

PSHE Curriculum 2023-24

PSHE lessons are designed to help students to prepare for a happy, safe, fulfilling and considerate life in the 21st Century. Students are to be empowered to make well-informed decisions which take into account the needs of others and which support them in becoming healthy, productive and respected members of their community.

PSHE Curriculum 2023-24						
Year	Au 1	Au2	Sp1	Sp2	Su1	Su2
7	New school transition	Relationships	Physical and mental health	Physical and mental health	British values: diversity	Careers
	<ul style="list-style-type: none"> • New school: how do we manage change in our lives? • How can we improve our study skills? • What can we do about air pollution? • How can we stay safe on roads, railways and near water? • How can we have fun with fireworks and stay safe? • How can we manage our time 	<ul style="list-style-type: none"> • What makes a good friend? • What is the difference between bullying and banter? • What are the best ways to respond to bullying and cyberbullying? • What does a healthy relationship look like? • Is conflict really a positive opportunity? • How can gender stereotypes 	<ul style="list-style-type: none"> • How do I look after my personal hygiene? • Why is sleep so important? • How can we manage the physical and emotional effects of puberty? • How can we manage our anger better? • What attitudes do people have towards mental health? 	<ul style="list-style-type: none"> • How can resilience help us? • How do we maintain physical health? • How do we make the right choices about diet and exercise? • What are the attitudes to mental health? • How can we look after our emotional wellbeing and be resilient? • How can we be digital resilient? 	<ul style="list-style-type: none"> • Can I recognise unhealthy coping strategies? • Do I know healthy coping strategies? • How can I cope with change, loss grief? • Who are the British? • Why is Manchester a multicultural city? • How are we Global Citizens? • Do Human Rights make a difference? • What is HBT discrimination and 	<ul style="list-style-type: none"> • What careers might be suited to me? • What are my personal qualities? • Where am I going and how do I get there? • What does <i>assertiveness</i> mean?

	to revise for exams?	damage relationships? <ul style="list-style-type: none"> • What is Child Sexual Exploitation? • How do I report sexual abuse? 			how can it be stopped?	
8	Body Image	Substance abuse	Relationships	Harmful viewing	Careers	First Aid
	<ul style="list-style-type: none"> • What do we mean by appearance ideals? • What is the impact on media messages? • How can I confront comparisons? • What is body talks? • How can I be body confident? • What are the different disabilities and the effects of stereotypes? • What are the challenges faced with learning difficulties and autism? 	<ul style="list-style-type: none"> • What should everyone know about smoking? • How safe is vaping? • What are people's attitudes towards drugs and alcohol? • What is the law on drugs? • How do drugs affect people? • How can we manage peer pressure? 	<ul style="list-style-type: none"> • What is consent? • What is freedom and capacity to consent? • What is inappropriate sexualised behaviour? • What are the dangers of sexting? What are the different methods of contraception? • What do we mean by family? • Can I recognise a Forced Marriage? • What is FGM? 	<ul style="list-style-type: none"> • What should I watch and what shouldn't I watch? • What should I watch and what shouldn't I watch? • What should I watch and what shouldn't I watch? • How can pornography affect people? 	<ul style="list-style-type: none"> • How can I be an Effective Learner? • What is employment in the future? • How can I work as part of a team? • What skills will make me more employable? • How can ensure we have equality and no discrimination in employment? 	<ul style="list-style-type: none"> • How can we help someone who is bleeding? • What basic life support can we offer? • How can I recognise and treat allergies? • How can I look after somebody with asthma • First Aid: what should we do if someone is choking? • First Aid: what should we do if someone has a head injury?

9	Violent crime and gambling	Careers	Relationships	E-safety	British values: democracy	Financial literacy
	<ul style="list-style-type: none"> • How can I challenge risky behaviour • Why do some people get involved with criminal gangs? • What are the risks and consequences of involvement in criminal gangs and how do you get out? • Do knives keep people safe? • What can we do about domestic abuse? • How can we deal with unwanted attention and harassment? • How can gambling be dangerous? 	<ul style="list-style-type: none"> • What type of Qualifications and Pathways do I have? • What jobs are in in Manchester? • What are the gender stereotypes in jobs? • How do I ensure I have aspirations and role models? • What are my rights and responsibilities • What are my school pathways? 	<ul style="list-style-type: none"> • What is abuse in relationships? • What is consent and how do I get support? • What are the risks in sharing sexual images? • How can we manage break ups? • In what ways has the law changed with regard to LGBT relationships? • Can I recognise signs of different STI's and know how to treat them? 	<ul style="list-style-type: none"> • What sources can I trust? • How can social media shape my opinion? • How can my personal biases stereotype others? • What does freedom of speech mean? • How can I become an internet citizen? • What is fake news all about? • How can the media affect our body image? 	<ul style="list-style-type: none"> • How are laws made in the UK? • Political theories- how is democracy different to dictatorship? • Who are the UK Political Parties? • How do UK elections work? • Why do some people become extremists? • Why is voting so important? • How does the council work for us? 	<ul style="list-style-type: none"> • What influences my decisions? • How can I make informed decisions? • Why do my decisions matter? • How can I save, borrow and protect my money?

10	Transition to KS4/Mental and physical health	Mental and physical health	Mental and physical health	Relationships	Careers	Financial literacy
	<ul style="list-style-type: none"> • New Key Stage what new learning skills do I need? • How can I face new challenges? • How can I reframe negative thinking • Can I recognise? mental ill health • How do I deal with grief and loss? • How can I promote emotional wellbeing? • How can my lifestyles influence my wellbeing? • What influences a healthy lifestyle? 	<ul style="list-style-type: none"> • How can sleep influence a healthy lifestyle? • What are the best ways to cope with the stress of exams? • What do we know about fertility? • What are the possible outcomes of a pregnancy? • What are the issues around abortion? • How do we take responsibility for our sexual health? • What should everyone know about breast cancer? 	<ul style="list-style-type: none"> • What should everyone know about men's health? • What do you already know about blood, stem cell and organ donation? • What choices and issues are there around blood, stem-cell and organ donation? • What is relationship abuse? • Reporting sexual abuse: something's not right? 	<ul style="list-style-type: none"> • What are the dangers of sharing sexual images? • Why is consent so important? • What different kinds of long-term relationships are there? • What is the legal status of different types of long-term relationships? • What are the roles and responsibilities of parents and what are the characteristics of successful parenting? 	<ul style="list-style-type: none"> • Why is personal presentation important? • How can I become Being employable? • How do I apply for jobs • Why is communication important? • How do I write a CVs and personal statement? • What are my routes to employment? • What is business structure and organisation? 	<ul style="list-style-type: none"> • How do I stay in control of my money? • How can I understand credit and debit? • What are my Consumer Rights? • How do I keep my finances secure? • How do I understand payslips and deductions? • How can money choices affect our mental well-being?

	British values: the rule of law, Review and Careers	Mental and physical health	Financial literacy	Financial literacy	GCSEs start	
11	<ul style="list-style-type: none"> • How can I review my exams and move forward? • What are my personal targets for the year • How do I to create a GCSE revision timetable? • How do I choose the right post 16 destination for me? • How do I complete a College Application? • Why is valuing diversity important? • Why is preventing Extremism important? • What are the signs of radicalisation? 	<ul style="list-style-type: none"> • How do I manage exam stress? • How do I revise? • Exams • Exams • What is substance use and can I assess the risk? • Can I manage influences in substance use? • How do I seek sources of support? • What is fraud? • Why do money mules target young people? 	<ul style="list-style-type: none"> • How can I review my exams and move forward? • What can we do about online fraud? • How can society prevent fraud? • Can I adjust my revision plan? • What different revision techniques do I know? 	<ul style="list-style-type: none"> • Can I revise differently? • Exam • Exams • Why do some people become homeless? • What are the challenges of living independently? 		