

2017/18 PSHE SCHEME OF WORK – KEY STAGE 3

Autumn Term	Spring Term	Summer Term
<p>Looking after your physical health Personal hygiene; diet/hydration; physical activity/recreation; Sleep; healthy lifestyles and cancer prevention H9,13,14,15,16,17,18,32</p> <p>Looking after your emotional health Self-confidence and self-esteem and developing resilience; coping. H1,2,3,4,5,6,19</p> <p>Staying safe Accident prevention, minimising risk First aid/CPR St. Johns Ambulance – first aid and CPR</p> <p>Local health and emotional support services H6,20,21,22,23,</p>	<p>Staying safe Legal/illegal drugs; Speakers eg Project 3; Lifestory Project Smoking; Alcohol; H24,25,26,27,28,29,30,31,32</p> <p>Peer pressure/approval – risky behaviours; difference between friendship groups and gangs; law and offensive weapons; on-line safety including the law; bullying/abuse including on-line R15,16,17,18,28,29,30,31,33,34,35,36,37,38 On-line safety/ CSE speaker; Police/Fire – joyriding risks</p> <p>Relationships Types of relationship; healthy/unhealthy relationships; friendships;</p>	<p>Relationships stable relationships/ marriage and family life; relationship breakdown; Local support services R1,2,3,4,7,8,9,10,11,11,12</p> <p>Intimate/sexual relationships intimate/sexual relationships – delaying; consent and the law; contraception; risks of unprotected sex; gender identity and sexual orientation; homophobia; FGM facts/information R13,-27; H8 Speaker – homophobia and awareness of LGBT issues</p> <p>https://www.youtube.com/watch?v=agLrVvCUkzI; https://www.youtube.com/watch?v=L4Q3ABMLWos https://www.youtube.com/watch?v=lrJxqvalFxm</p>
<p style="text-align: center;">Living in the Wider World</p> <p>Citizenship - Similarities, differences, diversity among people of different races, cultures, abilities, disabilities, sex, gender identity, age, sexual orientation, impact of stereotyping, prejudice bigotry, bullying, discrimination; British law – cultural and religious expectations and practices; human rights; Shan Hanley – Chinese New Year</p> <p>Learning/financial education/employment- identifying own strengths, skills qualities, style of learning setting targets; choices/interests in Y10/11; financial education – to be discussed; types of employment; career aspirations; gambling risks; L1-20 Speaker Trading Standards – fakes not furs</p>		

Autumn Term	Spring Term	Summer Term
<p>Relationships Healthy/unhealthy/equal/positive relationships; types of exploitation/abuse/control in relationships; ending of relationships – coping; impact domestic abuse; parenthood; separation, divorce, bereavement; peer support Statutory/voluntary support agencies. R1-12, 29</p> <p>Health and well-being – self-confidence and self-esteem; emotional resilience – constructive feedback/criticism; strategies for managing stress and emotional well being; healthy and unhealthy coping strategies; Local Support Services H1-7</p>	<p>Health and well-being continued ...</p> <p>Sexual Health Sexual attraction and developing sexuality; diversity in attraction; consent; sex and the law; readiness for sex; saying no; drugs/alcohol and sexual behaviour; accessing contraception; emergency contraception; condoms; unintended pregnancy – choices; use of condoms to protect against STIs/HIV/AIDS; abortion; Risks of sharing intimate images – self/others; Accessing sexual health support R13-18, 21-23; H7, 9; L8</p>	<p>Health and well-being Safety – Choices – Responsibilities; Body image; piercings/tattoos/cosmetic procedures – risks; staying safe – awareness of safety in different settings including streets; first aid/CPR and seeking emergency support; testicular/breast examination; substance misuse including types of drugs – legal/illegal; alcohol; tobacco; consequences - habit/dependence/ addiction/ personal safety H10-18</p>
<p style="text-align: center;">Living in the Wider World</p> <p>Learning – evaluating own strengths to inform goal setting; time management; organisation; study and employability skills; careers; Citizenship – (Prevent) - challenging discrimination; racism; prejudice; extremism/intolerance; protection of community; influence of social media; harassment; Financial education - Information and guidance available to access careers support L1-7; 10-13</p>		

DRASACS/Domestic Abuse speakers

School Nurse/Project 3 – testing for STIs;

Johnny Condom

On-line safety/ CSE speaker

Shan Hanley – Chinese New Year

Speakers eg Project 3; Lifestory Project

School Nurse – breast and testicular examination

St. Johns Ambulance – first aid and CPR

Learning Mentor careers support/advice

<https://www.youtube.com/watch?v=agLrVvCUkzI>
<https://www.youtube.com/watch?v=L4Q3ABMLWos>
<https://www.youtube.com/watch?v=lrJxqvalFxm>

PSHE Association Programme of Study
given as a guide to help planning

2017/18 PSHE SCHEME OF WORK – KEY STAGE 4: YEAR 11

Autumn Term	Spring Term	Summer Term
<p>Sexual Health Recap: types of relationship and Sexual relationships in the context of a stable relationship About STIs/HIV/AIDS H9</p> <p>Safety Following health and safety procedures including in the home and at work; emergency first aid and CPR</p> <p>On-line safety/ CSE speaker</p> <p>St. Johns Ambulance – first aid and CPR</p> <p>Local health and emotional support services</p> <p>Living in the wider world Learning/employment - Preparing for exams, revision and college; time management, self-organisation, presentation, team working, on-line safety; identify own interests, skills and qualities – how they relate to future</p>	<p>Living in the wider world – Learning/employment continued</p> <p>employability; apprenticeships; CV; applying for college; interview; clothes/make up; presentation; travel; L1,10-15,19,20</p> <p>Learning Mentor support Visit to college</p> <p>Emotional health Self-confidence, self-esteem; managing anxiety including exam stress, recognise unhealthy coping strategies such as self-harm, eating disorders, substance misuse. developing resilience. Awareness of local support services – physical, emotional and mental health.</p>	<p>Relationships The family/parenting skills/qualities in family life; equal, supportive relationships; unhealthy, abusive relationships including physical, emotional, sexual; exploitation, bullying; consent and impact of drugs and alcohol on choices; accessing contraception including emergency; unintended pregnancy pathways/reactions; respecting different cultures/faiths and sexual relationships. R3,4,5,7,8,9,12,16,18,20,21,22,23,25,26,29</p> <p>Smoke Free Homes speaker</p> <p>DRASACS/Domestic Abuse speakers</p> <p>Living in the wider world Financial education/life skills Life skills, bank accounts, budgeting, world of work – tax, national insurance, housing – bills, loans. L20</p>