

PSRE: Long Term Overview Curriculum Suggestion

2020 Onwards

The table below gives an overview of the topics that will be taught within PSRE lessons during each half term that a PSHE topic is being studied. The points may refer to full lessons or content that will be covered as part of a lesson. The curriculum plan has been devised using the 'Relationships Education, Relationships and Sex Education and Health Education Statutory Guidance', DfE 2019 and the PSHE Association 'Thematic Model' Programme Builder for Key Stages 3-4.

	Autumn Term 2	Spring Term 2	Summer Term 2
7	<p><u>Personal Safety inside and outside school</u></p> <ul style="list-style-type: none"> • Friendships – characteristics of healthy friendships. Treating others with respect and tolerance. • Types of bullying and the responsibilities of bystanders. • How to talk about emotions using accurate and sensitive language. • Benefits of physical exercise, being outdoors for physical and mental wellbeing. • First Aid 	<p><u>Health and Puberty</u></p> <ul style="list-style-type: none"> • Puberty. • Personal hygiene. • Unwanted contact and FGM. • Relationship boundaries. • Expect Respect lesson 1. • Healthy routines – healthy diet and exercise. The links between a poor diet and ill health. Influences on health, importance of good dental hygiene. Risky behaviour – smoking. • Germs/bacteria/vaccination lessons. 	<p><u>Living in the Wider World:</u></p> <ul style="list-style-type: none"> • Diversity and prejudice – how stereotypes can cause damage. • British Values- tolerance, respect. • Financial decision making.
8	<p><u>Healthy Relationships:</u></p> <ul style="list-style-type: none"> • Gender Identity and sexual orientation. • Consent. • Sexting (and the impact of viewing harmful content). Online safety. How to identify harmful behaviour online, report and find support. • An introduction to contraception (hormonal and barrier methods). • Healthy intimate relationships. • Expect Respect lesson 2. • Recognising early signs of mental wellbeing concerns. • How to manage emotions, develop digital resilience. • Positive and negative effects on mental health. Body Image and coping strategies. • Importance of sleep 	<p><u>Drugs and Alcohol</u></p> <ul style="list-style-type: none"> • Medicinal and recreational drugs. The law on drugs. • Over-consumption of energy drinks. • Relationships between habit and dependence. • How to assess the risks of alcohol, tobacco, nicotine and e-cigarettes. • How to manage influences in relation to substance misuse. • First Aid. 	<p><u>Living in the Wider World:</u></p> <ul style="list-style-type: none"> • Equality of opportunity in life and work. How to challenge stereotypes and discrimination. Specific reference to the Equality Act 2010 – protected characteristics. • Types of work • How to protect financial security online • How to assess and manage risks in relation to gambling and chance-based transactions. • Staying Safe reminder lesson –water safety, how to stay safe over the Summer Holidays.

<p>9</p>	<p><u>Healthy Relationships:</u></p> <ul style="list-style-type: none"> Families and parenting (different types of families and parenting – including single parents, same-sex parents, blended families, adoption and fostering). Healthy relationships and conflict resolution. Expect Respect lesson 3 The difference between marriage and cohabitation. Legal status of other types of long term relationships. Healthy intimate relationships. Consent – myths and misconceptions. Continuous right to withdraw consent. Contraception and the consequences of unprotected sex. STIs – effective use of condoms. Attitudes to pornography – how can attitudes to sex in the media and pornography affect expectations? How to assess and manage the risks of sending, sharing or passing on sexual images. 	<p><u>Our place in society:</u></p> <ul style="list-style-type: none"> Substance misuse – Legal and health risks in relation to drug and alcohol use including addiction and dependence. To include the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood. Awareness of the dangers of prescription medicine that can still present serious health risks. Gang exploitation, legal and physical risks of carrying a knife. Healthy and unhealthy friendships Assertiveness Setting goals for the future – raising aspirations. 	<p><u>Health Education:</u></p> <ul style="list-style-type: none"> Diet, exercise, lifestyle balance – relationship between physical and mental health. Balancing work, leisure, exercise and sleep. Healthy Choices – how to make informed healthy eating choices, how to manage influences on body image, make independent health choices. To take increased responsibility for physical health including self-examination. First Aid – how to administer CPR. The purpose of defibrillators and when one might be needed.
<p>10</p>	<p><u>Healthy Relationships:</u></p> <ul style="list-style-type: none"> Relationship values and role of pleasure in relationships. Myths, assumptions, misconceptions and social norms regarding sex, gender and relationships. Opportunities and risks of forming and conducting relationships online. How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours. Consent – How to recognise and respond to pressure, coercion, exploitation – including how to report and access appropriate support. How to recognise and challenge victim blaming. Asexuality, abstinence and celibacy. Expect respect lesson 4 	<p><u>Health Education:</u></p> <ul style="list-style-type: none"> Mental Health and Wellbeing – how to manage challenges during adolescence, how to reframe negative thinking. Strategies to promote mental health and emotional wellbeing. What are the signs of emotional or mental ill health? How to access support and treatment. Portrayal of mental health in the media, how to challenge stereotypes, stigma and misinformation. Early symptoms of anxiety and depression <p><u>Physical Health:</u></p> <ul style="list-style-type: none"> Emergency first aid skills. How to assess emergency and non-emergency situations and contact appropriate services. How to assess and manage risk and safety in new independent situations – personal safety. 	<p><u>Our place in the community:</u></p> <ul style="list-style-type: none"> Communities, respect, inclusion and belonging. Equality Act – diversity and values. How to recognise the way that social media might distort, mis-represent or target information in order to influence beliefs and opinions. How to manage conflicting views and misleading information. How to safely challenge discrimination, including online. How to recognise and respond to extremism and radicalisation. Drugs, gangs and crime. Exit strategies for pressurised or dangerous situations. How to seek help for substance misuse and addiction.

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