

# THE PSHE CURRICULUM

Healthy, Safe and Happy Life

Further Work Experience Full or Part-Time Job

PSHE at 6<sup>th</sup> Form

Positive and Healthy Relationships

**Families**  
Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships

**Independence**  
Responsible health choices, and safety in independent contexts

**Communication in relationships**  
Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse

**Next steps**  
Application processes, and skills for further education, employment and career progression

**Building for the future**  
Self-efficacy, stress management, and future opportunities

## YEAR 11

**Financial decision making**  
The impact of financial decisions, debt, gambling and the impact of advertising on financial choices

**Addressing extremism and radicalisation**  
Communities, belonging and challenging extremism

**Exploring influence**  
The influence and impact of drugs, gangs, role models and the media

**Healthy relationships**  
Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography

**Mental health**  
Mental health and ill health, stigma, safeguarding health, including during periods of transition or change

**Work experience**  
Preparation for and evaluation of work experience and readiness for work

**Intimate relationships**  
Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography

**Employability skills**  
Employability and online presence

## YEAR 10

**Healthy lifestyle**  
Diet, exercise, lifestyle balance and healthy choices, and first aid

Mind Map Assessment

Harmful Sexual Behaviours

Safe and Sound – Child exploitation workshops

External NHS Nurse – Sex Education

**Respectful relationships**  
Families and parenting, healthy relationships, conflict resolution, and relationship changes

**Setting goals**  
Learning strengths, career options and goal setting as part of the GCSE options process

**Peer influence, substance use and gangs**  
Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation

## YEAR 9

**Digital literacy**  
Online safety, digital literacy, media reliability, and gambling hooks

**Identity and relationships**  
Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception

**Emotional wellbeing**  
Mental health and emotional wellbeing, including body image and coping strategies

**Discrimination**  
Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia

**Financial decision making**  
Saving, borrowing, budgeting and making financial choices

## YEAR 8

**Drugs and alcohol**  
Alcohol and drug misuse and pressures relating to drug use

**Community and careers**  
Equality of opportunity in careers and life choices, and different types and patterns of work

**Building relationships**  
Self-worth, romance and friendships (including online) and relationship boundaries

Mind Map Assessment

Positive friendships and Bullying

Derbyshire Highways Team – Independent Traveller Workshop

**Health and puberty**  
Healthy routines, influences on health, puberty, unwanted contact, and FGM

**Diversity**  
Diversity, prejudice, and bullying

**Developing skills and Aspirations**  
Careers, teamwork and enterprise skills, and raising aspirations.

**Transition and Safety**  
Transition to secondary school and personal safety in and outside school, including first aid

## YEAR 7

- Core Themes:**
- 1) Health and Wellbeing
  - 2) Relationships
  - 3) Life in the Wider World



Key Assemblies



Careers Event



Outside Speaker: Opportunity to learn from external providers face to face or virtually.



HOMEWORK PROJECT: There is no expectation for students to complete homework but extra research and posters may be completed in some classes.



A formal assessment will be carried out during this unit.