

PSHE - Living in the Wider World

- Year 7**
- What is a stereotype?
 - Positive and Negative
 - Prejudice
 - Discrimination
 - Racism
 - Identity
 - Diversity
 - Difference
 - Democracy
 - Skill Vs Quality
 - Personal Attributes
 - Understanding the Deaf Community
 - British Money explained
 - Budgets
 - Banking
 - Attributes, Skills and Knowledge
 - Memory Test
 - Organisation
 - Time Management
 - Home Learning environment
 - How does the brain work?
 - How do we learn better?
 - Diet benefits
 - Mind Mapping
 - De Bons Six Hat Thinking
 - Vision for Learning
 - Fixed Mind Set
 - Multiple Intelligences
 - Teamwork

- Year 8**
- Immigration
 - Racism
 - What is disability?
 - Types
 - Discrimination
 - Language
 - What is Fair trade
 - How can we help?
 - British Politics
 - British Values
 - Voting systems
 - Democracy
 - What subjects can you take at GCSE
 - Looking at your future

- Year 9**
- What is Prejudice
 - Stereotypes
 - Gender
 - Age
 - Challenging the issues
 - How to help with
 - Racism
 - Importance of BLM
 - Stories explored
 - How we can help
 - Life Challenges
 - Resilience to change
 - Positivity
 - Fairtrade
 - Accounts
 - Credit cards
 - Overdrafts
 - Statements
 - Direct Debits
 - Interest Rates
 - Democracy
 - Freedom
 - Political Parties
 - Government
 - Voting
 - Parliament
 - Punishments
 - Sentencing
 - YOI
 - Reducing Crime rates

- Year 10**
- What is a vaccination
 - Why vaccinate
 - What is immunity
 - Smallpox and MMR
 - What is terrorism
 - Youth activists
 - Charismatic speakers
 - What is antisocial behaviour
 - Public transport
 - How can we change it?
 - Sweatshops
 - Nike examples
 - What is knife crime
 - Dangers of knife crime
 - Different types of knives
 - Different ways to revise
 - Importance of revision
 - What is a CV
 - How to write a CV
 - How to write a letter
 - Careers for the future
 - A Levels
 - Apprenticeships
 - Careers

- Year 11**
- What is mindfulness
 - Healthy mind platter
 - How to be stable in work/life
 - Sharing your time
 - How the brain works
 - Diet
 - Sleep
 - Water
 - Techniques
 - Wages
 - Taxes
 - Mortgage
 - Practice Interviews
 - How to Prepare for an interview
 - Questions at interviews
 - Dos and Do nots at interview
 - Careers
 - A Levels
 - Apprenticeships
 - What to do next

PSHE - Health and Wellbeing

Year 7

Differences to Primary School?
Worries and concerns with school?
Where to find help at school
Healthy Foods
Balanced diets
Food groups
Clean teeth
Health Pyramid
Hydration
Exercise
Sleep
Emergency Calls
DRAB
Recovery Position
What is stress?
How do we relax?
Tips on meditation
Types of bullying
Effects of bullying
Solutions to bullying
What is Cyber Crime
Who can help with Cyber Crime?
Feelings of grief
Who to speak to about Grief?

Year 8

What are you successful at?
What did you do well last year?
What goals can you set?
Contents of the cigarette
History of the cigarette
Effects of smoking
Effects of alcohol
Effects of drugs
Different types of drug
CPR
DRABC
Heart Attacks
What is stress extended
Causes of stress
Stages of stress
What is depression?
Causes of depression.
Symptoms of Depression
Suicide
Self-Harm
Myths of meditation
Boosting self esteem
Practical ideas for meditation
How do we compare ourselves to others?
Being happy within ourselves
What is Mental Health
How can we support others?
What makes a bully?
Consequences of bullying
Statistics of bullying
What is cyberbullying
Bystanders
Gender stereotypes
Situation solving
Online issues
Profile pictures
What are social media dangers
Types of dangers
Benefits of social media
Risks of social media
Feelings in grief extended
Helping others to cope

Year 9

Who am I?
What is my identity?
Why are we all different?
Food groups recap
Calories
Water Importance
Vegetarian
Weight loss and gain
Types of drugs extended
Classes of drugs
What is in blood
Donation types
What are stem cells
Cuts
Bruises
Fractures
Fainting
Strokes
Heart Attacks extended
What is well being
Resilience
Coping strategies
What is mental health extended
How to support others extended
Life Challenges
Resilience to change
Positivity
Friendship bullying
Peer Pressure Online
Homophobic language
Being a good friend online

Year 10

Choices at school and future
Option choices
Supersize me
How much sleep do we need?
Consequences of lack of sleep
Issues with sleeping
Allergic reaction
Asthma
Burns and scalds
Making a sling
Head Injury
What is best for me
Hope to cope with Stress
Advice on stress
Meditation techniques recap
Why are we unique
How can we change our world?
Social media pos/neg
Types of social media
What is Online Grooming
Breck Bednar story
How can we stop it?

Year 11

Reflection on GCSEs
Accomplishments
Extra-Curricular involvement
Awards won this year
How to be healthy
Alcohol issues
Drug Risks
Types of drugs extended
Effects of Drugs extended
What is mindfulness
Healthy mind platter

PSHE - SRE and Relationships

Year 7

Different family structures
Family Trees
British Families
Arranged marriage
Attitudes to family units
What is parenting
Changing relationships
Divorce and separation
What makes a good friend?
Changes to the body
Menstruation
Body image manipulation
Media pressures
What is FGM
What is child marriage
Charity work

Year 8

Dating
What is love
Air brushing
Media changes
What is Self Esteem
What is cyberbullying
Bystanders
Gender stereotypes
Situation solving
Online issues
Profile pictures
Boosting self esteem
What are social media dangers
Types of dangers
Benefits of social media
Risks of social media
Cultural identity
Discrimination

Year 9

Keeping Friendships
What is love
Romantic Relationships
Signs of pregnancy
Stages of pregnancy
Tests
Labour
Issues
Miscarriage
Still Birth
Adoption
Abortion
Body Pressures
Media changes
What is gender
Sexism
Sexism on TV
What is sexting
Why do people sext
Ways to help stop sexting
What makes us Unique Issues
for boys and girls
What is body talk
How do we challenge it?

Year 10

What is a healthy relationship?
What is coercion
Domestic Violence
Consent age
What is sex
Common worries
Teenage pregnancy
Who is responsible?
Contraception choices
Contraception risks
Recap on sexting
Dangers of sexting
Life stories of sexting
Social media pos/neg
Types of social media

Year 11

Taught in Drop down days:
Consent
STIs
Contraception
Sexuality
Pornography