

Year 7

PSCHE Half Term 1: Mental Health

Lesson 1: Attitudes to mental health

To learn:

- about attitudes to mental health and challenging misconceptions

Lesson 2: Promoting emotional wellbeing

To learn:

- ways to promote emotional wellbeing
- to build resilience and how to reframe disappointments and setbacks

Lesson 3: Digital resilience

To learn:

- about the impact of social media on mental health and emotional wellbeing.
- strategies to develop digital resilience

Lesson 4: Unhealthy coping strategies (self-harm and eating disorders)

To learn:

- about unhealthy coping strategies, including self-harm and eating disorders
- why, when and how to access support for themselves or others

PSCHE Half Term 2: RSE

Lesson 1: Changing bodies

To learn:

- puberty involves physical, emotional and sexual development.
- puberty is God's plan for them and He is with them throughout it all.

Lesson 2: Where we come from

To learn:

- sexual intercourse as more than just a physical act, but a gift from God for married couples as His plan for how babies are made.

Lesson 3: My life on screen

To learn:

- they have online 'lives' that they need to take steps to safeguard, just as they do in real life.

Lesson 4: Living responsibly

To learn:

- the effects of their actions on others and understand the concept of social responsibility

Year 8

PSCHE Half Term 1: Online Safety

Lesson 1: Personal Writing: Commitments to Myself

Lesson 2: Feelings about sharing nudes

To learn:

- the feelings associated with sending and receiving nude images and how to manage pressure to send or pass on a nude image

Lesson 3: age verification

To learn:

- Understand the dangers of using a fake age online.
- Understand the benefits of using your real age online.

Lesson 4: Discrimin-hate

To learn:

- Recognise harmful language of a discriminatory nature and harassment online and who can support people if this occurs (e.g. homophobia, name-calling, threatening to 'out' someone, threatening violence).

PSCHE Half Term 2: Careers

Year 9

PSCHE Half Term 1: Physical Health: Drug and alcohol education

Lesson 1: Exploring Attitudes

To learn:

- drugs and young people's attitudes and behaviours regarding use

Lesson 2: Drugs, the law and managing risk

To learn:

- the potential legal consequences of using illegal drugs

Lesson 3: Drugs and their effects: Alcohol and cannabis

To learn:

- the short and long-term effects of alcohol and cannabis use on individuals

Lesson 4: Managing influence

To learn:

- how to manage peer and other influence in relation to substance use.

PSCHE Half Term 2: British values and finance

Lesson 1 & 2: What is democracy?

To learn:

- To introduce young people to the idea of democracy and some of its basic principles

Lesson 3: Session delivered by Wize up on Introduction to personal finance

Lesson 4: Finance

To learn:

- Background economics
- Personal Finance
- Understanding investment

Year 10

PSCHE Half Term 1: British values & finance

Lesson 1: Values, Attitudes and Beliefs

To learn:

- Pupils will learn the meaning of the terms 'beliefs', 'values' and 'attitudes', how crucial they are in shaping our choices and that we should interrogate them regularly to ensure we are living the way we intend.

Lesson 2: Solidarity

To learn:

- Pupils will learn with compassion about FGM, human trafficking, honour-based violence and about Pope Francis' concept of 'an integral ecology'. Pupils will learn that how acting on their beliefs, values and attitudes will influence the world around them, for good or bad.

Lesson 3 & 4: Security and Fraud

To learn:

- What is meant by identity theft and fraud and what to do if this happens
- How to protect yourself from identity fraud

Year 10

PSCHE Half Term 2: Online safety

Lesson 1: Image sharing

To learn:

- Understand sexting and the law
- Deepen our knowledge of what to do/who to speak to if we are worried
- Learn more about the dangers of sharing images
- Reflect on how easily an image can be shared

Lesson 2: Session delivered by Wize up on Introduction to personal finance

Lesson 3: Online bullying

To learn:

- what is meant by 'Online Bullying'
- to identify ways in which they can effectively deal with a range of scenarios

- how to respond to online bullying

Lesson 4: A trusted adult

To learn:

- what a trusted adult is
- To identify trusted adults within your own lives

Year 11

PSCHE Half Term 1: Careers

Lesson 1-4: Post 16 options

PSCHE Half Term 2: Physical Health

Lesson 1: Drugs and alcohol

To learn:

- about the impact of substance use on risk taking and personal safety

Lesson 2: Drugs and alcohol

To learn:

- how to manage influences in relation to alcohol and other drug use

Lesson 3: Drugs and alcohol

To learn:

- about the potential consequences of drug production, sale and use, and about the support available for individuals with problematic substance use, including addiction and dependency

Lesson 4: Vaping

To learn:

- about different influences and consequences that might affect decisions relating to vaping

Year 12 &13

PSCHE Half Term 1: RSE

Year 12:

Lesson 1: Life in 6th form

- Become aware of choices they may have to make in the coming years in areas such as: employment and studies; drugs and alcohol; romantic relationships and friendships; and dealing with apparent successes and failures.
- They will challenge existing attitudes towards these subjects.
- Consider what personal issues may affect them during their time in Sixth Form.
- Identify who they can turn to for support and guidance in the coming years.

Lesson 2: Life in 6th form

- To gain new perspectives and ways of dealing with topics such as work, relationships, friendships, alcohol, success and failure.

Lesson 3: EPQ university talk

Lesson 4: Truth and lies

- That pornography can affect the brain, the sense of self, and can lead to sexual dysfunction
- That pornography can have a damaging effect on intimate relationships
- That pornography objectifies men and women and leads to negative representation and cultural expectations.

Year 13:

Lesson 1: Bakhita's Prayer

- Students will have a better understanding of what modern slavery and human trafficking is, the reasons for it and how it manages to continue.
- Students will become aware of how human trafficking is being tackled, what they can do to stop it and how they can help those affected by it.
- Students will see how slavery attempts to rob people of their dignity but they will understand that human dignity, being God-given, cannot be removed.
- Students will see an inspiring example of Christ-like forgiveness in the face of slavery from St Josephine Bakhita.

Lesson 2: Session on Note Taking led by University

Lesson 3: EPQ university talk

Lesson 4: Truth and lies

- That pornography can affect the brain, the sense of self, and can lead to sexual dysfunction
- That pornography can have a damaging effect on intimate relationships
- That pornography objectifies men and women and leads to negative representation and cultural expectations.

PSCHE Half Term 2: Mental Health

Year 12:

Lesson 1: Thriving in 6th form

- Dealing with the stress and pressures of a new learning environment

Lesson 2: Wellbeing and private study

- How to carry out private study and the importance of keeping on top of work to maintain mental health

Lesson 3: Wellbeing and gambling

- The dangers of gambling and the impact it can have on mental health

Lesson 4: Wellbeing and doomscrolling

- The dangers of doomscrolling and the impact it can have on mental health

Year 13:

Lesson 1 & 2: Wellbeing and revision

- Prepare for mock exams

Lesson 3: Wellbeing and gambling

- The dangers of gambling and the impact it can have on mental health

Lesson 4: Wellbeing and doomscrolling

- The dangers of doomscrolling and the impact it can have on mental health

