

**Parrs Wood PSHE Curriculum overview Key stage 3-5 2024-2025**

<b>Year 7</b>	<b>Autumn Term</b>	<b>Spring Term</b>	<b>Summer Term</b>
<p><b>PSHE in PDC Time</b> 2x 20 mins sessions weekly</p>	<p><b>Mental and Emotional Health</b> Session 1: Transition: change and loss Session 2: Transition: managing feelings. Session 3: Transition: finding support. Session 4: Bullying Session 5: Cyberbullying Session 6: Circle of support Session 7: Online safety and trolls Session 8: Online safety relationships Session 9: Thoughts, feelings, strengths Session 10: What is self-esteem? Session 11: My goals and ambitions Session 12: Self-esteem and the internet</p>	<p><b>Living in the wider world</b> Session 1: Saving Session 2: Borrowing Session 3: Finance Session 4: Types of debt Session 5: Enterprise skills Session 6: Enterprise project Session 7: Careers Session 8: Future Choices Session 9: Sectors Session 10: Reflections</p>	<p><b>Keeping Safe</b> Session 1: What to do in an emergency. Session 2: Treatments for Common injuries Session 3: Assessing a causality. Session 4: Recovery position Session 5: CPR Session 6: First Aid skills practise Session 7: Accidents Session 8: Risks Session Session 9: Water safety: cold water Session 10: Water safety: those left behind. Session 11: Road safety Session 12: Dangerous habits</p>
<p><b>Social Science lessons</b> 1 x 60 mins weekly</p>	<p><b>Citizenship</b> Lesson 1: What is crime? Lesson 2: What are the reasons behind criminal behaviour? Lesson 3: What is the role of the Police? Lesson 4: How is local government different to national? Lesson 5: What do local councils do for us? Lesson 6: What is the role of the local councillor? Lesson 7: What rights are we entitled to? Lesson 8: What does a right to education really mean? Lesson 9: What can I do as a Citizen to protect the rights of others? Lesson 10: Equality and Diversity Lesson 11: Types of Discrimination Lesson 12: How can you bring about change in your community.</p>	<p><b>Religious Education</b> Lesson 1: World religions and beliefs. Lesson 2: What are beliefs? Lesson 3: Holy books (Action Activity) Lesson 4: Sanctity of life: Creation stories Lesson 5: Is the world sacred? Environmental issues. Lesson 6: Beliefs about the afterlife - Euthanasia Lesson 7: Assessment Lesson 8: Why are there diverse types of Christians? Lesson 9: Religious leaders Lesson 10: What is the soul? Lesson 11: What is evil? Lesson 12: Does God exist?</p>	<p><b>Relationship and Sex education</b> Lesson 1: What is puberty and reproduction? Lesson 2: Menstrual cycle and pregnancy Lesson 3: What do healthy relationships look like? Lesson 4: Parenting Lesson 5: What are the factors of stable long-term relationships? Lesson 6: What is forced marriage and honour-based violence?</p> <p><b>Healthy Lifestyles</b> Lesson 1: What does it mean to be 'healthy'? Lesson 2: Why is sleep so important? Lesson 3: Why is personal hygiene important? Lesson 4: What is oral hygiene? Lesson 5: What are the benefits of exercise? Lesson 6: How can we maintain good habits?</p>

Year 8	Autumn Term	Spring Term	Summer Term
<p><b>PSHE in PDC Time</b> 2x 20 mins sessions weekly</p>	<p><b>Mental and Emotional Health</b> Session 1: assertiveness Session 2: Behaviour types Session 3: Assertive response Session 4: Change and Loss: Loneliness Session 5: Change and loss: emotions. Session 6: change and loss: support Session 7: Mental health misconceptions Session 8: Challenging discriminatory language Session 9: Factors that affect emotional health. Session 10: Resilience and emotional health Session 11: Managing disappointment and setbacks. Session 12: My five</p>	<p><b>Living in the wider world</b> Session 1: Spending influences Session 2: How to be a critical consumer. Session 3: Online content public and impersonal Session 4: Propaganda Session 5: Trust Session 6: Risk and Harm Session 7: Lifelong learning Session 8: Developing knowledge, skills, and experience. Session 9: Role of a costume leader Session 10: Values and reflections</p>	<p><b>Healthy Lifestyles</b> Session 1: Immunisation and Vaccination why are they important Session 2: Immunisation and Vaccination why are they important. Session 3: Heathy diet Session 4: Influences in diet choices Session 5: The importance of sleep Session 6: Seeking health advice. Session 7: What is discrimination and prejudice? Session 7: Prejudice and discrimination Session 8: Diversity Session 9: Disablist language and bullying Session 10: Challenging disablism Session 11: Religious discrimination Session 12: Challenging Islamophobia</p>
<p><b>Social Science lessons</b> 1 x 60 mins weekly</p>	<p><b>Citizenship</b> Lesson 1: What are Laws and why do we have them? Lesson 2: How are Laws made? Lesson 3: How can Citizens change the law? Lesson 4: How do Local elections work? Lesson 5: Why is registering to vote so important? Lesson 6: Power and Control Lesson 7: How is the UK Government organised? Lesson 8: Protecting the right to healthcare. Lesson 9: Are you getting your right to accurate and reliable information? Lesson 10: What are the rights of child refugees? Lesson 11: Why do we need Equality law? Lesson 12: How much progress have we made on equality in the UK? Lesson 13: How can we make a fairer community?</p>	<p><b>Religious Education</b> Lesson 1: Forgiveness Lesson 2: Wealth and poverty Lesson 3: Equality: MLK and Malcolm X Lesson 4: Pacifism (Action Activity) Lesson 5: The Just War Theory Lesson 6: Jihad Lesson 7: Assessment Lesson 8: Extremism Lesson 9: Prejudice and discrimination Lesson 10: Religious freedom Lesson 11: Was the world created? Lesson 12: The design argument</p>	<p><b>Relationship and sex education</b> Lesson 1: What is female genital mutilation (FGM)? Lesson 2: The reasons FGM is performed? Lesson 3: How can we understand gender and sexuality? Lesson 4: What is exploitation? Lesson 5: What is sexting and what are the laws surrounding it? Lesson 6: Consent</p> <p><b>Keeping safe</b> Lesson 1: What do we know about drugs and their risk? Lesson 2 What are the laws surrounding drug use and misuse? Lesson 3: How can we deal with situations when drugs and alcohol are on offer? Lesson 4: Risks and effects of caffeine consumption Lesson 5: Managing influence s related to Vaping and Tobacco products. Lesson 6: What are the possible risks and consequences of alcohol use and misuse?</p>

Year 9	Autumn Term	Spring Term	Summer Term
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<b>PSHE in PDC</b> Time 2x 20 mins sessions weekly (Wellio)	<b>Health and Wellbeing</b> Session 1 The Happiness Trap Session 2 Managing Anxiety Session 3 Combating Negative Self Talk Session 4 Thinking Traps Session 5 Mental Benefits of Exercise Session 6 Expressing Gratitude	<b>Living in the wider world</b> Session 1 What are GCSEs. Session 2 What comes after GCSEs. Session 3 Interests, skills, qualities, and interviews Session 4 Know yourself. Session 5 Careers	<b>Relationships and Sex Education</b> Session 1 Put a Ring on it Session 2 Relationships & their legal status Session 3 Avoiding & Preventing Harassment Session 4 Online grooming Session 5 Rising Above Cyberbullying Session 6 Positive vs Negative Humour
	<b>Living in the Wider World</b> Session 7 Saving Lives with First Aid Session 8 Substance Addiction Session 9 Informed Drug & Alcohol Choices Session 10 Drugs and County Lines Session 11 The Truth About Vaping Session 12 The Impact and Effects of Gaming	<b>Health and Wellbeing</b> Session 6 The Positivity Mindset Session 7 Random Acts of Kindness Session 8 Food Labels Unveiled Session 9 Evaluating Eating Habits Session 10 Character Strengths in Focus Session 11 Assessing Your Mindset	<b>Living in the Wider World</b> Session 7 Breaking Down Toxic Masculinity Session 8 Organ Donation Session 9 Understanding Eating Disorders Session 10 Volunteering in My Community Session 11 Instagram vs Reality Session 12 S.M.A.R.T Goals
Social Science lessons 1 x 60 mins weekly	<b>Citizenship</b> Lesson 1: Should the age of criminal responsibility be changed? Lesson 2: How is the criminal justice system applied to young people? Lesson 3: Deliberate debate: the age of criminal responsibility Lesson 4 National Elections Lesson 5: Parliament and Government Lesson 6: Political Parties Lesson 7 Role of an MP Lesson 8: Why do people migrate. Lesson 9: Should migration be controlled. Lesson 10: How migration affects communities Lesson 11: Bringing about change in society. Lesson 12: Young people and democracy Lesson 13: Influencing those in power. Lesson 14-Make change happen.	<b>Religious Education</b> Lesson 1: What is ethics? Lesson 2: Morality Lesson 3: Situation ethics Lesson 4: Sexual ethics Lesson 5: Abortion (action activity) Lesson 6: Euthanasia Lesson 7: Assessment Lesson 8: What is justice? Lesson 9: Social justice Lesson 10: Equality BLM Lesson 11: Do we have free will? Lesson 12: The free will defence	<b>Relationship and Sex education</b> Lesson 1: Consent Assumptions and Capability Lesson 2: Sexual Content online Lesson 3: Contraception Lesson 4 STIs Lesson 5: Pregnancy options Lesson 6: What is public sexual harassment, why is it a problem and what can we do?  <b>Keeping Safe</b> Lesson 1: What are the effects and risks of drugs and alcohol use? Lesson 2: Exploring attitudes to drug use. Lesson 3: How can thinking errors impact on decision making? Lesson 4: What could be the legal consequences of using and/or supplying drugs. Lesson 5: The effects of alcohol and cannabis Lesson 6: Managing influences

Year 10	Autumn Term	Spring Term	Summer Term
PSHE in PDC Time 2x 20 mins sessions weekly (Wellio)	<b>Living in the Wider World</b> Session 1: Is It Worth A Gamble? Session 2: Phone Addiction Session 3: Keeping Your Online Data Safe Session 4: Multi-Cultural Society Session 5: Respecting Difference	<b>Health and Wellbeing</b> Session 1: Rewiring our Brain for Happiness Session 2: Developing Emotional Awareness Session 3: Managing Stress & Overthinking Session 4: Countering The Negativity Bias Session 5: Drugs Session 6: Prescription Medication Misuse	<b>Health and Wellbeing</b> Session 1: Understanding Vaccination And Immunisation Session 2: Vaping Crackdown Session 3: Smoking & Your Health Session 4: Sleep, Exercise & Diet Session 5: Embracing Emotional Agility Session 6: Inclusivity & Belonging
	<b>Relationships and Sex Education</b> Session 6: The Spectrum of Relationships Session 7: Recognising Signs of Coercive Control Session 8: Sexting Session 9: The Distorted Reality of Pornography Session 10: Fertility & Reproductive Health Session 11: Understanding Sexual Consent Session 12: Different Kinds of Intimacy	<b>Relationships and sex education</b> Session 7: Gender Identity & Sexual Orientation Session 8: Female Genital Mutilation Session 9: The Psychology of Bullies	<b>Living in the wider world</b> Session 7 Personal strengths Session 8 Skills for work Session 9 Employability skills Session 10 Choices at 16 Session 11 Choices at 16 Session 12 Exploring the job market
<b>Lessons</b> 1 X60 minutes fortnightly	<b>Healthy lifestyles</b> 1. Diversity 2. Extremism 3. Incel 4. Far right extremism  1. Organised crime 2. Knife crime 3. County lines 4. Dangerous situations	<b>Relationship and sex education</b> 1. Positive relationships 2. Relationship abuse 3. Unwanted attention  1. Sharing images 2. Online relationships 3. Reasons for sex 4. Pornography	<b>Relationship and sex education</b> 1. Impact of media and pornography 2. Family life 3. Parenthood
			<b>Keeping safe</b> 1. Drug use 2. Impact of drugs 3. Managing influence 4. Seeking support

<b>Year 11</b>	<b>Autumn Term</b>	<b>Spring Term</b>	<b>Summer Term</b>
PSHE in PDC Time  2x 20 mins sessions weekly	<b>Healthy lifestyle</b>  Session 1 Coping with stress Session 2 sleeping well Session 3 Lifestyle and wellbeing Session 4 Influences on lifestyle Session 5 Life goals Session 6 revision techniques Session 7 basic life support Session 8 Bleeding Session 9 Choking Session 10 Chest pain  Session 11 Injuries	<b>Mental and emotional health</b> Session 1 What is mental health? Session 2 Emotional wellbeing Session 3 Negative thinking Session 4 Dealing with change Session 5 Staying positive. Session 6 Extremism Session 7 depression and self-injury Session 8 eating disorders. Session 9 self-care Session 10 Where to get help  <b>Living in the Wider World</b> Session 11 money safety Session 12 insurance and pensions	<b>Relationships and Sex Education</b> Session 1 Y11 Assembly video Session 2 Modern families Session 3 Parenthood Session 4 fertility Session 5 pregnancy outcomes Session 6 pregnancy options
Lessons 1 X60 minutes fortnightly	<b>Living in the Wider World</b> <ol style="list-style-type: none"> <li>1. Skills and writing a CV.</li> <li>2. Personal statement for job application</li> <li>3. Interview techniques.</li> <li>4. Exam stress</li> <li>5. Career planning</li> <li>6. Employment rights</li> <li>7. Online reputation</li> </ol>	<b>Relationships and Sex Education</b> <ol style="list-style-type: none"> <li>1. Consent</li> <li>2. Reproductive health</li> <li>3. STI and safer sex</li> <li>4. Sexual misconceptions</li> <li>5. Online extortion</li> <li>6. Revenge porn.</li> </ol>	<b>Living in the Wider World</b> <ol style="list-style-type: none"> <li>1. Financial planning</li> <li>2. Credit and debit.</li> <li>3. Consumer rights</li> </ol>

Year 12	Autumn Term	Spring Term	Summer Term
<b>PSHE in PDC Time</b> 2x 20 mins sessions weekly	<b>Living in the Wider World</b> The Rule of Law Democracy v Autocracy Respecting and Celebrating Religious Diversity	<b>Relationship and Sex Education</b> Attitudes Towards Sexualisation and Pornography Consent & Coercion Examining Sexual Violence	<b>Living in the Wider World</b> Future choices- UCAS
	<b>Mental and Emotional Health</b> Caring for Your Mental Health Exploring Emotional Intelligence The Science of Flow	<b>Healthy Lifestyles</b> Values in Action Build Agency & Find Purpose Impulse Control	

Year 13	Autumn Term	Spring Term	Summer Term
<b>PSHE in PDC Time</b> 2x 20 mins sessions weekly	<b>Relationship and sex education</b> Domestic Conflict Understanding Self Harm Preventing Sexual Harassment	<b>Mental and Emotional Health</b> Catastrophizing and thinking traps Overcoming Worry in your final years Lifelong growth mindset	Revision for External exams  Study Leave
	Keeping Safe Substance use and the law Over coming Mob Mentality Criminal Exploitation	<b>Living in the wider world</b> Safeguarding democratic systems Embracing challenges and discomfort Ethical dilemmas and moral reasoning	