

PSHRE at King Charles I School 2021-2022

Overview

Personal, Social, Health and Religious Education (PSHRE) encourages students to widen their view points and to explore the beliefs of others. Students are encouraged to explore British values and tolerance of different cultures with the ever increasing diversity and challenges we face in the modern world. Students are prepared for their life whilst at school and their life beyond the school through a detailed and varied programme of study.

The aim of PSHRE is to develop the understanding of key issues that affect students throughout their life and to engage with these at a meaningful level. The course includes units on sex education, health education, drugs education, financial capability and work related learning, which are all statutory requirements. As we live in an ever changing world additional aspects of the wider world will be included as they arise. Religious studies will include Christianity (as the main religious tradition of Great Britain), Islam and aspects of other religious views. All of these topics give students valuable information that will help them to shape their future.

COVID-19

As a result of the pandemic students will receive regular input from the PSHRE lead and pastoral team on a number of health and well-being topics. These will include for Years 7-13 online safety, bereavement, isolation and loneliness, mental health, maintaining a healthy lifestyle through healthy eating habits, exercise, maintaining good sleep habits and good hygiene. Information will be shared via virtual assemblies and emails.

Structure

Year 7 and Year 8 students will have:

1 lesson per fortnight of PSHE

Year 9 and Year 10 students will have:

1 lesson per fortnight of PSHRE

Year 11 students will have:

1 lesson per fortnight of PSHRE

All will have:

External assemblies and outside provider sessions

Class	Year 7	Year 8	Year 9	Year 10	Year 11
X1	RM	SIR	AVG	KXW	SJB
X2	RCT	TFH	HTN	AJF	DAR
X3	DWS	HXW	JM	DAR	AJF
X4	DAR	AVG	RCT	KSR	HCW
Y1	HXW	HXW	AHS	LHT	AJF
Y2	SCS	TFH	SSL	BHS	TFH
Y3	HXW	HXW	SAR	SMG	KXW
Y4	GBY	TFH			

Curriculum plan and overview 2021-2022

	Health and well being 1. Managing transition 2. Maintaining physical, mental and emotional health and wellbeing; 3. Making informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing; and sexual health 4. Parenthood and the consequences of teenage pregnancy 5. Managing risks to health and to keep themselves and others safe 6. How to identify and access help, advice and support 7. How to respond in an emergency, including administering first aid 8. The role and influence of the media on lifestyle	Relationships 1. How to develop and maintain a variety of healthy relationships within a range of social/cultural contexts and to develop parenting skills 2. Recognise and manage emotions within a range of relationships 3. Dealing with risky or negative relationships including all forms of bullying (including online bullying) and abuse, sexual and other violence and online encounters 4. About the concept of consent in a variety of contexts 5. Managing loss including bereavement, separation and divorce 6. How to respect equality and be a productive member of a diverse community 7. How to identify and access appropriate advice and support	Living in the wider world 1. Know rights and responsibilities as members of diverse communities, as active citizens and participants in the local and national economy 2. Know how to make informed choices and be enterprising and ambitious 3. How to develop employability, team working and leadership skills and develop flexibility and resilience 4. Have a general knowledge about the economic and business environment 5. How personal financial choices can affect oneself and others 6. Be aware of rights and responsibilities as consumers
Key Stage 3	<p>Year 7</p> <ul style="list-style-type: none"> ▪ Self-confidence, self-esteem and personal resilience ▪ Characteristics of mental and emotional health and strategies for managing it ▪ Physical health, developing bodies and personal hygiene ▪ Healthy diet and importance of exercise ▪ Puberty <p>Year 8</p> <ul style="list-style-type: none"> ▪ Causes and triggers for unhealthy coping strategies, such as self-harm; how to recognise when they or others need help, sources of help and strategies for accessing it ▪ The importance of sleep ▪ Sun safety ▪ Smoking, vaping and alcohol abuse 	<p>Year 7</p> <ul style="list-style-type: none"> ▪ Developing positive relationships ▪ Consent and FGM ▪ Different types of relationships, including those within families, friendships, romantic or intimate relationships and the factors that can affect these ▪ Gender identity and sexual orientation ▪ Unacceptability of sexist, homophobic, biphobia, transphobic, racist and disablist language and behaviour, the need to challenge it and how to do so ▪ Peer on peer abuse: Sexting/Bullying and abuse in all its forms ▪ Different friendship groups (including the risks posed by membership of gangs on individuals, families and communities, strategies for managing pressure to join a particular group or gang and how to access appropriate support ▪ Online safety <p>Year 8</p> <ul style="list-style-type: none"> ▪ Law and relationships including the legal age of consent for sexual activity, the legal definition of consent ▪ Conflict Management ▪ Peer on peer abuse: Sexting/Bullying/Abuse ▪ Online safety 	<p>Year 7</p> <ul style="list-style-type: none"> ▪ British values ▪ Human rights, British law and cultural and religious expectations and practices ▪ Employment and Careers ▪ Racism <p>Year 8</p> <ul style="list-style-type: none"> ▪ Importance of education and enterprise ▪ Employment and Careers ▪ Volunteering ▪ Human rights, British law and cultural and religious expectations and practices ▪ Challenging the Media ▪ Prejudice and Racism
Key Stage 4	<p>Year 9</p> <ul style="list-style-type: none"> ▪ Body positivity and confidence ▪ Taking responsibility for physical health ▪ Sex, contraception and STIs including HIV ▪ Managing mental health and well being ▪ Causes and triggers for unhealthy coping strategies, such as eating disorders and self-harm; how to recognise when they or others need help, sources of help and strategies for accessing it ▪ Risks and myths associated with female genital mutilation (FGM) ▪ First Aid <p>Year 10</p> <ul style="list-style-type: none"> ▪ Media and body image ▪ Managing mental health (stress, anxiety and depression) ▪ Checking for cancer (including testicular and breast self-examination) and other illnesses ▪ Assess and manage risks associated with cosmetic and aesthetic procedures, including tattooing, piercings, the use of sun lamps and tanning salons <p>Year 11</p> <ul style="list-style-type: none"> ▪ First Aid ▪ Stereotypes and body image 	<p>Year 9</p> <ul style="list-style-type: none"> ▪ Unhealthy or abusive relationships, sexual violence and harassment ▪ Awareness of exploitation, bullying, harassment and control in relationships ▪ Peer on peer abuse: Sexting/Bullying and abuse in all its forms ▪ Impact of domestic abuse ▪ Diversity in sexual attraction and developing sexuality ▪ Relationship and sex (readiness for sex, contraception, negotiating condom use, reinforcing and building on learning from Key Stage 3 ▪ Unintended pregnancy and of teenage parenthood ▪ Dealing with the breakdown of a relationship and the effects of change ▪ Offensive weapons (including what might motivate someone to carry one and the range of consequences); strategies for managing pressure to carry a weapon <p>Year 10</p> <ul style="list-style-type: none"> ▪ Role of sex in the media including pornography and its impact on sexuality ▪ Peer on peer abuse: Bullying, consent, sexual violence and harassment ▪ Managing unwanted attention in a variety of contexts ▪ Understand and respect others' faith and cultural expectations concerning relationships and sexual activity 	<p>Year 9</p> <ul style="list-style-type: none"> ▪ Prejudice and bigotry ▪ Extremism and radicalisation ▪ Racism and religious discrimination ▪ Employment and Careers ▪ Making financial decisions ▪ Consumer rights ▪ Extremism <p>Year 10</p> <ul style="list-style-type: none"> ▪ Making financial decisions ▪ Consumer rights ▪ Human Rights and Child Sexual Exploitation ▪ Gambling <p>Year 11</p> <ul style="list-style-type: none"> ▪ Employability skills ▪ World of work (apprenticeships, CV writing, skills in the workplace) ▪ Further education, training and employment ▪ Consumer Rights and good customer service

	<ul style="list-style-type: none"> ▪ Risks and consequences of legal and illegal substance use on personal safety, future career, relationships and future lifestyle ▪ Mindfulness and managing pressures ▪ Managing mental health (stress, anxiety and depression) 	<ul style="list-style-type: none"> ▪ Abortion ▪ Sex, gender and relationships ▪ Dealing with the breakdown of a relationship and the effects of change, including loss, separation, divorce and bereavement <p>Year 11</p> <ul style="list-style-type: none"> ▪ Peer on peer abuse: Bullying, consent, sexual violence and harassment ▪ Personal Safety ▪ Living Independently ▪ Unintended pregnancy and consequences of teenage parenthood ▪ Healthy Relationships and consent 	
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Tutorial

Each half term students will have one tutorial session related to the areas below

- E safety
- Homework/Teaching and Learning
- World Event
- Careers
- Healthy lifestyle
- Peer on peer abuse