

Curriculum Map: PSHE

Curriculum Aims: Through the curriculum, we want students to –

- Develop resilience and risk management skills.
- Develop communication and negotiation skills, risk management and support-seeking skills
- Develop confidence and agency
- Develop empathy and compassion, clarifying values
- Develop confidence, self-worth, adaptability and decision making skills
- Develop motivation, organisation, leadership and presentation skills

Core content: What do we want students to know/be able to do?

- To be able to make informed decisions about their own wellbeing, health and relationships.
- To build their self-efficacy.
- To develop resilience and know when to ask for help and to know where they can access support
- Have a clear understanding of what the law does and does not allow and the wider implications of decisions they make.

Year 8
Choices and influences-

Drugs and alcohol

Choices and influences-

Maintaining positive mental health

Autonomy and advocacy-

Healthy relationships

Autonomy and advocacy-

stereotypes, discrimination and prejudice

Independence and aspirations- My Future

Independence and aspirations- Managing online presence

Year 9
Choices and influences

Mental health (including self-harm and eating disorders)

Choices and influences-

Healthy and unhealthy relationships

Autonomy and advocacy-

Gangs and violent crime

Autonomy and advocacy-

Consent, contraception and conception

Independence and aspirations Financial decision making

Independence and aspirations Welcome to the real world

Year 10
Choices and influences-

Personal safety

Choices and influences-

Preparation for and reflection on work experience.

Autonomy and advocacy-

Healthy and unhealthy relationships

Autonomy and advocacy-

Extremism, terrorism & crime

Independence and aspirations- Employability skills

Independence and aspirations- Managing mental health concerns (including supporting transition to KS4)

Year 11
Choices and influences

Making safe and healthy lifestyle choices

Autonomy and advocacy-

Managing relationship challenges including maintaining sexual health

Autonomy and advocacy-

Transition and new opportunities

Independence and aspirations Families and parenting

Independence and aspirations -Preparing for adult life