

Appendices 1

Human and Cultural Education - PHSE – Year 7						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title:	Managing change	Puberty and body development	Friends, respect and relationships	Staying safe on and offline	Celebrating Differences	Politics and Parliament
Unit length:	7	7	6	6	6	7
Key concepts:	What is PSHE? Getting to Know People What is a Community? Careers and Your Future Sleep and Relaxation Financial Education Transition Points in Life	Introduction to Puberty Girls Puberty & Periods Boys Puberty Personal Hygiene Growing Up Self-Esteem Tooth Decay Health	Consent and Boundaries Respect and Relationships What Makes a Good Friend? Friendships & Online Relationships Being Positive Pressure, Influence and Friends What Does it Mean to be a Man Today?	Avoiding Gangs & Criminal Behaviour Staying Safe Online Online Gaming, Grooming & Addiction Alcohol and Risk Nicotine and Smoking E-Cigs, Vaping and Shisha Energy Drinks and Caffeine Knife Crime and Safety	What is your Identity? Multicultural Britain Importance of Being Kind Breaking Down Stereotypes Learning Disabilities Prejudice and Discrimination Challenging Islamophobia	Why is Politics Important? How is our Country Run? The Role of the Prime Minister The Monarchy and King Charles III Politics, Debates and Parliament Elections and Campaigning Creating a Political Party

Human and Cultural Education - PHSE – Year 8						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title:	Proud to be me	Physical Health and Mental Wellbeing	Identity and Relationships Education	Dangerous society, online and offline	Equality and Diversity Explored	Law, crime and society.
Unit length:	7	7	6	6	6	7
Key concepts:	Employability & Enterprise Skills Proud to be Me Careers and Aspirations Self-Esteem and the Media The Importance of Happiness What Makes Me Angry? Exploring Careers	Health and Wellbeing What is Mental Health? Positive Body Image Child Abuse Types of Bullying Healthy Eating and Cholesterol Stress Management	Being Yourself & Self-Love Healthy Respectful Relationships What is Love? Dealing with Conflict Periods and Menstrual Cycle Introduction to Contraception Sexual Orientation	County Lines – What is It? County Lines – Who is at Risk? Substance Misuse Cyberbullying Online Grooming Alcohol Safety Child Exploitation & Online Protection	Equality Act 2010 LGBTQ+ What is it? LGBTQ+ Rights Across the World Gender Equality Ableism and Disability Discrimination Removing the Barriers, Equality for All Racism & Discrimination in Society	Desert Island - Living Desert Island - Building a Community Desert Island – Making Decisions Desert Island - Criminals Law & Society How are Laws Made? Prisons, Reform & Punishment

Appendices 1

Human and Cultural Education - PHSE – Year 9						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title:	Essential Life Skills	Body confidence	Sex, the law and consent	Legal and Illegal Drugs	Contraception and STIs	Combatting Terrorism and Extremism
Unit length:	7	7	6	6	6	7
Key concepts:	From Failure to Success Assertiveness First Aid Saving and Managing Money Labour Market Information Finance, Budgeting and Employment Social Media & Online Stress	How Self-Esteem Changes What is a Penis? What is a Vulva? Bullying in all its forms Dealing with Grief and Loss Media and Airbrushing Cancer Prevention and Healthy Lifestyles	Sexual Consent and the Law FGM and the Law Relationships and Partners Domestic Abuse and Domestic Violence Why Have Sex? Delaying Sexual Activity Sexual Harassment and Stalking	What is a Drug? Different Types of Addictions Cannabis Products Drug Classifications Party Drugs & Illegal Drugs The War on Drugs Volatile Substance Abuse	What are STIs? Treating STIs and the Clinic Contraception Explored Contraception - Condoms Contraception Explored Further HIV and AIDS HIV and AIDS Prejudice and Discrimination	Conspiracies Theories & Narratives Forms of Extremism What is Terrorism? War & Conflict The Radicalisation Process How Does Counter Terrorism Work? Antisemitism in the UK

Human and Cultural Education - PHSE – Year 10						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title:	Rights and Responsibilities	Mental health and Wellbeing	Relationships Education	Violence, crimes and seeking safety	Exploring world issues	Exploring British Values
Unit length:	7	7	6	6	6	6
Key concepts:	Instagram & TikTok Generation Targeted Advertising and Your Data What is Marriage? Rights and Responsibilities Consumer Rights Employment Rights Exploring a Pay Cheque	Child Sexual Abuse Screen Time Mental Health Illnesses Self-Harm Suicidal (Thoughts and Feelings) Promoting Emotional Wellbeing	Pleasure and Delaying Sexual Activity Campaigning Against FGM Sexting, Nudes and Dick Pics Online Pornography (Myths vs Reality) Porn and its Impact on Society Unhealthy Relationships & Sexual Assault	Honour Based Violence Forced Marriages and Breast Ironing Online Gaming & Gambling Social Media Validation Modern-Day Slavery Keeping Your Data Safe Causes of Knife Crime	International Organisations Peace, War & Conflict Human Rights During War Aid & Supporting Other Countries Striking & Trade Unionism Women's Rights & Equality Fair Trade & Free Trade	Critical Thinking & Fake News Hate Crime in the UK British Values and Identity Mutual Respect & Tolerance Individual Liberty What are Human Rights? Democracy Explored

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