

## **PSHE at Channing Year 7**

The syllabus for Year 7 reflects the needs of pupils, the concerns of parents, the advice of teachers and the initiatives of governments. It is structured so that the topics follow a progression from one year to the next and are appropriate for the age and experiences of pupils.

### Autumn Term

#### **SEAL**

Seal focuses on the Social and Emotional Aspects of Learning and helps pupils to build confidence, improve social skills and develop resilience. Lessons are designed to help pupils cope with their transition from junior school to senior school and settle in.

#### **Life Online**

Pupils will consider how to sensibly manage social media, moderate screentime and assess dangers.

#### **Health and Wellbeing Education**

Pupils will learn about healthy eating, how to maintain good hygiene, and the physical and emotional changes that take place during puberty. They will also investigate how the media can manipulate body images and how this can relate to low self-esteem.

### Spring Term

#### **SEAL**

Pupils will attend a series of lessons designed by The Mental Health Foundation for pupils in Year 7 as part of our new Peer Education Project.

#### **Relationships Education**

Pupils will consider the characteristics of respectful relationships, investigate what marriage is and discuss the importance of valuing different types of families.

#### **Personal Safety**

Pupils will attend a lesson about road safety.

#### **Drug Awareness Education**

Pupils will learn about the dangers and long term health implications associated with smoking tobacco.

### Summer Term

#### **Economic Well Being**

Pupils will research into how Fair Trade helps to support farm workers in developing countries.

#### **Careers**

Pupils will work through a series of tasks to help them develop an understanding of 'enterprise'.

#### **Study Skills**

Pupils will look at different ways of remembering information including creative storytelling, note taking, target setting, mind mapping and revision timetables.

#### **Citizenship**

Pupils will discuss the ways in which disabled people can be discriminated against in society, and also investigate the negative impact of racial stereotyping. They will also consider the concept of 'Humanitarianism' as part of our commitment to the Prevent Strategy against radicalisation and extremism.

#### **Evaluation**

Pupils will fill out self-evaluation questionnaires to help them to reflect on their learning this year in PSHE.

## **PSHE at Channing Year 8**

The syllabus for Year 8 PSHE reflects the needs of pupils, the concerns of parents, the advice of teachers and the initiatives of governments. It is structured so that the topics follow a progression from one year to the next and are appropriate for the age and experiences of pupils.

### **Autumn Term**

#### **Seal – Emotional Wellbeing**

Seal focuses on the Social and Emotional Aspects of Learning and helps pupils to build confidence, improve social skills and develop emotional resilience. Pupils will discuss relationships, including what can happen when friendships break down. They will assess their own friendship skills, identify bullying behaviour and explore listening skills, assertiveness and cyber-bullying. They will also attend an interactive workshop about bullying and peer pressure, devised and performed by The Up-Front Theatre Company.

#### **Sex and Relationships Education**

Pupils will learn about anatomy, sexual intercourse, pregnancy and childbirth. They will also be encouraged to consider the importance of responsible attitudes around issues such as dating and messaging. They will discuss some of the legal issues relating to sex, and will also attend a seminar which has been developed to encourage a better understanding of issues relating to sexuality.

### **Spring Term**

#### **Health and Wellbeing.**

Pupils will consider the potentially damaging nature of body comparisons and excessive 'body talk'. They will also attend a seminar about eating disorders.

#### **Life Online**

Pupils will consider issues such as privacy, cyber-bullying and online grooming.

#### **Citizenship – Government and Politics**

Pupils will learn about voting, general elections and the role of The Houses of Parliament.

#### **Drug Awareness Education**

Pupils will learn about the strength of different alcoholic drinks and the dangers associated with binge drinking.

### **Summer Term**

#### **Citizenship**

They will consider the reliability of different news sources and the negative impact of racial stereotyping as part of our commitment to the Prevent Strategy against radicalisation and extremism.

#### **Study Skills**

Pupils will consider the factors that might positively or negatively affect their mental health in the weeks before the examinations. Pupils will investigate different ways of remembering information and consider oral, aural and kinetic approaches.

#### **Economic Well-Being**

Pupils will explore issues relating to personal finance such as credit cards, loans and other forms of debt.

#### **Careers**

Pupils will follow a programme of study devised by the Head of Careers to help raise awareness of the issues faced by young people at work.

#### **Evaluation**

Pupils will fill out self-evaluation questionnaires to help them to reflect on their learning and to see what progress they have made this year in PSHE.

## **PSHE at Channing Year 9**

The syllabus for Year 9 PSHE reflects the needs of pupils, the concerns of parents, the advice of teachers and the initiatives of governments. It is structured so that the topics follow a progression from one year to the next and are appropriate for the age and experiences of pupils.

### Autumn Term

#### Health and Wellbeing

Pupils will attend lessons and seminars designed to help them gain a better understanding of issues relating to body image & self-esteem, self-harming and depression.

#### Relationships and Sex Education

Pupils will consider the potential benefits of delaying sexual activity and why values such as respect, commitment and loyalty are important when choosing a partner. In addition, lessons have been designed to help pupils to recognise abusive relationships, and dangerous online influences.

#### Citizenship

Pupils will investigate forced marriage and the work of the Criminal Justice System as part of our commitment to the Prevent Initiative against radicalisation and extremism.

#### Life Online

Pupils will examine their digital footprints and consider issues relating to privacy and data management.

### Spring Term

#### Careers

Pupils will attend a series of lessons devised by The Head of Careers to help them choose their GCSE options, and link their preferences and interests to potential careers.

#### Personal Safety

Pupils will attend a Street Safety Seminar to encourage them to prepare for safety when out and about in London.

#### Drug Awareness Education

Pupils will learn about the dangers and health implications associated with smoking cannabis. They will participate in an interactive workshop about peer pressure and drugs devised and performed by The Up-Front Theatre Company, and also attend a seminar about the nature of addiction.

### Summer Term

#### Citizenship

In line with government guidelines, pupils will attend a lesson about FGM (female genital mutilation).

#### Study Skills

Pupils will learn about dealing with stress, the importance of maintaining good mental health and preparing for the day of an examination.

#### Economic Wellbeing

Pupils will examine bias in the gambling industry and the addictions associated with online gambling.

#### Evaluation

Pupils will fill out self-evaluation questionnaires to help them to reflect on their learning and to see what progress they have made this year in PSHE.

## **PSHE at Channing Year 10**

The syllabus for Year 10 PSHE reflects the needs of pupils, the concerns of parents, the advice of teachers and the initiatives of governments. It is structured so that the topics follow a progression from one year to the next and are appropriate for the age and experiences of pupils.

### **Autumn Term**

#### **Wellbeing**

Pupils will attend lessons devised to help them to deal with worries, see day-to-day setbacks in perspective and reduce anxiety.

#### **Citizenship**

Pupils will investigate the meaning of 'extremism', and identify the damaging effect it can have on community cohesion. This part of our commitment to the National Prevent Initiative against radicalisation and extremism.

#### **Drug Awareness Education**

Pupils will learn about the dangers and health risks associated with taking cocaine, ecstasy, ketamine and 'legal' highs.

#### **Relationships and Sex Education**

Pupils will investigate different methods of contraception and how they can prevent pregnancy and sexually transmitted infections. In addition, they will learn how to recognise sexual exploitation.

### **Spring Term**

#### **Relationships and Sex Education**

Pupils will attend a seminar by The Rap Project which will examine the potentially negative impact of pornography on the expectations and experiences of young people.

#### **Critical Thinking**

Pupils will develop skills to recognise and evaluate arguments, defend 'rights' and understand conflicts in a scheme of work designed by the Head of Critical Thinking at Channing.

#### **Drug Awareness Education**

Pupils will investigate 'units' and examine the impact of long term alcohol abuse.

### **Summer Term**

#### **Careers**

Pupils will follow a programme of study devised by the Head of Careers to explore career choices, review presentation skills and practise interview techniques.

#### **Wellbeing**

Pupils will investigate how mindfulness could help them stay calm and reduce day-to-day stress.

#### **First Aid**

Pupils will attend a training session designed to teach them basic life-saving skills.

#### **Study Skills**

Pupils will learn about effective summarising, identifying key words on exam papers, dealing with stress and preparing for the day of the examination.

#### **Evaluation**

Pupils will fill out self-evaluation questionnaires to help them to reflect on their learning and to see what progress they have made this year in PSHE this year.

## **PSHE at Channing Year 11**

The syllabus for Year 11 PSHE reflects the needs of pupils, the concerns of parents, the advice of teachers and the initiatives of governments. It is structured so that the topics follow a progression from one year to the next and are appropriate for the age and experiences of pupils.

### Autumn Term

#### **Sex and Relationships Education**

Pupils will investigate and discuss what constitutes sexual harassment in the workplace. They will also be encouraged to understand issues relating to gender and sexuality, and consider the harmful effects of discrimination in society.

#### **Life Online**

Pupils will examine the role of technology in teenage relationship abuse. They will also consider how posting images could lead to regret, including sexting.

#### **Personal Safety**

Pupils will attend a seminar given by The Rap Project to raise awareness of sexual exploitation and rape, and explore potential strategies for prevention.

#### **Careers**

Pupils will attend a series of lessons devised by the Head of Careers to help guide them with their A Level choices.

#### **Drug Awareness Education**

Girls will examine the extreme health risks and dangers associated with taking class A drugs. They will also attend an authoritative Drug Prevention Seminar given by a recovering addict.

### Spring Term

#### **Health and Wellbeing Education**

Pupils will attend a series of lessons designed to raise awareness of breast cancer and cervical cancer. They will also follow a scheme of work to help them understand the decisions made by women who have experienced crisis pregnancies.

#### **Citizenship**

Pupils will attend lessons designed to raise awareness of how different societies can limit the potential of women, including violence and 'honour' related crimes, as part of our commitment to Prevent Initiative against radicalisation and extremism.

#### **Sex and Relationships Education**

Pupils will discuss the importance of consent and examine what is meant by 'Teenage Relationship Abuse'.

### Summer Term

#### **Study Skills**

Pupils will use lessons to revise in preparation for their GCSEs.

#### **Evaluation**

Pupils will fill out self-evaluation questionnaires to help them to reflect on their learning and to see what progress they have made in PSHE this year.