 4, 5, 8</p>

Key:

Knife crime

LGBTQI

CSE/ Sexual Harassment

Drugs/Alcohol

Peer-on-peer/bullying

Prevent

FGM

Equalities

DV

Careers

Development of Skills through PSHEC

Personal Effectiveness:

1. Self-improvement (through constructive self-reflection, seeking and utilising constructive feedback)
2. Identifying and challenging generalisation and stereotyping
3. Resilience (self-motivation, perseverance and adaptability)
4. Self-regulation (promotion of a positive, growth mind-set and managing strong emotions and impulses)
5. Recognising and managing peer influence and the need for peer approval, including evaluating perceived social norms
6. Self-organisation (time management, identification of strengths and weaknesses)
7. Strategies for identifying and accessing appropriate help and support
8. Clarifying own values (reflection on personal values and beliefs) and re-evaluating values and beliefs in the light of new learning and experiences)
9. Recalling and applying knowledge creatively and in new situations
10. Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect)

Decision Making and Managing Risk

1. Identification, assessment (including prediction) and management of positive and negative risk to self and others
2. Formulating questions (as part of an enquiring approach to learning and to assess the value of information)
3. Analysis (separating fact and reasoned argument from rumour, speculation and opinion)
4. Assessing the validity and reliability of information
5. Identify links between values and beliefs, decisions and actions
6. Making decisions

These skills are developed through a variety of activities and tasks, encouraging students to listen to the perspectives of others, develop an argument, present information to persuade, challenge how we are influenced and standing up for what we believe is morally right. Students are always encouraged to share their opinions in a respectful way and listen to each other, especially when they disagree. Students enjoy regularly debating contentious issues, responding to the opposite way of thinking and justify their viewpoint. Students work either together in groups or individually to deconstruct issues and present work in dynamic ways, such as role-plays or campaigns. Students consider their audience when educating their peers with a variety of media.

Interpersonal Skills:

1. Empathy and compassion (impact on decision-making and behaviour)
2. Respect for others' right to their own beliefs, values and opinions
3. Discernment in evaluating the arguments and opinions of others
4. Skills for employability, including:
 - Active listening and communication (assertiveness skills)
 - Team working
 - Negotiation (flexibility, self-advocacy and compromise within an awareness of personal boundaries)
 - Leadership skills
 - Presentation skills
5. Enterprise skills and attributes (e.g. aspiration, creativity, identifying opportunities, taking positive risks)
6. Recognising, evaluating and utilising strategies for managing influence
7. Valuing and respecting diversity
8. Using these skills and attributes to build and maintain healthy relationships of all kinds