

PSCHE Half Term 1 Year 7

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)

Students will learn:

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

Lesson 5: Healthy coping strategies

Students will learn:

- recognise circumstances leading to intense emotions that may be difficult to manage
- explain a range of positive strategies for managing difficult emotions
- assess whom, how and why to ask for support when it's needed

PSCHE Half Term 1 Year 8

Online Safety

Lesson 1: Think before you share

Students will learn:

- the consequences of sharing images of a sexual nature, how to resist pressure to do this, and the importance of setting rules to keep themselves safe online.

Lesson 2: Feelings about sharing nudes

Students will learn:

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

Lesson 3: Online gaming

Students will learn:

- Identify and calculate how the cost of online gaming can escalate
- Explain what can be done to manage spending when gaming
- Evaluation recommendations made to help young people manage their spending when gaming

Lesson 4: Financial Online Safety

Students will learn:

- Describe reasons for changes to the rate in online scams
- State the impact that online scams have
- Identify online scams and ways to avoid them

Lesson 5: Socialising online

Students will learn:

- identify the benefits and risks of socialising online
- explain the impact of socialising online, and how to respond to pressure
- explain how to protect personal privacy while socialising online

PSCHE Half Term 1 Year 9

Physical Health: Drug and alcohol education

Lesson 1: Exploring Attitudes

Students will learn:

- To learn about drugs and young people's attitudes and behaviours regarding use

Lesson 2: Drugs, the law and managing risk

Students will learn:

- To learn about the potential legal consequences of using illegal drugs

Lesson 3: Drugs and their effects: Alcohol and cannabis

Students will learn:

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

Lesson 4: Managing influence

Students will learn:

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

Lesson 5: Body Modification

Students will learn:

- describe the laws and regulations associated with tattoos and piercings
- assess the risks associated with tattoos and piercings, and how to manage these
- evaluate sources of information to make safe and well informed decisions

PSCHE Half Term 1 Year 10

Current Affairs

Lesson 1: Misogyny Workshop

Students will learn:

- Define gender, reflecting on these labels as being social constructs, encouraging students to think about encouraging individuality
- Defines gender inequality and provides examples of where we see this in society
- Defines misogyny (and misandry) and reflects on how the impacts of misogyny are larger and seen across society
- Reflects on the 'pyramid' of misogyny and how harmful misogynistic behaviours/attitudes can begin, reflecting on some Nottingham University research statistics to give perspective
- Reflects on different ways we can tackle misogyny, introducing misogyny as a hate crime

Lesson 2: Building empathy towards migrants

Students will learn:

- the experience of migration and reasons why people may have to leave home.
- developing empathy by putting themselves in the shoes of others and engaging in stories of migration.
- challenge assumptions about migrants, asylum seekers and refugees.

Lesson 3: Solidarity

Students will learn:

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

Lesson 4: Budgeting

Students will learn:

- Describe the difference between financial needs and wants
- Explain the purpose of budgeting
- Apply a budgeting framework to needs, wants and future spending

Lesson 5: Take home pay

Students will learn:

- Describe main salary deductions
- Identify and explain key elements of a payslip

- Calculate income tax for different job salaries

PSCHE Half Term 1 Year 11

Careers

Lesson 1-4: Post 16 options

PSCHE Half Term 1 Year 12 &13

Year 12:

Lesson 1: Life in 6th form

Students will learn:

- describe potential challenges when transitioning to post-16 study
- assess strategies needed to manage these challenges
- apply strategies to support success at this level

Lesson 2: Life in 6th form

Students will learn:

- 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.
- 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 3, 4 & 5

Students will participate in talks run by universities

Year 13:

Lesson 1: Vaccines and Immunisation

Students will learn:

- To know how immunity to disease and infection can be acquired
- To describe the difference between communicable and non-communicable diseases
- To evaluate the impact on society when there is a pandemic virus with no vaccination available

Lesson 2: Recognising illness

Students will learn:

- To understand how to keep healthy
- To understand the symptoms that indicate medical emergencies
- To evaluate the importance of registering with a G.P. / university health service

Lesson 3: A Healthy diet on a budget

Students will learn:

- To identify what an unhealthy diet might consist of
- To evaluate how fast food can impact a healthy diet on a budget
- To know how to plan healthy meals

Lesson 4: Talk from university

Lesson 5: Cancer and getting checked

Students will learn:

- To understand the definitions of different types of cancer
- To understand the early warning signs of cancer and the importance of getting checked
- I understand how to perform a testicular / breast self-examination