

PSHE and RSHE Curriculum Grid **Careers Link**

	<u>Autumn 1</u> This term learning will be ..	<u>Autumn 2</u> This term learning will be ..	<u>Spring 1</u> This term learning will be ..	<u>Spring 2</u> This term learning will be ..	<u>Summer 1</u> This term learning will be ..	<u>Summer 2</u> This term learning will be ..
Year 7	<p>Firework safety - we will look at how to stay safe and the rules around fireworks.</p> <p>Friends - we will look at what a good friend will do and say. Recall what to do if someone is not a good friend</p> <p>Emotional literacy - understanding how to recognise emotions and feelings and strategies to support.</p> <p>Restorative justice - we will begin to discuss how what we do could make someone feel. Know how others can 'fix it' and how we can 'fix it' with others.</p> <p>Green eyed monster - talking about what does being jealous mean and how to deal with the emotions.</p> <p>Respecting differences - we will recall that everyone is different including gender, race and sexuality and that is ok.</p>	<p>How can I keep healthy? discussing healthy food options, own diets and how they could be improved and why?</p> <p>How to keep safe online? recalling ways to stay safe, rules and where to go for help. Knowing that online is not just for playing games.</p> <p>What countries make up Britain and the British flag - we will talk about the countries that make up Britain and where in the world it is.</p> <p>Bullying policy -reading the policy and discussing and recognising all forms of bullying and strategies to manage.</p>	<p>Sustainable Resources -we will talk about what sustainable means and what we could do in school to be more sustainable.</p> <p>Animal Care- we will discuss how and why animals need to be treated well.</p> <p>Jobs that students can do within animal care e.g grooming, dog walking, veterinary nurse, receptionist at vets. What skills would be needed?</p> <p>Child Sexual Exploitation - discussing what keeping safe online means, know what being worried or frightened is and how to communicate this to others,</p>	<p>Puberty, we will look at key facts about puberty and the changing adolescent body, including physical and emotional changes. Menstrual wellbeing including the key facts about the menstrual cycle. Talk about what hygiene routines to follow to keep clean.</p>	<p>Mental health wheel - to know about ways to support mental health- includes the importance of sleep, exercise, talking to someone. Identifying ways to take care of mental wellbeing and recognise when help is needed e.g feeling unhappy, depressed, under eating.</p>	<p>Dental hygiene -we will talk about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. Include types of teeth and roles.</p> <p>Jobs that students can do within the NHS such as care assistant, porter as well as at a dentist and skills needed to be successful.</p> <p>Sun safety - we will discuss how to keep safe in the sun, what to wear and why you need to wear suntan lotion.</p> <p>Personal hygiene - talking about personal hygiene products including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p> <p>Emergency - exploring emergency services and how to deal with a minor medical emergency. Learn and practise some basic first aid. What to do if someone falls over? Cuts their fingers...</p> <p>Jobs and the skills needed to do some jobs within the emergency services from 999 operator to joining St John Ambulance</p>

						<p>Cleaning up our air - the effects of pollution, understand what global warming is, the effects and what can be done to try and prevent it happening.</p> <p>Belonging to a group - Why is it important to have a friendship group ? Discuss the positive and negative effects of belonging to a group.</p>
Year 8	<p>Eating responsibly. What are the effects of not eating the right foods - know the benefits of certain foods, how processed food is made and what is a balanced diet and the information on food labels</p> <p>Why do we need sleep and how does sleep deprivation affect us?- we will discuss the benefits of sleep and ways to help you sleep</p> <p>How can we shop ethically? -talk about fair trade, look at labels and discuss what makes a product unethical.</p> <p>What are needs and wants? -talk about the difference between needs and wants and what things are essential or luxury.</p> <p>How to keep good friends and avoid toxic ones. - we will talk about 'Carly' and the issues they have with friends and how to deal with situations.</p>	<p>What is anger and the effects on the body? - we will talk about what makes people angry and how it affects the brain. Discuss ways to reduce outbursts.</p> <p>The dangers of cigarettes. - will talk about what addiction is? Why people smoke and the effects.</p> <p>How can we care for our environment and why is it changing? - we will talk about what happens to animals after a global disaster.</p> <p>What is sustainability and why this is essential to our environment?- will talk about the current situation that faces humanity concerning meat farming.</p>	<p>Internet safety – the dangers of excessive screen time.- we will discuss that to have a healthy mind you need to do a variety of activities not just on screen.</p> <p>Why do some people become homeless and why is it on the increase? -we will identify why we need a place to call home and the effects on someone who is homeless.</p> <p>Jobs that students can do that could support someone in need of help - counselling,work in food bank, samaritans,</p> <p>Why do sexism, gender prejudice and stereotypes still exist? - we will describe some of the similarities, differences and diversity among people of different race, faith and culture and discuss.</p>	<p>What is puberty, growing up, body changes that affect me? -the key facts about puberty and the changing adolescent body, including physical and emotional changes. Menstrual wellbeing including the key facts about the menstrual cycle</p> <p>Bullying policy - What it means at Southlands school and what to do if need help? we will types of bullying and strategies to deal with it. Know qualities and behaviours that are expected, Be tolerate of similarities, differences and diversity amongst others.</p>	<p>What is mindfulness? How can this aid positive mental health? we will think about positives about ourselves and peers and coping strategies</p> <p>Human Rights - What are they and what does it mean for everyone in the World? - talk about different kinds of rights and responsibilities we have in and outside school.</p> <p>How can we protect animal rights? we will discuss what animals need and why.</p> <p>Internet safety – What is online grooming and why must we be careful? we will talk about rules for keeping safe when using different social media platforms and advice and</p>	<p>Benefits –who needs it and where does the money come from? - we will think about different ways in which people might acquire money and identify some ways that money can be kept safe.</p> <p>Strong societies – nature and benefits of living in a society discuss the everyone is unique and special and no one should be treated unfairly</p> <p>Taxes – why we pay taxes and what is the money used for?</p> <p>Good news day – kindness and generosity and respect - we will look at what it means to treat others in a kind and fair way.</p> <p>Talk about why the skills are needed within the workplace</p>

	<p>Family relationships. What are different types of families? -we will discuss different types of families and long term commitments and how students in school may have a different type of family.</p>	<p>How do we keep safe and have positive relationships on and off line. we will think about the dangers link to internet trolls. and how adults can impersonate younger aged people to target vulnerable children.</p> <p>Peer Pressure.What can you do if it happens to you?- talk about gangs and the risks. Discuss what are kind and unkind actions.</p>		<p>What are domestic and abusive relationships? What are healthy and unhealthy relationships? we will talk about the differences between positive/healthy and negative/unhealthy relationships.</p>	<p>support, and ways to report online concerns.</p>	
<p>Year 9</p>	<p>What are drugs? Why are they dangerous? -we will talk about the importance of taking more responsibility for own health and know some negative effects of both legal and illegal drugs.</p> <p>Healthy living – exercise and keeping active Not eating healthy – What are the consequences? -discuss the consequences if we do not have a healthy lifestyle and ways to prevent them.</p> <p>Young carers - What do they do? What support can they get? - we will talk about some reasons why adults and children may need help at home and the effects on a child who needs to care for a sibling or parent</p> <p>Bullying or banter. Why do people bully others and how can we stop it? - discuss that we do not need to put up with someone being unkind, hurtful, abusive to,</p>	<p>Personal hygiene - How do follow routines to keep you clean. - recalling the importance of and ways of taking increased responsibility for own personal hygiene.</p> <p>How can we enjoy social media but keep our accounts private? - recalling how to safe and responsible when using technology and understanding public and private linked to online.</p> <p>What is stereotyping and prejudice? Racism focus link with disability - discuss that all forms of discrimination are unacceptable.</p> <p>Treasured memories - How to understand feelings about death? - we will talk about the feelings that people may have when someone or something dies.</p>	<p>Who are extremist groups and why are they so dangerous? we will talk about what extremism is and to recognise the reasons why someone might become an extremist.</p> <p>Finance - What is income and expenditure? Finance – budgeting and saving - discuss the consequences of losing money or spending more than we have.</p> <p>Jobs - wages and how they differ from footballer to shop worker</p> <p>How do we keep safe and have positive relationships on and off line. On line grooming. - recalling why it is important to talk with a trusted adult before deciding whether to share a photo or personal information</p>	<p>Programme over 6 weeks boys and girls split. What is puberty? What changes happen? Thoughts and feelings Differences between boys and girls? What is safe sex? What is contraception? Types of relationships? LGBT+ What is sexuality? What is consent?</p>	<p>What is sexting and the law? we will recall and discuss in more depth that no one has the right to make us share a photo of ourselves, or give information about ourselves or others, online How does knife crime impact on our communities. Why do teens get involved and what are the consequences?</p> <p>What are domestic and abusive relationships? What are healthy and unhealthy relationships? What do you do if you think you are in an unhealthy relationship? discussions will include knowing that that some types of behaviour within relationships are against the law (e.g. hitting/</p>	<p>Internet safety - Child sexual exploitation. What are the signs? Where to go for help?</p> <p>How to prevent spreading infection? we will recap how following simple routines can reduce the spread of germs (bacteria and viruses) and why this is important.</p> <p>What is anti social behaviour and how does this affect communities? we will discuss the wider society and that students be treated with respect and show respect to others including people in authority and be tolerant of others beliefs.</p> <p>British Values – How does the criminal justice system work? we will talk about the the criminal justice system and different courts and different punishments.</p>

	<p>or bullying, us and ways we might challenge peer pressure.</p> <p>Discuss all types bullying School child friendly bullying policy. -Discuss personal qualities and attitudes of themselves and others. Recognise all forms of bullying and strategies to manage</p>	<p>What is cyber bullying. Why do people bullying online? - recall To identify the different types of cyber bullying and the qualities and behaviours that is expectable.</p>			<p>hurting someone, telling someone what to do all the time, not allowing someone to make choices)</p>	<p>Job discussion to include community police, 101 operators, police, 999 operators, court ushers, and the roles they do and the skills needed</p> <p>Can we respect and celebrate British values and the religion and culture of our choice? We continue to discuss how to be a model citizen in our area and how we can become a better person.</p>
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Health and wellbeing
 Living in the wider world
 Relationships (RSHE)