



# OUR LADY'S CATHOLIC COLLEGE PSHE EDUCATION: Curriculum Overview 2021-22

	Autumn 1 Health & wellbeing (7 weeks) 3 lessons	Autumn 2 Living in the wider world (7 weeks) 3 lessons	Spring 1 Relationships (5 weeks)	Spring 2 Health & wellbeing (6 weeks)	Summer 1 Relationships (6 weeks)	Summer 2 Living in the wider world (6 weeks + 2 days)
Year 7	<b>Transition and safety</b> 1. Expectations, Classroom Agreement, getting to know YOU 2. Transition 3. Personal Safety: Water Safety 4. Personal Safety: First Aid  <b>STREETWISE Road Safety Theatre Production</b> <b>BOOKED – 23<sup>rd</sup> September 2021.</b>	<b>Developing skills and aspirations</b> Careers, teamwork and enterprise skills, and raising aspirations, setting goals for the future. 1. Intro to Careers and meeting Hannah Rutherford 2. Looking into the future – “My dream job” 3. Characteristics and qualities	<b>Diversity</b> Diversity, prejudice, and bullying. 1. Bullying 2. Unacceptability of prejudice-based language on and offline 3. Abusive behaviours	<b>Health, hygiene and starting puberty</b> Healthy routines, personal hygiene, influences on health and puberty. 1. Basic personal hygiene 2. What is puberty and how does our body change? 3. Making healthy lifestyle choices: exercise, diet, screen time, sleep, hydration	<b>Building relationships</b> Self-worth, romance and friendships (including online awareness), and relationship boundaries. 1. What is a relationship? 2. Families and marriage 3. Healthy/unhealthy relationships	<b>Financial decision making</b> Saving, borrowing, budgeting and making sensible financial choices. 1. Saving and budgeting money 2. Debt 3. Financial exploitation

Year 8	<p><b>Drugs, smoking and alcohol</b></p> <p>Intro, Classroom</p> <ol style="list-style-type: none"> <li>1. Legal and illegal drugs</li> <li>2. Addiction</li> <li>3. Peer influence</li> </ol>	<p><b>Community and employment rights</b></p> <p>Equality of opportunity in careers and life choices, and different types and patterns of work.</p> <ol style="list-style-type: none"> <li>1. Reintroduction to careers and meeting Hannah Rutherford</li> <li>2. Young people's rights and responsibilities</li> <li>3. Different types and patterns of work and managing emotions in relation to future</li> </ol>	<p><b>Discrimination</b></p> <p>Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia, transphobia.</p> <ol style="list-style-type: none"> <li>1. What is discrimination?</li> <li>2. Gender Identity</li> <li>3. Challenging Racism</li> </ol>	<p><b>Mental Health</b></p> <p>Mental health and emotional wellbeing, including body image, self-esteem and coping strategies.</p> <ol style="list-style-type: none"> <li>1. Mental health</li> <li>2. Body Image and Self-Esteem</li> <li>3. Coping strategies: eating disorders and self-harm</li> </ol>	<p><b>Sexual Relationships and Positive Relationships</b></p> <p>Sexual orientation and an introduction to contraception.</p> <ol style="list-style-type: none"> <li>1. Consent – staying safe online – 'sexting' oversharing</li> <li>2. Sexual relationships: an introduction to contraception</li> </ol>	<p><b>Digital literacy</b></p> <p>Online safety, 'sexting', digital literacy, media reliability, and gambling hooks.</p> <ol style="list-style-type: none"> <li>1. Online Safety and Social Media</li> <li>2. Privacy and security online</li> <li>3. Grooming and oversharing</li> </ol>
Year 9	<p><b>Peer influence, substance use and gangs</b></p> <ol style="list-style-type: none"> <li>1. Introduction to PSHE and gangs</li> <li>2. Gangs - Being able to say NO (assertiveness)</li> <li>3. Gang exploitation – knife crime?</li> </ol>	<p><b>Preparing for Options</b></p> <ol style="list-style-type: none"> <li>1. Computer rooms – Future U</li> <li>2. Different types of work and employment</li> <li>3. Career pathways after leaving Year 11</li> </ol>	<p><b>Consent</b></p> <ol style="list-style-type: none"> <li>1. What is consent?</li> <li>2. Intimate relationships</li> <li>3. Medias portrayal of relationships (pornography)</li> </ol>	<p><b>Puberty and sexual health</b></p> <p>Puberty, menstrual health, purpose and importance of contraception and STI's</p> <ol style="list-style-type: none"> <li>1. Sexual health: STI's</li> <li>2. Menstrual health</li> <li>3. Puberty</li> </ol>	<p><b>Bereavement, loss and change</b></p> <ol style="list-style-type: none"> <li>1. How do we manage change?</li> <li>2. What effects can it have?</li> <li>3. Support</li> </ol>	<p><b>The World Wide Web &amp; resilience</b></p> <ol style="list-style-type: none"> <li>1. Exploring what can go wrong</li> <li>2. Responding appropriately when things go wrong</li> <li>3. Setting boundaries</li> </ol>

