

## Year 7

### Autumn Term

#### Wellbeing Education

Wellbeing lessons help pupils to build confidence, improve social skills, promote balanced thinking and develop resilience. Lessons are designed to help pupils cope with their transition from junior to senior school and settle in.

#### Health Education

Pupils will learn about healthy eating, how to maintain good hygiene (including dental hygiene). They will also investigate how the media can manipulate and idealise body images, and how this can relate to low self-esteem.

#### Life Online

Pupils will consider how to sensibly manage social media, moderate screen time and assess risks.

#### Citizenship

Pupils will have lessons devised to help them understand what is meant by racism, and consider some of the terminology used in the news media such as institutional racism and unconscious bias.

### Spring Term

#### Wellbeing Education

Pupils will consider what is meant by balanced thinking, and will also attend a series of lessons designed by The Mental Health Foundation for pupils in Year 7 as part of our Peer Education Project.

#### Relationships and Sex Education

Pupils will be taught about periods, the physical and emotional changes that take place during puberty and they will also investigate a range of feminine hygiene products. Pupils will also consider the characteristics of respectful relationships, investigate what marriage is and discuss the importance of valuing different types of families.

#### Citizenship

Pupils will investigate the role of MPs and the House of Commons and experience political debate.

### Summer Term

#### Economic Wellbeing

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

#### Wellbeing Education

Pupils will consider identity and feelings in a lesson devised and delivered by the school counsellor.

#### Careers

Pupils will hear about different careers from invited speakers.

#### Study Skills

Pupils will look at revision techniques such as 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.

#### Drug Awareness Education

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

#### Evaluation

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

## **Year 8**

### **Autumn Term**

#### Wellbeing Education

Pupils will discuss friendship, 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. In addition, they will attend a seminar about eating disorders.

#### 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 dating and messaging. Lessons about different types of commitments and families have also been included and, in addition, pupils will investigate some of the legal issues relating to sex including consent and sexting.

#### Economic Wellbeing

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

### **Spring Term**

#### Wellbeing Education

Pupils will consider the potentially damaging nature of body comparisons and excessive 'body talk' in school. They will also discuss ways to reinforce their own self belief and explore effective strategies for conflict resolution. In addition, they will also have a lesson focused on the importance of hope, self-belief, and emotional connections.

#### Life Online

Pupils will consider safety online, as well as issues such as gambling, advertising and online addiction.

#### Relationships and Sex Education

Pupils will attend a seminar which has been developed to encourage a better understanding of what is meant by 'sexuality'.

#### Careers

Pupils hear about pathways and potential careers from invited speakers.

### **Summer Term**

#### Wellbeing Education

Pupils will explore ways of maintaining good mental health and also work on developing their listening skills. They will also attend a seminar about self-harming.

#### Citizenship – Government and Politics

Pupils will learn about voting, general elections and the role of The Houses of Parliament. They will also consider racial stereotyping and Islamophobia.

#### Relationships and Sex Education

Pupils will attend a seminar devised and delivered by the Head of PSHE and the school counsellor to help them understand what is meant by the term 'Gender'.

#### Study Skills

Pupils will spend a lesson looking at the importance of planning ahead and setting revision timetables and considering different learning styles and ways of remembering.

#### 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.

## **Year 9**

### Autumn Term

#### Wellbeing Education

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

#### 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.

#### Life Online

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

#### Drug Awareness Education

Pupils will attend a seminar about the nature of addiction and participate in an interactive workshop about peer pressure and drugs performed by The Up-Front Theatre Company.

#### Careers

Pupils will attend a series of lessons to help them choose their GCSE options and link their preferences and interests to potential careers with Morrisby.

### Spring Term

#### Relationships and Sex Education

Pupils will attend a seminar devised and delivered by the Head of PSHE and the school counsellor to help them understand what is meant by the term 'Gender'.

#### Wellbeing Education

Pupils will explore the impact of vaccines on world health.

#### Citizenship

Pupils will attend a per education lesson about racism and investigate forced marriage as part of our commitment to the National Prevent Initiative.

#### Economic Wellbeing

Pupils will find out about types of borrowing considering the consequences of debt.

### Summer Term

#### Relationships and Sex Education

Pupils will explore the ways that parents support their children at different stages of their development. They will also attend lessons about condoms and examine how they can help to prevent unwanted pregnancies and the spread of sexually transmitted infections. In addition, pupils will investigate the role of 'protected characteristics' in helping to protect people from discrimination. In line with government guidelines, pupils will also attend a lesson about FGM (female genital mutilation).

#### Economic Wellbeing

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

#### Study Skills

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

#### Personal Safety

Pupils will attend a street safety seminar to encourage them to prepare for safety when out and about in London.

#### 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.

## **Year 10**

### **Autumn Term**

#### Relationships and Sex Education

Pupils will learn how to recognise sexual exploitation in a lesson devised by CEOP (Child Exploitation and Online Protection) and they will also attend a lesson to raise awareness of what is meant by a miscarriage.

#### Wellbeing

Each form will spend a lesson with our school counsellor which has been devised to help students to recognise and manage anxiety.

#### Citizenship

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

#### Drug Awareness Education

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

### **Spring Term**

#### Relationships and Sex Education

Pupils will learn about different types of contraception. They will also attend a seminar by The Rap Project which will examine the potentially negative impact of pornography on the expectations and experiences of young people. In addition, they will also explore possible signs of abuse within teenage relationships, discuss domestic violence and investigate support groups.

#### Drug Awareness Education

Pupils will investigate 'units' and examine the dangers associated with binge drinking and the impact of long term alcohol abuse.

#### Critical Thinking

Pupils will develop skills to recognise and evaluate arguments, defend rights and understand conflicts.

### **Summer Term**

#### Careers

Pupils will attend seminars led by invited speakers who will talk about different pathways and their careers.

#### Wellbeing Education

Pupils will investigate how mindfulness could help them stay calm and reduce day-to-day stress. They will also revisit the basic principles of First Aid and explore what is meant by 'reproductive health'. In addition, they will investigate the importance of donating blood.

#### Study Skills

Pupils will learn about effective summarising, identifying key words on exam papers 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.

## **Year 11**

### Autumn Term

#### Wellbeing Education

Pupils will attend a seminar about coping with uncertainty and will be given techniques to help tackle this.

#### Sex and Relationships Education

Pupils will investigate consent, and discuss what constitutes sexual harassment in the workplace.

#### 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 virtual seminar given by The Rap Project to raise awareness of sexual exploitation and rape, and explore potential strategies to reduce risk.

#### Citizenship

Pupils will attend lessons designed to raise awareness of how different societies can limit the potential of women, including with violence and (so called) 'honour' related abuse, as part of our commitment to the National Prevent Initiative.

#### Drug Awareness Education

Pupils will investigate the potential harm associated with taking cocaine and 'legal' highs. They will also attend a moving and informative drug awareness seminar given by a recovering addict.

#### Careers

Pupils will return to update their Morrisby profiles to help identify their strengths and consider potential career pathways.

### **Spring Term**

#### Careers

Pupils will attend an options marketplace and have a series of lessons devised by the Head of Careers to explore career pathways and help guide them with their A Level choices.

#### Wellbeing Education

Each form will have a session with our school counsellor who has devised a lesson to help pupils understand and help those who experience poor mental health. In addition, pupils will attend lessons designed to raise awareness of breast cancer and cervical cancer. They will also have lessons to help them understand the decisions made by women who have experienced crisis pregnancies. Lessons investigating the menopause will also be included this term.

#### Economic Wellbeing

Pupils will complete a mini module designed to encourage them to understand their bank accounts, plan ahead and become more financially aware.

#### Drug Awareness Education

Pupils will learn about the potentially harmful outcomes for people addicted to prescription drugs.

### **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.