

PSHE LEARNING JOURNEY

Year 7

By the end of year 7 your child will have learnt the following.
The curriculum will be delivered on a weekly basis throughout the year in PSHE, Science, English and Physical Education lessons as well as assemblies.

Physical, mental health and wellbeing	How to set goals Personal hygiene and healthy eating Importance of sleep Getting into good routines Attitudes to mental health Mindfulness Substances and consequences Self- esteem
Relationships education	Cyberbullying Responsible choices Safety online Positive and healthy relationships Impact of relationships Anti social behaviour
Careers	Introduction to unifrog Different skills needed for different careers What is their dream job The importance of being a good communicator Importance of working in a team How to utilise unifrog Recording activities Interests profiler
Citizenship	Biddenham values Our school community and being a part of a community Racism Facing challenges Know what is right and wrong British citizens Democracy
Wider ...	How to be inclusive Children's mental health week International women's day Autism Awareness Young Carers awareness Drowning prevention week National careers week Refugee week

Year 8

By the end of year 8 your child will have learnt the following.
The curriculum will be delivered on a weekly basis throughout the year in PSHE, Science, English and Physical Education lessons as well as assemblies.

Physical, mental health and wellbeing	Negative online influencers Prescription drugs Self-confidence and self esteem Addictions - gaming and gambling Cancer and cancer prevention
Relationships education	Healthy friendships Bullying Keeping safe Online behaviours LGBTQAI+ Positive and health relationships
Careers	Skills for careers How success can look different Competencies GCSE options Breaking stereotypes
Citizenship	Structures in society Inclusiveness and disability Homelessness
Wider ...	How to be inclusive Children's mental health week International women's day Autism Awareness Young Carers awareness National careers week Refugee week

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Year 9

By the end of year 9 your child will have learnt the following. The curriculum will be delivered on a weekly basis throughout the year in PSHE, Science, English and Physical Education lessons as well as assemblies.

Physical, mental health and wellbeing	The effects of body shaming Body image Building resilience Alcohol awareness Vaccinations Unhealthy coping strategies
Relationships education	Drugs and the law HIV & AIDS Domestic abuse LGBTQAI+ and the community Online safety Peer pressure Knife crime Human trafficking Sexual harassment
Careers	Teamwork Leadership Identifying interests Choices
Citizenship	Human rights Avoiding debt Payday and loans
Wider ...	How to be inclusive Children's mental health week International women's day Autism Awareness Drowning prevention Young Carers awareness National careers week Refugee week

Year 10

By the end of year 10 your child will have learnt the following. The curriculum will be delivered on a weekly basis throughout the year in PSHE, Science, English and Physical Education lessons as well as assemblies.

Physical, mental health and wellbeing	Testicular cancer Breast cancer Depression Men's mental health Social media Unhealthy coping strategies - eating disorders Stress
Relationships education	Coercive control Harassment - Is it a compliment? Consent Hate crimes Unwritten gender rules Re-writing relationship rules Conflict management County lines Breaking the bias
Careers	Apprenticeships Skills for employment Teamwork
Citizenship	Unconscious bias MPs Money laundering
Wider ...	How to be inclusive Children's mental health week International women's day Autism Awareness Drowning prevention Young Carers awareness National careers week Refugee week

PSHE LEARNING JOURNEY

Year 11

By the end of year 11 your child will have learnt the following. The curriculum will be delivered on a weekly basis throughout the year in PSHE, Science, English and Physical Education lessons as well as assemblies.

Physical, mental health and wellbeing	Stress Positive thinking Addictions and drug awareness Men's mental health Importance of sleep Treatments for mental health
Relationships education	Positive role models Relationship types Relationship break down/ break up Digital crime
Careers	Choices after year 11 Writing a CV Skills needed for employment Apprenticeships Coping with change after year 11
Citizenship	Voting
Wider ...	How to be inclusive Children's mental health week International women's day Autism Awareness Young Carers awareness National careers week Refugee week

PSHE LEARNING JOURNEY

Sixth Form

By the end of sixth form your child will have learnt the following. The curriculum will be delivered on a weekly basis throughout the year in PSHE, Science, English and Physical Education lessons as well as assemblies.

Physical, mental health and wellbeing	Alcohol and drug misuse Cancer and how to prevent Managing mental health General health and wellbeing
Relationships education	Sexual coercion - informed consent Sexual health Racial toxicity Crime and your behaviour Fake news and the control of the media Destructive behaviours - gambling Online behaviour
Careers	Post 18 choices Choosing universities Rights and responsibilities at work Writing a CV Apprenticeships
Citizenship	Managing money - budgeting Debit and credit cards Voting Legal registrations Housing and mortgages
Wider ...	How to be inclusive Children's mental health week International women's day Autism Awareness Drowning prevention Young Carers awareness National careers week Refugee week Sixth form specific Living arrangements Learning to drive