

Appendix 1: PSCE Curriculum. RSE content is highlighted in yellow

KS3:

	Full School Focus	Year 7 Sub-Topic	Year 7 Week Topic	Year 8 Sub-Topic	Year 8 Week Topic	Year 9 Sub-Topic	Year 9 Week Topic
BLOCK 1	Health & Wellbeing, Living in the Wider World	Starting Secondary School: Staying safe and being set up for success, Developing Skills and Aspirations, Diversity	1. Managing the challenge of a secondary school 2. Identify, express and manage emotions in a constructive way	Emotional wellbeing, Community and Careers, employability skills	1. Physical and mental wellbeing 2. Attitudes to mental health	Setting goals, employability skills healthy lifestyles	1. GCSE and post-16 options 2. Navigating change
			3. Establishing and managing friendships 4. Improving study skills/ Identifying personal strengths and areas for development		1. Media influence on body image and healthy/unhealthy coping strategies 2. Staying safe online - cyberbullying		1. Working towards aspirations and setting meaningful and realistic goals for the future 2. Different types of employment and career pathways
			5. Careers and the qualities and abilities needed for these. Identifying future career pathways 6. How to be enterprising including skills of problem solving, communication, teamwork, leadership, risk management and creativity.		1. Employment, self-employment and voluntary work 2. Setting aspirational goals for future careers and challenging expectations that limit choice		1. Economic wellbeing - making informed decisions 2. Economic wellbeing - why do my decisions matter
			7. Equality of opportunity 11. How to challenge prejudice, stereotypes and discrimination		1. Skills for enterprise and employability 2. Giving and acting on constructive feedback		1. Relationship between physical and mental health 2. Balancing work, leisure, exercise and sleep
			11. Personal safety in everyday life 12. Basic first aid introduction		1. Recognising and promoting positive social norms and attitudes 2. Equality of opportunity in life and work		1. Managing media influence on body image 2. Taking increased responsibility for physical health incl.

			<p>4. Staying safe online - exploring ways to safely communicate online</p> <p>5. Staying safe online - Healthy phone use and communication online</p>		<p>1. Economic wellbeing</p> <p>2. Risks in relation to gambling and debt</p>		<p>testicular self-examination</p> <p>1. Positive relationships in the home</p> <p>2. How to manage relationships and family changes</p>	
BLOCK 2	Health & Wellbeing, Living in the Wider World, Relationships	Health and puberty, building relationships, Financial Decision Making	<p>1. How to manage physical and emotional changes during puberty and personal hygiene.</p> <p>2. Introduction to periods</p>	Personal health, Drugs and alcohol, discrimination, identity and relationships	<p>1. The qualities of positive, healthy relationships: how to demonstrate these behaviours</p> <p>2. Sexual harassment and how to recognise and respond to inappropriate and unwanted contact.</p>	Intimate relationships, peer pressure, gangs and substance abuse	<p>1. Readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex</p> <p>2. Facts and misconception relating to consent. Continuous right to withdraw consent and capacity to consent</p>	
			<p>4. Knowing your body - the reproductive systems</p> <p>5. Introduction to privacy and consent</p>		<p>1. Law in relation to consent: legal &amp; moral duty is with the seeker of consent. How to effectively communicate about consent in relationships</p> <p>2. Risks of sexting and how to manage requests to send an image</p>		<p>1. STIs, effective condoms and negotiating safer sex. Consequences of unprotected sex, incl. pregnancy</p> <p>2. Assessing and managing risks of sharing, sending or passing on sexual images</p>	
			<p>1. Making healthy choices - personal hygiene</p> <p>2. FGM and how to access help and support</p>		<p>1. Basic forms of contraception</p> <p>2. Gender identity, transphobia, gender-based discrimination</p>		<p>1. How media and pornography might affect expectations</p> <p>2. How to secure personal information online</p>	
			<p>11. What is bullying?</p> <p>12. How to respond to bullying</p>		<p>1. Recognising and challenging racism and religious discrimination</p> <p>2.</p>		<p>1. Distinguishing between healthy and unhealthy friendships</p> <p>2.</p>	

					Recognising and challenging homophobia and biphobia		Managing peer pressure	
			9. Introduction to the economy 10. How to make safe financial choices ONLINE SAFETY		1. Medicinal and recreational drugs, 2. Over-consumption of energy drinks		1. How to assess risk and manage influences, including online 2. Managing peer pressure	
			9. Ethical and unethical business practices and consumerism 10. Managing risk-taking behaviour		1. Risks of alcohol, tobacco, nicotine and e- cigarettes 2. Managing influences in relation to substance use		1. Peer pressure, exploitation and knife crime Legal and health risks in relation to drug and alcohol use, incl. addiction and dependence	

KS4:

	WEEK	Full School Focus	Year 10 Sub-Topic	Year 10 Week Topic	Year 11 Sub-Topic	Year 11 Week Topic
AUTUMN TERM	1	Health & Wellbeing	Mental Health	Returning to school	Building for the Future	Returning to school
	2			Managing challenges during adolescence		Managing the judgement of others and challenging stereotyping
	3			Signs of emotional or mental ill- health		Balancing ambition and unrealistic expectations
	4			Strategies to promote mental health and emotional well- being		How to develop self- efficacy, including motivation, perseverance and resilience
	5			How to reframe negative thinking		Maintaining a healthy self- concept session 1
	6			How to access support and treatment		Maintaining a healthy self- concept session 2
	7			Portrayal of mental health in the media. How to challenge stigma, stereotypes and misinformation		Online safety
	8			Managing mental health in relation to online safety		Positive and safe ways to create content online and the opportunities this offers
	9	Living in the Wider World	Financial Decision Making	Effectively budgeting and evaluating saving options	Communication and relationships	Appreciating diversity
	10			Preventing and managing debt- incl. credit rating and pay day lending		Gender identity, gender expression and sexual orientation
	11			How data is generated, collected and shared. Influence of targeted advertising - online safety session 1		Handling unwanted attention incl. online. Challenging harassment and stalking
	12			How data is generated, collected and shared. Influence of targeted advertising - online safety session 2		Relationship abuse- unhealthy, exploitive and abusive relationships. Accessing support
	13			Susceptibility to gambling/ strategies for managing influences related to gambling session 1		Fertility- how it varies and changes. Pregnancy, birth and miscarriage
	14			Susceptibility to gambling/ strategies for managing influences related to gambling session 2		Unplanned pregnancy options, incl. abortion. Adoption and fostering
	15			Relationship between gambling and debt		. Sexual health clinics, opticians, other health services

SPRING TERM	16	Relationships	Healthy Relationships	Making decisions about sex - readiness for sexual activity and contraception	Next steps	Balancing time online
	17			Assumptions, misconceptions, social norms about sex, gender and relationships		Using feedback constructively when planning for the future / Setting and achieving SMART targets
	18			Becoming a parent, pregnancy and abortion		Effective revision techniques and strategies
	19			Opportunities and risks of forming and conducting relationships online		Options post- 16 and career pathways
	20			Managing the impact of the media and pornography on sexual attitudes, expectations and behaviours		Application processes- incl. CVs, personal statements, interview technique. Maximising employability
	21			Ethical/ legal implications in relation to consent		Part time work and managing work/life balance
	22	Living in the Wider World	Exploring Influence	Sexual violence - gender stereotypes	Independence	Managing influences relating to cosmetic and aesthetic body alterations
	23			Creating influence - Positive and negative role models. How to evaluate the influence of role models and become a positive role model		Blood, organ and stem cell donation, Vaccinations, immunisations.
	24			Sexism and gender roles		Lifestyle and cancer. Screening
	25			Media literacy - develop media literacy skills		Staying safe online
	26			Media literacy - 'tricks' that people use to try to influence us		Managing change, loss, grief and bereavement
	27			Media's impact on the perception of gang culture		Honour based violence/ forced marriage and how to safely access support
SUMMER TERM	28	Living in the Wider World	Addressing Extremism and Radicalisation	Communities, inclusion, respect and belonging	Finance and emotional wellbeing	Identity and mental health
	29			Equality Act, diversity and values		Skills for learning 1
	30			How social media may distort, misrepresent or target information to influence beliefs and opinions		Skills for learning 2
	31			Managing conflicting views and misleading information. Safely challenging discrimination, incl. online		Nature, causes and effects of stress. Stress management strategies incl. maintaining healthy sleep habits
	32			Recognising and responding to extremism and radicalisation session 1		Drop Down Day
	33			Recognising and responding to extremism and radicalisation session 2		Study Leave
	34		Work Experience	Work Experience Preparation	GCSE Examinations	
	35	Health & Wellbeing	Work Experience	Work Experience Preparation		

	36			Work Experience Preparation		
	37			Work Experience Preparation		
	38			<b>WORK EXPERIENCE WEEK</b>		
	39			Work Experience Reflections		

Ks4 Drop Down Days:

KS4 Drop Down Days			
		Year 10	Year 11
AUTUMN TERM	Families, forming and maintaining caring relationships	Different types of relationships inc. what marriage is, including their legal status	Navigating family relationships, and how to seek help or advice from others if needed.
	Online and media	<p>That people sometimes behave differently online, including by pretending to be someone they are not.</p> <ul style="list-style-type: none"> <li>• that the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous.</li> <li>• the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</li> </ul>	How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. • How information and data is shared and used online.
	Half Term		
	Respectful relationships,	<ul style="list-style-type: none"> <li>• Complexities of long term friendships. • How to recognise who to trust and who not to trust, how to judge when a friendship is making them</li> </ul>	That some types of behaviour within relationships are criminal, including violent behaviour and coercive control. • What

	including friendships	feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.	constitutes sexual harassment and sexual violence and why these are always unacceptable. • the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.
	Being Safe	<ul style="list-style-type: none"> <li>• What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</li> <li>• The concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</li> </ul>	<p>How to ask for advice or help for themselves or others, and to keep trying until they are heard.</p> <ul style="list-style-type: none"> <li>• How to report concerns or abuse, and the vocabulary and confidence needed to do so.</li> </ul>
Break			
SPRING TERM	Intimate and sexual relationships, including sexual health.	The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.	That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others. • that they have a choice to delay sex or to enjoy intimacy without sex. • the facts about the full range of contraceptive choices, efficacy and options available. • (STIs)
	Internet safety and harm	<ul style="list-style-type: none"> <li>• Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.</li> <li>• About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.</li> </ul>	That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners. How information and data is generated, collected, shared and used online.
	Half Term		
	Physical health and fitness	The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.	About the science relating to blood, organ and stem cell donation.
	Drugs, alcohol and tobacco	The law relating to the supply and possession of illegal substances. • the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.	<ul style="list-style-type: none"> <li>• The physical and psychological consequences of addiction, including alcohol dependency.</li> <li>• awareness of the dangers of drugs which are prescribed but still present serious health risks.</li> </ul>
Break			
SUMMER TERM	Health and prevention	The benefits of regular self-examination and screening. • the facts and science relating to immunisation and vaccination. • the importance of sufficient good quality sleep for good health	

		and how a lack of sleep can affect weight, mood and ability to learn.	
	Healthy eating	How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.	
	Half Term		
	Changing adolescent body	The main changes which take place in males and females, and the implications for emotional and physical health.	
	Basic first aid	Basic treatment for common injuries. • Life-saving skills, including how to administer CPR.	

KS5

	WEEK	Full School Focus	Year 12 Sub-Topic	Year 12 Week Topic	Year 13 Sub-Topic	Year 13 Week Topic
AUTUMN TERM	1	Health & Wellbeing	Mental Health & Emotional Wellbeing	Returning to school	Mental Health & Emotional Wellbeing	Returning to school
	2			Promoting mental health and emotional wellbeing. Stress management		Promoting mental health and emotional wellbeing. Stress management
	3			Signs of emotional or mental ill-health. How, when and why to access appropriate support		Signs of emotional or mental ill-health. How, when and why to access appropriate support
	4			Effects on body image and self esteem		Effects on body image and self esteem
	5			Self image		Strategies to manage influences on body image
	6			Influence and risks relating to cosmetic and aesthetic body alterations		Influence and risks relating to cosmetic and aesthetic body alterations
	7			Using social media responsibly		Staying healthy
	8			Staying healthy		Using social media responsibly
	9	Living in the Wider World	Readiness for Work	Evaluating strengths, skills and interests in relation to future roles and opportunities. How to be enterprising in life and work	Intimate Relationships	How to assertively communicate relationship expectations

	10			How to write an effective CV and prepare for interviews for part- time work		Recognising manipulation and coercion
	11			Career opportunities in a global economy. Rights and responsibilities in different types of employment, including full time, part time and jobs in the gig economy		Deepening your understanding of consent
	12			How to demonstrate professional conduct, including following health and safety protocols. Workplace confidentiality and security, including cyber- security and data protection		Effectively evaluating and using appropriate methods of contraception. Sexual health services and STI's
	13			Assessing strengths, interests, values and skills to set realistic, aspirational goals		How fertility changes over time
	14			Evaluating the options available in education, training and employment post- 18, including HE, further training/ apprenticeships and gap year opportunities		Sexual health - stealthing
	15			How to evaluate the financial advantages, disadvantages and risks relating to post- 18 options. Evaluating the potential gains and risks of different credit/ debt arrangements and repayment implications, incl. student loans		Pathways in even of unintended conception. Appropriate advice and support in relation to pregnancy/ miscarriage
SPRING TERM	16	Relationships	Respectful Relationships	How to seek and assertively give, not give or withdraw consent, in all contexts. Legal and moral responsibilities in relation to seeking consent and how to recognise factors that might affect capacity to consent. Emotional, physical,	Next Steps	Evaluating strengths, skills and interest in relation to future opportunities and career development

				social and legal consequences of failing to respect others right to consent.		
	17			Identifying the signs of abuse, exploitation and assault or rape. Where/ how to access support and report concerns		Implications of the global market for future choices in education and employment. Identifying appropriate next steps post 18, such as higher education, further training or apprenticeships, and gap year opportunities
	18			Evaluate attitudes towards sexual assault and their impact; how to challenge victim blaming, incl. when abuse occurs online		How to write a concise and compelling personal statement, effectively refine and tailor a CV and prepare for interviews
	19			How to recognise manipulation and coercion and manage negative influence and persuasion. Exit strategies for unhealthy relationships. Rights in relation to harassment, stalking and violence, how to respond and where to seek help		How to build and maintain a positive professional identity and online presence. Creating and sharing content online can contribute to or challenge a positive online presence. How to effectively challenge online content that adversely affects personal or professional reputation
	20			Unacceptability and illegality of forced marriage and 'honour'-based violence and how to safely seek help. Exit strategies for pressurised or dangerous situations		How social media can expand, limit or distort perspectives. How to set and maintain boundaries around personal privacy. How to manage online safety in all its form, including seeking help when appropriate
	21			Sexual and reproductive health		Skills to improve adaptability and resilience
	22	Living in the Wider World	Diversity and inclusion	Communicating personal values in different types of relationships	Independence and healthy lifestyles	Importance of monitoring personal health and wellbeing
	23			Strategies to challenge prejudice and discrimination		Independent health choices and managing media messages about health
	24			Rights, roles and responsibilities in a diverse society. Celebrating cultural diversity and promoting inclusion		How to manage mature friendships, including making friends in new places

	25			Ways different faith or cultural views can influence relationships		Maintaining a healthier diet
	26			How to safely challenge prejudice and discrimination incl. online		Drugs and alcohol 1
	27			Extremism, radicalisation- how to reduce risks and seek help		Drugs and alcohol 2
SUMMER TERM	28	Living in the Wider World	Independence , drugs and alcohol	Alcohol and drug misuse 1	Building and Maintaining Relationships	Strategies to confidently manage traditional phases, such as leaving school or home for the first time
	29			Alcohol and drug misuse 2		Personal safety in new relationships, incl. online. How to maintain healthy, pleasurable relationships and about different levels of emotional intimacy, the role of pleasure and the difference between 'love' and 'lust'
	30			What kind of person do I want to be for and with others?		Relationship challenges and how to manage the ending of relationships safely and respectfully, including online. How to assertively communicate and negotiate boundaries in relationships
	31			Creating influence - volunteering		Professional relationships; how to build meaningful relationships in the workplace and establish and respect boundaries.
	32			First Aid - key skills and understanding		How to manage strong emotions, communicate constructively and negotiate difficulties. Strategies to recognise, de-escalate and exit aggressive social situations. Evaluating the dangers and consequences of involvement in gangs, serious organised crime or carrying a weapon.
	33		Exams & UCAS	UCAS application work	A-Level Examinations	Study Leave