



## **PSHE Overview 7-11 2023/2024**

The PSHE syllabus for each year group 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.

As per the government's statutory guidance for schools related to the teaching of Relationships and Sex Education all lessons relating to relationships are compulsory. However, parents can ask to withdraw their children from other PSHE lessons, and pupils themselves can seek permission to opt out of lessons, if they believe the topic would make them feel too uncomfortable.

Below is an overview of the Year 7-11 PSHE curriculum for 2023/2024.

Please understand that as PSHE lessons are often dependent on invited speakers, workshops facilitated by external companies and new government guidelines, **all lessons are adaptable and open to changes throughout the year.**

### **Year 7**

#### **Autumn Term**

##### Health and Wellbeing

Wellbeing lessons help pupils to build confidence, improve social skills, promote balanced thinking and develop resilience. Lessons are designed to help pupils to cope with their transition from Primary School to Senior School and with settling in. They will learn about healthy eating and 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. 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.

##### 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 media such as 'institutional racism' and 'unconscious bias'.

##### Study Skills

Pupils will learn about becoming fearless learners including an introduction to the research behind effective learning. They will learn how to build a culture of productive studying with a focus on organisation.

## 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.

### Citizenship

Pupils will investigate the role of MPs and the House of Commons and participate in a political debate.

### Drug Education

Pupils will participate in a session with a guest speaker from the DSM foundation to develop an awareness of drugs, learn how to build resilience and make safer choices in relation to risky and dangerous behaviours.

## Summer Term

### Economic Well Being

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

### Careers

Pupils will join Unifrog and hear about different careers from invited guest speakers.

### Relationships and Sex Education

Pupils will consider what is meant by 'identity' in a lesson devised by the School Counsellor.

### Study Skills

Pupils will learn about Fearless Learning strategies including retrieval practice. They will look at specific strategies such as: self-quizzing, 'brain dumping' and flash cards.

### Citizenship

Pupils will discuss the ways in which people with disabilities can face discrimination in society.

### Evaluation

Pupils will complete 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.

#### 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. Pupils will discuss different types of commitments and families and, in addition, pupils will investigate some of the legal issues relating consent and sexting.

## Spring Term

### Health and Wellbeing

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-confidence and emotional connections. Pupils will also attend a seminar about eating disorders.

### Drug Education

Pupils will participate in a session with a guest speaker from the DSM Foundation to develop awareness of drugs, and in particular the dangers and health risks associated with smoking, e-cigarettes (vaping) and alcohol, as well as learning how to build resilience and make safe and positive choices regarding drug use.

### Life Online

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

### Careers

Pupils hear about pathways and potential careers from invited guest speakers.

## Summer Term

### Wellbeing Education

Pupils will explore ways of maintaining good mental health and develop 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.

### Economic Wellbeing

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

### Relationships

Pupils will learn about feelings, love and consent in a lesson devised by the School Counsellor.

### Study Skills

Pupils will spend a lesson looking at the importance of planning ahead, setting revision timetables and retrieval practice strategies.

### Evaluation

Pupils will complete 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**

### **Health and Wellbeing**

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

### **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 harmful online influences. Pupils will also investigate the role of 'protected characteristics' in helping to protect people from discrimination.

### **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**

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

### **Wellbeing Education**

Pupils will explore the impact of vaccines on world health.

### **Citizenship**

Pupils will attend a peer 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 and consider the consequences of debt.

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

### **Drug Awareness Education**

Pupils will participate in lessons to learn about the dangers and health risks associated with cigarette smoking, e-cigarettes (vaping), cannabis, nitrous oxide and other illegal drugs.

## **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.

A lesson devised by the School Counsellor and the PSHE Department to help pupils to understand what is meant by the term 'gender' is also planned.

#### Study Skills

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

#### Citizenship

Pupils will attend a presentation titled 'Surviving the Holocaust' by Hephzibah Rudofsky sharing the experiences of her mothers family who survived Westerbork and Bergen Belsen concentration camps.

#### 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 complete 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). They will also attend lessons to help them to understand what is meant by a miscarriage, and raise awareness of reproductive health.

Pupils will participate in a workshop by Brook to develop their understanding of Sexually Transmitted Infections (STIs), and will learn how to help prevent the spread of STI's.

#### Health and Wellbeing

Pupils will have a lesson, devised by our school counsellor, 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 and participate in sessions run by the DSM foundation to learn about the dangers and health risks associated with cigarette smoking, e-cigarettes (vaping), cannabis, nitrous oxide, cocaine, ecstasy and ketamine. Pupils will also investigate 'units' and examine the dangers associated with binge drinking and the impact of long term alcohol abuse.

### 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.

### Critical Thinking

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

### Careers

Pupils hear about pathways and potential careers from invited guest speakers.

### Health and Wellbeing

Pupils will investigate the importance of donating blood.

### Drug Education

Pupils will participate in a session aimed at increasing their awareness of drugs and learn how to make positive and safe choices regarding risky behaviours.

## **Summer Term**

### Careers

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

### Health and Wellbeing

Pupils will investigate how mindfulness could help them stay calm and reduce day-to-day stress. A lesson about staying positive will also be included.

### Study Skills

Pupils will learn about effective summarising, the value of silent revision, the importance of identifying key words on exam papers and preparing for the day of the examination.

### Evaluation

Pupils will complete 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**

### Sex and Relationships Education

Pupils will investigate consent, and discuss what constitutes sexual harassment in the workplace. In addition, pupils will participate in lessons designed to raise awareness of reproductive health and the menopause.

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

#### [Careers](#)

Pupils will return to update their Morrisby profiles to help identify their strengths and consider potential career pathways. In addition, students will begin to use Unifrog to help them with gathering evidence for University and further education course applications.

### [Spring Term](#)

#### [Careers](#)

Pupils will attend option events 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.

#### [Health and Wellbeing](#)

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

#### [Economic Wellbeing](#)

Pupils will complete a financial awareness module designed to help them to understand their bank accounts and plan ahead.

#### [Drug Awareness Education](#)

Pupils will attend a powerful and informative drug awareness seminar given by a recovering addict.

### [Summer Term](#)

#### [Study Skills](#)

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

#### [Evaluation](#)

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