



HeathPark
EVERY PUPIL ALWAYS IN FOCUS

PSHE PROGRAMME

Highlighted are the Sex Education aspects of RSE. Health and Relationship Education is a statutory requirement. See the RSE Policy for further details.

Suggested from September 2022

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	<p>Transition and safety Transition to secondary school and personal safety in and outside school, including first aid</p>	<p>Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations</p>	<p>Diversity Diversity, prejudice, and bullying</p>	<p>Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM</p>	<p>Building relationships Self-worth, romance and friendships (including online) and relationship boundaries</p>	<p>Financial decision making Saving, borrowing, budgeting and making financial choices</p>
	<p>PSHE Timetabled Sessions</p> <ul style="list-style-type: none"> How to identify personal strengths and areas for development How to identify, express and manage their emotions in a constructive way How to establish and manage friendships <p>Form Activities</p> <ul style="list-style-type: none"> How to manage the challenges of moving to a new school How to improve study skills Personal safety strategies and travel safety, e.g., road, rail and water <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> How to respond in an emergency <i>including basic practical first aid</i> <p>Cross Curricular Opportunities</p>	<p>PSHE Timetabled Sessions</p> <ul style="list-style-type: none"> How to challenge stereotypes, broaden their horizons and how to identify future career aspirations About the link between values and career choices <p>Form Activities</p> <ul style="list-style-type: none"> About equality of opportunity About a broad range of careers and the abilities and qualities required for different careers <p><i>Protected characteristics</i></p> <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> How to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity <p>Cross Curricular Opportunities</p>	<p>PSHE Timetabled Sessions</p> <ul style="list-style-type: none"> About living in a diverse society <p>Form Activities</p> <ul style="list-style-type: none"> About identity, rights and responsibilities How to challenge prejudice, stereotypes and discrimination <p><i>Protected characteristics</i></p> <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> The signs and effects of all types of bullying, including online How to respond to bullying of any kind, including online how to support others <p>Cross Curricular Opportunities</p>	<p>PSHE Timetabled Sessions</p> <ul style="list-style-type: none"> How to recognise and respond to inappropriate and unwanted contact About FGM and how to access help and support <p>Form Activities</p> <ul style="list-style-type: none"> How to manage influences relating to caffeine, smoking and alcohol How to manage physical and emotional changes during puberty about personal hygiene <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> How to make healthy lifestyle choices including diet, dental health, physical activity and sleep <p>Additional Activities</p> <p>Cross Curricular Opportunities</p> <ul style="list-style-type: none"> 	<p>PSHE Timetabled Sessions</p> <ul style="list-style-type: none"> How to develop self-worth and self-efficacy Qualities and behaviours relating to different types of positive relationships How to evaluate expectations for romantic relationships How to recognise unhealthy relationships Consent, and how to seek and assertively communicate consent <p>Form Activities</p> <ul style="list-style-type: none"> how to recognise and challenge media stereotypes Online risks and safe behaviours Staying safe online <p>Cross Curricular Opportunities</p> <ul style="list-style-type: none"> ICT – online risks and safe behaviours 	<p>PSHE Timetabled Sessions</p> <ul style="list-style-type: none"> About saving, spending and budgeting About ethical and unethical business practices and consumerism <p>Form Activities</p> <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> How to make safe financial choices How to manage risk-taking behaviour

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Year 8	<p>Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use</p>	<p>Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work</p>	<p>Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p>	<p>Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies</p>	<p>Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</p>	<p>Digital literacy Online safety, digital literacy, media reliability, and gambling hooks</p>
	<p>Form Activities</p> <ul style="list-style-type: none"> how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes how to recognise and promote positive social norms and attitudes <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> about medicinal and recreational drugs about the relationship between habit and dependence how to manage influences in relation to substance use <p>Additional Activities</p> <ul style="list-style-type: none"> how to use over the counter and prescription medications safely 	<p>Form Activities</p> <ul style="list-style-type: none"> how to set aspirational goals for future careers and challenge expectations that limit choices <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> about equality of opportunity in life and work how to challenge stereotypes and discrimination in relation to work and pay about employment, self-employment and voluntary work 	<p>Form Activities</p> <ul style="list-style-type: none"> how to develop self-worth and confidence <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> how to manage influences on beliefs and decisions about group-think and persuasion <p>Additional Activities</p> <ul style="list-style-type: none"> about gender identity, transphobia and gender-based discrimination how to recognise and challenge racism and religious discrimination/how to recognise and challenge homophobia and biphobia 	<p>Form Activities</p> <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> about attitudes towards mental health how to challenge myths and stigma how to manage emotions about healthy coping strategies <p>Additional Activities</p> <ul style="list-style-type: none"> about unhealthy coping strategies (e.g. self-harm and eating disorders) (external speaker) <p>Cross Curricular Opportunities</p> <ul style="list-style-type: none"> how to develop digital resilience (ICT) about daily wellbeing (PE/Dance) 	<p>Form Activities</p> <ul style="list-style-type: none"> about the risks of 'sexting' and how to manage requests or pressure to send an image <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> the qualities of positive, healthy relationships how to demonstrate positive behaviours in healthy relationships about forming new partnerships and developing relationships <p>Additional Activities</p> <ul style="list-style-type: none"> about gender identity and sexual orientation about the law in relation to consent that the legal and moral duty is with the seeker of consent how to effectively communicate about consent in relationships about basic forms of contraception, e.g. condom and pill 	<p>Form Activities</p> <ul style="list-style-type: none"> how to use social networking sites safely how to assess and manage risks in relation to gambling and chance-based transactions <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> how to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation how to respond and seek support in cases of online grooming how to recognise biased or misleading information online about age restrictions when accessing different forms of media and how to make responsible decisions <p>Additional Activities</p> <ul style="list-style-type: none"> how to distinguish between content which is publicly and privately shared how to protect financial security online <p>Cross Curricular Opportunities</p> <ul style="list-style-type: none"> how to critically assess different media sources

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Employability skills Employability and online presence
Year 9	<p>Form Activities</p> <ul style="list-style-type: none"> how to assess risk and manage influences, including online about 'group think' and how it affects behaviour how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively how to distinguish between healthy and unhealthy friendships <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> to manage risk in relation to gangs about the legal and physical risks of carrying a knife about positive social norms in relation to drug and alcohol use <p>Additional Activities</p> <ul style="list-style-type: none"> about legal and health risks in relation to drug and alcohol use, including addiction and dependence <p>Cross Curricular Opportunities</p> <ul style="list-style-type: none"> about 'group think' and how it affects behaviour 	<p>Form Activities</p> <ul style="list-style-type: none"> about transferable skills, abilities and interests how to demonstrate strengths how to manage feelings relating to future employment about GCSE and post-16 options <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> about different types of employment and career pathways <p>Additional Activities</p> <ul style="list-style-type: none"> skills for decision making how to demonstrate strengths <p>Cross Curricular Opportunities</p> <ul style="list-style-type: none"> about GCSE and post-16 options 	<p>Form Activities</p> <ul style="list-style-type: none"> about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering about positive relationships in the home and ways to reduce homelessness amongst young people how to access support services <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> conflict resolution strategies about conflict and its causes in different contexts, e.g. with family and friends how to manage relationship and family changes, including relationship breakdown, separation and divorce <p>Additional Activities</p> <ul style="list-style-type: none"> conflict resolution strategies how to access services <p>Cross Curricular Opportunities</p> <ul style="list-style-type: none"> about conflict and its causes in different contexts, e.g. with family and friends 	<p>Form Activities</p> <ul style="list-style-type: none"> about balancing work, leisure, exercise and sleep how to make informed healthy eating choices <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> how to manage influences on body image to take increased responsibility for physical health, including testicular self-examination <p>Additional Activities</p> <ul style="list-style-type: none"> about the relationship between physical and mental health to make independent health choices <p>Cross Curricular Opportunities</p> <ul style="list-style-type: none"> about the relationship between physical and mental health 	<p>Form Activities</p> <ul style="list-style-type: none"> about myths and misconceptions relating to consent about the consequences of unprotected sex, including pregnancy how to secure personal information online <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex about the continuous right to withdraw consent and capacity to consent about STIs, effective use of condoms and negotiating safer sex how the portrayal of relationships in the media and pornography might affect expectations how to assess and manage risks of sending, sharing or passing on sexual images <p>Additional Activities</p> <ul style="list-style-type: none"> about the continuous right to withdraw consent and capacity to consent <p>Cross Curricular Opportunities</p> <ul style="list-style-type: none"> how the portrayal of relationships in the media and pornography might affect expectations 	<p>Form Activities</p> <ul style="list-style-type: none"> how to give and act upon constructive feedback skills for enterprise and employability how to identify and access support for concerns relating to life online <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> about young people's employment rights and responsibilities habits and strategies to support progress <p>Additional Activities</p> <ul style="list-style-type: none"> how to give and act upon constructive feedback <p>Cross Curricular Opportunities</p> <ul style="list-style-type: none"> skills for enterprise and employability

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Year 10	<p>Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p>	<p>Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p>	<p>Healthy relationships Relationships and sex expectations, myths and challenges, including the impact of the media and pornography</p>	<p>Exploring influence The influence and impact of drugs, gangs, role models and the media</p>	<p>Addressing extremism and radicalisation Communities, belonging and challenging extremism</p>	<p>Work experience Preparation for and evaluation of work experience and readiness for work</p>
	<p>Form Activities</p> <ul style="list-style-type: none"> how to reframe negative thinking strategies to promote mental health and emotional wellbeing how to access support and treatment about the portrayal of mental health in the media how to challenge stigma, stereotypes and misinformation <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> about the signs of emotional or mental ill-health how to manage challenges during adolescence <p>Additional Activities</p> <ul style="list-style-type: none"> <p>Cross Curricular Opportunities</p> <ul style="list-style-type: none"> 	<p>Form Activities</p> <ul style="list-style-type: none"> how data is generated, collected and shared, and the influence of targeted advertising how thinking errors, e.g. gambler's fallacy, can increase susceptibility to gambling strategies for managing influences related to gambling, including online about the relationship between gambling and debt about the law and illegal financial activities, including fraud and cybercrime how to manage risk in relation to financial activities <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> how to effectively budget and evaluate savings options how to prevent and manage debt, including understanding credit rating and pay day lending <p>Additional Activities</p> <ul style="list-style-type: none"> <p>Cross Curricular Opportunities</p> <ul style="list-style-type: none"> 	<p>Form Activities</p> <ul style="list-style-type: none"> about relationship values and the role of pleasure in relationships how to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support how to recognise and challenge victim blaming about asexuality, abstinence and celibacy <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> how to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours about the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent about myths, assumptions, misconceptions and social norms about sex, gender and relationships about the opportunities and risks of forming and conducting relationships online <p>Additional Activities</p> <ul style="list-style-type: none"> <p>Cross Curricular Opportunities</p> <ul style="list-style-type: none"> 	<p>Form Activities</p> <ul style="list-style-type: none"> about the media's impact on perceptions of gang culture how drugs and alcohol affect decision making how to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime exit strategies for pressurised or dangerous situations how to seek help for substance use and addiction <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> about the impact of drugs and alcohol on individuals, personal safety, families and wider communities how to keep self and others safe in situations that involve substance use <p>Additional Activities</p> <ul style="list-style-type: none"> about positive and negative role models <p>Cross Curricular Opportunities</p> <ul style="list-style-type: none"> how to evaluate the influence of role models and become a positive role model for peers 	<p>Form Activities</p> <ul style="list-style-type: none"> about the Equality Act, diversity and values about how social media may 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 <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> how to recognise and respond to extremism and radicalisation <p>Additional Activities</p> <ul style="list-style-type: none"> <p>Cross Curricular Opportunities</p> <ul style="list-style-type: none"> about communities, inclusion, respect and belonging 	<p>Form Activities</p> <ul style="list-style-type: none"> how to evaluate strengths and interests in relation to career development strategies for overcoming challenges or adversity how to manage practical problems and health and safety <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> about opportunities in learning and work how to evaluate and build on the learning from work experience <p>Additional Activities</p> <ul style="list-style-type: none"> how to maintain a positive personal presence online <p>Cross Curricular Opportunities</p> <ul style="list-style-type: none"> about responsibilities in the workplace

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Year 11	<p>Building for the future Self-efficacy, stress management, and future opportunities</p>	<p>Next steps Application processes, and skills for further education, employment and career progression</p>	<p>Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p>	<p>Independence Responsible health choices, and safety in independent contexts</p>	<p>Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p>	
	<p>Form Activities</p> <ul style="list-style-type: none"> about the nature, causes and effects of stress stress management strategies, including maintaining healthy sleep habits how to balance time online <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> how to balance ambition and unrealistic expectations how to develop self-efficacy, including motivation, perseverance and resilience how to maintain a healthy self-concept <p>Additional Activities</p> <ul style="list-style-type: none"> how to manage the judgement of others and challenge stereotyping about positive and safe ways to create content online and the opportunities this offers 	<p>Form Activities</p> <ul style="list-style-type: none"> how to use feedback constructively when planning for the future how to set and achieve SMART targets effective revision techniques and strategies how to manage work/life balance <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> about application processes, including writing CVs, personal statements and interview technique how to maximise employability, including managing online presence and taking opportunities to broaden experience about rights, responsibilities and challenges in relation to working part time whilst studying <p>Additional Activities</p> <ul style="list-style-type: none"> about options post-16 and career pathways 	<p>Form Activities</p> <ul style="list-style-type: none"> about core values and emotions how to communicate assertively how to communicate wants and needs about gender identity, gender expression and sexual orientation <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> how to handle unwanted attention, including online how to challenge harassment and stalking, including online about various forms of relationship abuse how to access support in abusive relationships and how to overcome challenges in seeking support <p>Additional Activities</p> <ul style="list-style-type: none"> about unhealthy, exploitative and abusive relationships 	<p>Form Activities</p> <ul style="list-style-type: none"> how to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads) <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> about the links between lifestyle and some cancers about vaccinations and immunisations about registering with and accessing doctors, sexual health clinics, opticians and other health services how to manage influences and risks relating to cosmetic and aesthetic body alterations about blood, organ and stem cell donation <p>Additional Activities</p> <ul style="list-style-type: none"> emergency first aid skills how to assess emergency and non-emergency situations and contact appropriate services about the importance of screening and how to perform self examination 	<p>Form Activities</p> <ul style="list-style-type: none"> about different types of families and changing family structures about adoption and fostering <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> how to evaluate readiness for parenthood and positive parenting qualities about fertility, including how it varies and changes how to manage change, loss, grief and bereavement about 'honour based' violence and forced marriage and how to safely access support <p>Additional Activities</p> <ul style="list-style-type: none"> about pregnancy, birth and miscarriage about unplanned pregnancy options, including abortion 	