

## PSHE Curriculum 2024-25

### Intent:

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.

The PSHE Curriculum has been carefully planned to ensure that students from Year 7 – 11 will be considering aspects of one of the following themes at the same time:

- Living in the Wider World
- Relationships
- Health and Wellbeing.

This thematic approach to PSHE ensures that students will be receiving a similar message at the same time. Therefore, staff can refer to topics/key concepts/themes in their own subject areas and embrace opportunities for cross-curricular teaching and learning. It also allows the staff at Sale High School to be aware of the values/messages that are being shared so that PSHE can become embedded in the wider school curriculum through interactions with students.

PSHE Lessons will be taught in a Timetabled hour once per fortnight, allowing for consistency and encouraging students engage in meaningful discussions around the PSHE content.

Lessons in Years 10 and 11 will also **incorporate elements of core Religious Education**, enabling students to be adequately prepared to be accepting and tolerant individuals in an ever-increasing multifaith society. The PSHE curriculum is designed to embed the Core Values of Sale High School (**Respect, Diversity, Community, Aspiration, Resilience, Achievement**).

Alongside the PSHE topics of Living in the Wider World, Relationships and Health and Wellbeing, students will be encouraged to consider the worldviews of those of faith and of none, thus giving them a broad and balanced understanding of the world in which we live.

2024 /25	1.1 Health & Wellbeing	1.2 Living in the Wider World	2.1 Relationships	2.2 Health & Wellbeing	3.1 Relationships	3.2 Living in the Wider World
7	1. How do I manage the challenges of a new school? = Resilience, Community, Aspiration 2. How can I develop new skills? = Achievement, Aspiration 3. How can I stay safe? = Community, Respect	1. How can I be enterprising? = Achievement, Aspiration, Resilience 2. What skills do I need for different career paths? = Achievement, Aspiration, Resilience 3. How do I set aspirational goals? = Aspiration, Achievement 4. How can I make sure that everyone has an equal opportunity? = Diversity, Community, Respect	1. What are my rights and responsibilities? = Diversity, Community, Respect 2. How do I spot the signs and affects of bullying? = Community, Respect, Resilience 3. How should I challenge prejudice, stereotypes & discrimination? = Diversity, Community, Respect 4. How do I address HBT? = Diversity, Community, Respect	1. How do I make healthy lifestyle choices? = Community, Respect, Aspiration 2. How do I manage influences relating to caffeine, smoking & alcohol? = Community, Respect 3. How do I manage physical and emotional changes during puberty? = Diversity, Community, Respect 4. How do I recognise and respond to inappropriate/unwanted contact? = Diversity, Community, Respect	1. How do I develop self-efficacy and self-worth? = Resilience 2. What makes a positive relationship, and how do I recognise an unhealthy relationship? = Resilience, Diversity, Respect 3. How do I evaluate expectations of “norms” and stereotypes presented by the media? = Community, Respect 4. What is consent and how do I seek and assertively communicate it? = Community, Respect	1. How do I make safe financial choices? = Community, Respect, Achievement 2. What are the differences between ethical and unethical business practices? = Community, Respect, Diversity, Aspiration 3. What is consumerism? = Community, Respect 4. How do I manage risk-taking behaviour? = Community, Respect, Resilience
8	1. What are the dangers of drugs? = Community, Respect 2. What are the dangers of alcohol? = Community, Respect 3. What are the dangers of tobacco? = Community, Respect	1. What is meant by employment, self-employment & volunteering? = Community, Diversity, Aspiration 2. How do I set aspirational goals? = Aspiration, Achievement 3. How can I make sure that everyone has an equal opportunity? = Diversity, Community, Respect 4. How should I challenge stereotypes? = Diversity, Community, Respect	1. How do I manage social expectations & influences? = Community, Diversity 2. What is consent? = Community, Diversity, Respect 3. How do I avoid making assumptions? = Community, Diversity, Respect 4. What is freedom and capacity to consent? = Community,, Respect	1. What is meant by mental health? = Community, Resilience, Diversity 2. How do I challenge misconceptions / stigma? = Community, Resilience, Diversity, Respect 3. What is the impact of social media on mental health? = Community, Resilience, Respect 4. How do I recognise health & unhealthy coping strategies? = Community, Resilience, Aspiration	1. How do I develop positive relationships? = Community, Diversity, Aspiration 2. What is the legal and moral duty around consent? = Respect 3. How do I manage the risk and influence of ‘sexting’? = Respect, Community 4. What is contraception? = Respect	1. How do I use social networking safely? = Community, Respect 2. How do I recognise online grooming in different forms? = Community 3. How do I recognise biased or misleading information? = Community, Respect, Resilience 4. How do I protect my financial security? = Aspiration, Achievement
9	1. Gangs – how might they start? = Community, Respect, Resilience 2. Gangs – what are the risks and consequences? = Community, Respect 3. Gangs – how can I find support? = Community, Respect, Resilience	1. What is meant by employment, self-employment & volunteering? = Community, Diversity, Aspiration 2. What are my transferable skills? = Resilience, Aspiration, Achievement 3. How do I manage feelings relating to future employment? = Resilience 4. How do I set aspirational goals? = Aspiration, Achievement	1. What are different types of families? = Community, Diversity, Respect 2. How do I maintain positive relationships? = Community, Diversity, Respect 3. What is conflict and what causes conflict? = Community, Diversity, Respect, Resilience 4. How do I manage relationship & family changes? = Community, Diversity, Respect, Resilience	1. What is the relationship between physical and mental health? = Diversity, Resilience, Respect 2. How do I make informed healthy eating choices? = Resilience, Aspiration 3. How do I manage influences on body image? = Resilience, Respect, Diversity 4. What does it mean to be responsible for my own health? = Resilience, Respect, Aspiration	1. What is meant by intimacy? = Respect 2. What are the facts and misconceptions about consent (including FGM)? = Respect 3. What are the consequences of unprotected sex? = Respect, Resilience 4. How does the portrayal of relationships in the media and pornography affect my expectations? = Respect	1. What are my employment rights and responsibilities? = Respect 2. How do I make a good impression? = Aspiration, Diversity, Respect 3. How do I challenge discrimination and stereotypes in the workplace? = Respect, Diversity, Community, Resilience 4. How do I write a CV? = Aspiration, Diversity, Respect

2024 /25	1.1 Health & Wellbeing	1.2 Living in the Wider World	2.1 Relationships	2.2 Health & Wellbeing	3.1 Relationships	3.2 Living in the Wider World
10	1. What are the challenges of KS4? = Resilience, Community, Aspiration 2. How can I reframe my negative thinking? = Resilience, Diversity 3. How should I understand my mental health and wellbeing? = Resilience, Diversity, Community	1. How do I budget effectively? = Community 2. How do I prevent and manage debt? = Community, Aspiration 3. How do I manage influences & risks relating to gambling? = Community, Aspiration 4. How do different religions & worldviews respond to poverty? = Diversity, Community, Respect	1. What is meant by relationship values? = Respect, Resilience 2. What is meant by 'Long-term Commitments'? = Respect 3. What is the legal status of marriage? = Respect, Diversity, Resilience 4. What are the challenges and responsibilities of parenting? = Respect, Diversity, Community	1. How does the media impact perceptions of crime and gang culture (including influences)? = Respect, Community 2. How can substance abuse lead to crime? = Respect, Community 3. What are the consequences of crime? = Respect, Community 4. How do charities/organisations support young people affected by crime? = Respect, Community, Resilience	1. What is meant by community, inclusion and respect (including Equality Act)? = Respect, Community, Aspiration 2. How does social media distort, misrepresent or target information? = Respect, Diversity 3. What are some of the misconceptions around religious extremism and terrorism? = Respect, Diversity, Community 4. How do I recognise and respond to extremism and radicalisation (including online grooming)? = Respect, Community	1. What is meant by prejudice & discrimination? = Respect, Community, Aspiration 2. What are the challenges to equality, religious freedom and freedom of expression? = Respect, Community, Aspiration, Diversity 3. Do we have a moral duty to tackle poverty and discrimination? = Respect, Community, Aspiration, Diversity 4. What is meant by exploitation of the poor? = Respect, Community, Diversity
11	1. How do I build ambition? = Aspiration, Achievement, Resilience 2. How can I reframe my negative thinking? = Resilience, Community, Respect 3. What is resilience? = Aspiration, Achievement, Resilience	1. THRIVE ASSEMBLY 2. How do I navigate the career landscape? = Diversity, Community, Respect 3. How do I make a good impression? = Respect, Aspiration 4. How do I challenge stereotypes & discrimination? = Diversity, Community, Respect	1. What is Consent? = Respect, Resilience 2. What is the role of intimacy and pleasure? = Respect 3. What is the impact of pornography? = Respect, Diversity, Community 4. What is meant by pressure, persuasion and coercion? = Respect, Community	1. How do I register and access health services? = Aspiration 2. What do different worldviews say about the quality v sanctity of life? = Respect, Community, Diversity 3. What is the importance of screening and self-examination? = Aspiration, Resilience 4. What do religions and worldviews say about blood, organ and stem cell donation? = Diversity	1. What are different types of families? = Respect, Diversity, Community 2. What are the key facts around pregnancy, birth and miscarriage? = Respect, Diversity, Community, Resilience 3. What is 'honour-based' violence and forced marriage (including support)? = Diversity, Community 4. What are religious and non-religious attitudes to gender roles and family life? = Respect, Diversity, Community, Aspiration	