



## PSHCE Curriculum Map

### ***Why do we teach PSHCE?***

In PSHCE pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain. Our PSHCE programme has a positive impact on both academic and non-academic outcomes for pupils, particularly the most vulnerable and disadvantaged. PSHCE develops pupils' understanding of social, moral, spiritual and cultural issues and it promotes pupils' wellbeing. PSHCE promotes personal development by helping pupils to build their confidence, resilience and self-esteem, and to identify and manage risk, make informed choices and understand what influences their decisions. It provokes challenging questions about health and wellbeing, relationships and living in the wider world. PSHCE provides great opportunities for the pupils to learn in order to be successful in the world of work, in relationships forged throughout life and as a valued contributor to society as a whole. These tools consist of knowledge gained, behaviours learned and skills mastered and it is our job to ensure that all learners have the opportunity to develop these attributes through their school experience

### ***What do we teach in PSHCE?***

The PSHCE/RSE curriculum is taught in three main strands:

- ***Health and wellbeing*** – KS3, 4 and 5 transitions and safety, emotional wellbeing, Health puberty and peer pressure, personal safety and grooming.
- ***Relationships*** – Diversity, Discrimination and human rights, Respectful and positive relationships, Positive behaviours, Sexual relationships and Identity and relationships
- ***Living in the wider world*** – Digital literacy, setting goals, next steps, the world of work and financial decision making, community and careers, work experience, exploring influence, Developing skills and aspirations.

PSHCE builds on the skills, attitudes, values, knowledge and understanding the have acquired during primary school. It acknowledges and addresses the changes young people are experiences, beginning with transition to secondary school, the challenges of adolescence and their increasing independence.

### ***How do we teach PSHCE?***

PSHCE lessons aim to help pupils to:

- Identify their personal qualities, attitudes, skills, attributes and achievements and what influences these.
- Explore their attitudes, values and beliefs about them and develop the skills, language and strategies needed to manage any issues should they encounter them in their lives.
- Apply academic skills such as critical thinking and resilience, to their approach to the study of PSHCE.
- Promote pupils' spiritual, moral, social and cultural development.
- Equip all pupils with the knowledge and skills they need to stay safe and be able to communicate when they do not feel safe
- Provide expert independent, up-to-date careers guidance that gives our pupils the best information and opportunities available and helps them progress into further education, training and employment.

### ***How is PSHCE personalised for our learners?***

At Forest Hill School we have carefully sequenced our PSHCE curriculum so that it considers not just the School's safeguarding priorities but also key local and national safeguarding themes and priorities to ensure we educate the students and staff and how to keep safe.

Our curriculum plan is therefore ever-developing and subject to change depending on the need for extended education of a specific themes in accordance with local and national climate.

To ensure that the delivery of the curriculum is never compromised we use time out of the planned PSHCE time to deliver addition workshops to ensure that all contextual issues are addressed. For example, workshops delivered by our onsite community officer.



## PSHCE Curriculum Map

Year 7	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Key content</b>	<b>Health and wellbeing:</b> Transition and safety	<b>Relationships:</b> Diversity	<b>Relationships:</b> Positive behaviour and relationships	<b>Health and wellbeing:</b> Health, puberty and peer pressure risks	<b>Living in the wider world:</b> Financial decision making	<b>Living in the wider world:</b> Developing skills and aspirations
<b>Key concepts &amp; skills</b>	<ul style="list-style-type: none"> <li>➤ Transition into secondary school</li> <li>➤ Personal safety in and out of school</li> <li>➤ Healthy routines</li> <li>➤ How diseases spread</li> <li>➤ Basic first aid</li> </ul>	<ul style="list-style-type: none"> <li>➤ Positive relationships, diversity, prejudice and bullying inc. cyber bullying</li> <li>➤ Managing on and offline friendships</li> <li>➤ Online safety</li> <li>➤ Intro to sending inappropriate images</li> </ul>	<ul style="list-style-type: none"> <li>➤ Family types</li> <li>➤ Self-worth and self esteem</li> <li>➤ Being a good citizen</li> <li>➤ Sexual harassment and unwanted physical contact</li> <li>➤ The importance of kindness</li> </ul>	<ul style="list-style-type: none"> <li>➤ Male puberty, porn, masturbation and hygiene</li> <li>➤ Female puberty and menstruation</li> <li>➤ FGM – warning signs and what it is</li> <li>➤ Risks of tobacco, alcohol and other illegal substances</li> </ul>	<ul style="list-style-type: none"> <li>➤ Borrowing money, saving money, budgeting and how to make ethical financial choices</li> <li>➤ Intro to careers and different pathways</li> <li>➤ Study skills</li> </ul>	<ul style="list-style-type: none"> <li>➤ How to be enterprising</li> <li>➤ Broad career opportunities and qualities/ abilities required</li> <li>➤ Equality of opportunity and challenging stereotypes</li> <li>➤ Link between values and career choices</li> </ul>
<b>Builds on</b>	KS2 PSHCE	KS2 PSHCE	KS2 PSHCE	KS2 PSHCE	KS2 PSHCE	KS2 PSHCE
<b>Builds towards</b>	Y8 Autumn 1	Y8 Autumn 2	Y8 Summer 2	Y8 Spring 2	Y8 Summer 1	Y8 Spring 1



## PSHCE Curriculum Map

Year 8	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Key content</b>	<b>Health and wellbeing:</b> Emotional wellbeing	<b>Relationships:</b> Discrimination and human rights	<b>Living in the wider world:</b> Digital literacy	<b>Health and wellbeing:</b> Personal safety and grooming	<b>Living in the wider world:</b> Community and careers	<b>Relationships:</b> Identity and relationships
<b>Key concepts &amp; skills</b>	<ul style="list-style-type: none"> <li>➤ Mental health and emotional wellbeing</li> <li>➤ Positive body image</li> <li>➤ Coping strategies and how to seek help</li> <li>➤ Anxiety and depression</li> <li>➤ Managing change and loss</li> </ul>	<ul style="list-style-type: none"> <li>➤ Racism</li> <li>➤ Religious discrimination</li> <li>➤ Disability discrimination</li> <li>➤ Sexism</li> <li>➤ HBT</li> <li>➤ How school can support</li> </ul>	<ul style="list-style-type: none"> <li>➤ Online safety</li> <li>➤ Digital literacy</li> <li>➤ Media reliability</li> <li>➤ Gambling hooks / risks online</li> <li>➤ Intro to extremism and staying safe online</li> </ul>	<ul style="list-style-type: none"> <li>➤ Signs of grooming and where to find help</li> <li>➤ How to avoid the risks of peer pressure and gang involvement</li> <li>➤ Personal safety, road safety, knife crime</li> <li>➤ First aid to include violent crime injuries</li> </ul>	<ul style="list-style-type: none"> <li>➤ Equality of opportunity in careers and life choices</li> <li>➤ Challenging career stereotypes and raising aspirations</li> <li>➤ Study skills</li> </ul>	<ul style="list-style-type: none"> <li>➤ Gender identity and sexual orientation</li> <li>➤ Consent and the law</li> <li>➤ Sexting and the law</li> <li>➤ Contraception uses and types</li> <li>➤ Pornography and the law</li> </ul>
<b>Builds on</b>	Y7 Autumn 1	Y7 Autumn 2	Y7 Summer 2	Y7 Spring 2	Y7 Summer 1	Y7 Spring 1
<b>Builds towards</b>	Y9 Autumn 1	Y9 Autumn 2	Y9 Spring 1	Y9 Spring 2	Y9 Summer 1	Y9 Summer 2



## PSHCE Curriculum Map

Year 9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Key content</b>	<b>Health and wellbeing:</b> Emotional wellbeing	<b>Relationships:</b> Respectful relationships	<b>Living in the wider world:</b> Setting goals	<b>Health and wellbeing:</b> Managing peer pressure	<b>Living in the wider world:</b> Work experience preparation	<b>Relationships:</b> Intimate relationships
<b>Key concepts &amp; skills</b>	<ul style="list-style-type: none"> <li>➤ How to have a balanced lifestyle</li> <li>➤ Strategies to combat stress and anxiety</li> <li>➤ Unhealthy coping strategies</li> <li>➤ Where to find mental health support</li> </ul>	<ul style="list-style-type: none"> <li>➤ Managing conflict at home and relationship breakdowns</li> <li>➤ Managing conflict in school and removing 'snake culture'</li> <li>➤ Sexual harassment in and out of school</li> <li>➤ How to tackle sexism, racism and HBT in school</li> </ul>	<ul style="list-style-type: none"> <li>➤ Understanding careers and future aspirations</li> <li>➤ Identifying learning strengths and the setting of goals as part of the GCSE options process</li> <li>➤ Becoming a reflective learner</li> </ul>	<ul style="list-style-type: none"> <li>➤ Personal values and ethics – staying true to yourself</li> <li>➤ Resisting peer pressure around drugs, smoking and alcohol</li> <li>➤ Resisting peer pressure in regard to grooming and bullying</li> <li>➤ Resisting pressures from social media</li> </ul>	<ul style="list-style-type: none"> <li>➤ Employability and online presence</li> <li>➤ Researching work experience options and career pathways</li> <li>➤ How to get ready for the world of work</li> <li>➤ What makes a good employee</li> <li>➤ Planning a charity / enterprise / community project</li> </ul>	<ul style="list-style-type: none"> <li>➤ Healthy vs unhealthy relationships</li> <li>➤ Consent, rape and sexual assault to include being under the influence of drugs / alcohol</li> <li>➤ Importance of readiness for sex and benefits of delaying</li> <li>➤ STIs and access to condoms</li> <li>➤ Attitudes to pornography and unrealistic expectations</li> </ul>
<b>Builds on</b>	Y8 Autumn 1	Y8 Autumn 2	Y8 Spring 1	Y8 Spring 2	Y8 Summer 1	Y8 Summer 2
<b>Builds towards</b>	Year 10 Autumn 1 Year 11 Autumn 2 Year 11 Spring 2	Year 10 Spring 1 Year 11 Spring 1	Year 10 Autumn 2 Year 11 Autumn 1	Year 11 Spring 2 Year 11 Spring 2	Year 10 Autumn 2 Year 11 Autumn 1	Year 10 Spring 1 Year 11 Spring 1



## PSHCE Curriculum Map

Year 10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Key content</b>	<b>Health &amp; wellbeing:</b> Transition to KS4	<b>Living in the wider world:</b> The world of work and financial decision making	<b>Relationships:</b> Healthy relationships	<b>Citizenship</b>	<b>Living in the wider world:</b> Exploring influence	<b>Relationships:</b> Staying safe over the summer
<b>Key concepts &amp; skills</b>	<ul style="list-style-type: none"> <li>➤ Positive habits for success</li> <li>➤ Evaluating the social and emotional risk of drug use and how to seek support</li> <li>➤ Mental health and ill health, stigma, and safeguarding during periods of transition</li> </ul>	<ul style="list-style-type: none"> <li>➤ Preparing for WEX inc. making a good impression</li> <li>➤ The causes and effects of debt</li> <li>➤ Loans, mortgages, payment plans</li> <li>➤ Understanding impact of advertising and social media on our financial choices</li> <li>➤ Risks of gambling and how to seek help</li> </ul>	<ul style="list-style-type: none"> <li>➤ Gender identity, sexual orientation, coming out</li> <li>➤ Personal values and healthy romantic relationships</li> <li>➤ Assertive communication, contraception, sexual health and service access</li> <li>➤ Relationship challenges, coercive behaviour, abuse and how to recognise it</li> <li>➤ Domestic abuse, how to seek support and how to support a friend</li> </ul>	<ul style="list-style-type: none"> <li>➤ Citizenship and the role of democracy in British society</li> <li>➤ Different religions of the world and the importance of equality</li> </ul>	<ul style="list-style-type: none"> <li>➤ The influence and impact of gangs, drugs and the media</li> <li>➤ The influence and impact of the portrayal of different ethnicities in the media</li> <li>➤ The influence and impact of the portrayal of women in the media</li> <li>➤ The influence and impact of the portrayal of different sexualities and gender in the media</li> <li>➤ How to tackle prejudice and discrimination</li> </ul>	<ul style="list-style-type: none"> <li>➤ Communities, belonging and challenging extremism</li> <li>➤ Different families and parental responsibility</li> <li>➤ Civil partnerships, cohabitation, marriage and forced marriage</li> <li>➤ Managing changing relationships including romantic relationships and breakups</li> <li>➤ Staying safe and productive over the summer – setting a personal improvement goal</li> </ul>
<b>Builds on</b>	Y9 Autumn 1	Y7 + Y8 Summer 1	Y9 + Y8 Summer 2	KS3 Citizenship and RE	Y8 + Y9 Autumn 2	Y9 Autumn 2 + Y9 Summer 2
<b>Builds towards</b>	Year 11 Autumn 2	Year 11 Autumn 1	Year 11 Spring 1	KS5 and beyond		Year 11 Spring 1



## PSHCE Curriculum Map

Year 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
<b>Key content</b>	<b>Living in the wider world:</b> Next steps	<b>Health and wellbeing:</b> Building for the future	<b>Relationships:</b> Sexual relationships	<b>Health and wellbeing:</b> Health and safety	<b>Living in the wider world:</b> Revision and exams
<b>Key concepts &amp; skills</b>	<ul style="list-style-type: none"> <li>➤ Understanding the college / 6<sup>th</sup> form application process and plans beyond school</li> <li>➤ Skills for employment and career progression</li> <li>➤ Study and revision skills to maximise potential</li> </ul>	<ul style="list-style-type: none"> <li>➤ Self-efficacy, resilience and organisation skills</li> <li>➤ Self-esteem and coping with stress and anxiety around exams</li> <li>➤ Body image for men and women – how the media influences us</li> <li>➤ Hygiene</li> <li>➤ Growth mindset and positivity</li> </ul>	<ul style="list-style-type: none"> <li>➤ Positive sexual relationships including anatomy and sex for pleasure</li> <li>➤ Sexual relationships and porn</li> <li>➤ Types of contraception, side effects and access</li> <li>➤ Unwanted pregnancy options</li> <li>➤ Abortion and the law</li> <li>➤ Sexual harassment</li> </ul>	<ul style="list-style-type: none"> <li>➤ How to take responsibility for personal safety and health</li> <li>➤ Being a responsible user of the NHs</li> <li>➤ Checking for cancers</li> <li>➤ Fertility options and how to overcome them – IVF, adoption and surrogacy</li> </ul>	<ul style="list-style-type: none"> <li>➤ Meditation and mindfulness</li> <li>➤ Guided revision</li> <li>➤ Productive summer holiday plans</li> </ul>
<b>Builds on</b>	Year 10 Autumn 2	Year 10 Autumn 1	Year 10 Spring 1 + Summer 2	Year 10 Autumn 1	Year 11 Autumn 1 Year 10 Study Skills Y7-9 Summer 1
<b>Builds towards</b>	Sixth form and beyond	Sixth form and beyond	Sixth form and beyond	Sixth form and beyond	