

PSHRE at King Charles I School 2020 - 2021

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, Hinduism, Islam studies and aspects other cultural and 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 weekly 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 week of PSHRE

At Key Stage 5 students will have:

A structured tutorial programme delivered by tutors

All will have:

External assemblies and outside provider sessions

Curriculum plan and overview 2020/21

	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 ▪ Body image <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 ▪ Puberty and human reproduction ▪ The importance of sleep ▪ Sun safety ▪ Smoking, vaping and alcohol abuse 	<p>Year 7</p> <ul style="list-style-type: none"> ▪ Developing positive relationships ▪ 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 <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
Key Stage 4	<p>Year 9</p> <ul style="list-style-type: none"> ▪ Sex, contraception and STI's including HIV ▪ Managing mental health and well being ▪ Causes and triggers for unhealthy coping strategies, such as eating disorders; 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) <p>Year 10</p> <ul style="list-style-type: none"> ▪ 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"> ▪ 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) 	<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 ▪ 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 KeyStage3 ▪ Unintended pregnancy and of teenage parenthood ▪ 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 ▪ Managing unwanted attention in a variety of contexts ▪ Understand and respect others' faith and cultural expectations concerning relationships and sexual activity ▪ Abortion ▪ Dealing with the breakdown of a relationship and the effects of change, including loss, separation, divorce and bereavement 	<p>Year 9</p> <ul style="list-style-type: none"> ▪ Prejudice and bigotry ▪ Extremism and radicalisation ▪ 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

		<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 	
Key Stage 5	<p>Year 12</p> <ul style="list-style-type: none"> • Work life • Managing stress and anxiety • Online safety • Personal safety off-line <p>Year 13</p> <ul style="list-style-type: none"> • Recognise illnesses that affect young adults, such as meningitis and 'freshers' flu' • Maintaining a healthy diet on a budget • Registering with and accessing health services in new locations 	<p>Year 12</p> <ul style="list-style-type: none"> ▪ Positive encouragement and constructive feedback ▪ Negative influence, manipulation and persuasion ▪ Different cultures and faiths view on relationships <p>Year 13</p> <ul style="list-style-type: none"> • Sexual exploitation, assault and rape • Professional relationships 	<p>Year 12</p> <ul style="list-style-type: none"> ▪ Travelling safely ▪ Legal rights and responsibilities ▪ Cultural diversity and the global market ▪ Further education and employment <p>Year 13</p> <ul style="list-style-type: none"> ▪ Budget planning and managing debt ▪ Taxation and national insurance