September 2022

Dear Parent/Carer,

Please find in this document the PSHCE programme we offer here at Swakeleys.

PSHCE is studied by all year groups on a weekly basis. Personal, Social, Health, Citizenship and Economic (PSHCE) Education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in modern Britain.

The PSHCE programme is divided into three core themes:

**Autumn Term: Health & Wellbeing**

**Spring Term: Relationships & Identity**

**Summer Term: Living in the Wider World**

The Spring and Summer programme for year 9 is still being developed due to changing from a fortnightly lesson to a weekly lesson this year. Where this is the case you will see there is no lesson title. Once these have been developed the updated version will be uploaded to the website.

Yours sincerely,

Miss H. Allan

PSHCE Curriculum Leader

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| **Week** | **Year 7**PSHCE Lesson Overview 2022-2023 | **Year 8** | **Year 9** | **Year 10** | **Year 11** |
| **Theme 1: Health & Wellbeing** |
| 5.9.22 | Who am I? | Body Image | Self-Esteem | Social Media and self-esteem | Identity and diversity |
| 12.9.22 | Praising you, Praising me | Social Media and self-esteem | Growth mindset | Social Anxiety | Anxiety |
| 19.9.22 | Resilience | Learning to relax | Peer pressure | Screen time | Depression |
| 26.9.22 | Mental health introduction | Mental Health & wellbeing: Attitudes to mental health | Mental Health & wellbeing: New challenges | Managing tough times: change, grief and bereavement | Positivity |
| 3.10.22 | Who to ask for help/advice | Mental Health & wellbeing: Promoting emotional wellbeing | Mental Health & wellbeing: Reframing negative thinking | Mental Health & wellbeing: Recognising mental ill health & when to get help | Perseverance and procrastination |
| 10.10.22 | E-safety | Self-awareness | Mental Health & wellbeing: Healthy coping strategies | Esafety | The importance of sleep |
| 17.10.22 | E-safety | E-safety | E-safety – selfie safety | Teenage pregnancy & options  | Revision timetable & study skills |
| **Half Term** |  | Consumer power |
| 31.10.22 | How can I commit to a healthy life? Living a healthy, active life and exercising. | Vaping | Alcohol awareness | Risk taking & decision making  | Fertility and reproductive health (double lesson) |
| 7.11.22 | Healthy lifestyle 2: diet | Drugs & the law | Vaping – is it a cause for concern & and peer pressure | FGM | Breast Health & self-examination |
| 14.11.22 | Keeping clean | Smoking & second hand smoking | Responsible health choices | Self-care: how can our bodies be affected as we grow up? | Personal safety in the wider world |
| 21.11.22 | Puberty | Contraception | Self-care | Drugs: their risks and the law | Child on child abuse & sexual harassment in schools |
| 28.11.22 | Periods | STIs | The changing adolescent body | Child on child abuse  | **Mock Exams** |
| 5.12.22 | Reproduction | Personal Safety and First Aid | Personal Safety and First Aid | First Aid | **Mock Exams** |
| 12.12.22 | Personal Safety – first aid | Mindfulness | Mindfulness | Mindfulness | **Mock Exams** |
| **Christmas Holiday** |  | **Careers – which jobs?** |
| **Theme 2: Relationships & Identity** |
| 3.1.23 | **Careers:**  | **Careers:**  | **Careers:**  | **Careers:**  | **Careers:**  |
| 9.1.23 | **Careers:**  | **Careers:**  | **Careers:**  | **Careers:**  | **Careers:**  |
| 16.1.23 | Maintaining genuine friendships and avoiding toxic ones | Romance, love, new feelings and teen relationships | Managing Conflict | Consent | Bullying & body shaming – relationships with ourselves |
| 23.1.23 | Families and different long term commitments (marriage / civil partnerships) what are the different types and does it matter what kind of family I have? | Domestic conflict & running away | Recognising healthy and abusive relationships | Harassment & Stalking | Same-sex relationships |
| 30.1.23 | Positive & safe relationships | Forced marriage | Coercive & controlling relationships | Relationship abuse | Sexual harassment & rape |
| 6.2.23 | Bullying or banter – what is and what isn’t acceptable? (Peer on peer abuse) | LGBTQAI+ - Trans & gender issues | Coercive and control documentary lesson | Roles & responsibilities of parents & who can you trust. | What is good sex? |
| **Half Term** |
| 20.2.23 | How can we prevent online bullying? (Cyber-bullying) | Families | Child sexual exploitation | The characteristics of positive and healthy friendships) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. | Porn vs reality |
| 27.2.23 | Managing peer pressure | Online relationships | What is sexism & sexual harassment and how can it impact our wellbeing? | Sexting & the law | Coercive & controlling relationships |
| 6.3.23 | Summary lesson | Summary lesson |  | Young people and role models | Coercive and control documentary lesson |
| 13.3.23 | Identity: what does it mean to be a British citizen | Identity: what does it mean to be a British citizen |  | Relationship expectations | Coercive and control documentary lesson |
| 20.3.23 | Identity 2 | Identity 2 |  | Coercive and control documentary lesson | Toxic relationships |
| 27.3.23 | Mindfulness Part 1 | Mindfulness Part 1 |  | Coercive and control documentary lesson | Study skills to aid GCSE revision |
| **Easter Holiday** |  |  |  |  | **Women’s rights** |
| **Theme 3: Living in the Wider World** |
| 17.4.23 | Wants & Needs | Plastic Pollution | Human rights - trafficking | Career Planning: How do I choose a career that’s right for me? | Preparing for the exam period |
| 24.4.23 | Being an ethical consumer | Living sustainably |  | Knife crime | How can we keep financially savvy & avoid debt? |
| 1.5.23 | Unicef | Extinction Rebellion & climate change | Gangs & teen crime | County lines | Income and Tax |
| 8.5.23 | Prejudice & Discrimination | Hate crime |  | British Values: Individual Liberty | Borrowing Money |
| 15.5.23 | What are Protected Characterisitcs | Entrepreneurs  | How does the Law deal with Young Offenders | British Values: Democracy & Rule of Law | Fake News and Critical Thinking |
| 22.5.23 | Protected characteristics: Disability & discrimination | How can boosting our self-confidence boost our achievement? |  | British Values: Tolerance & Mutual Respect | Globalisation |
| **Half Term** |  | Identity 2 |  |  | Globalisation |
| 5.6.23 | Homophobia | Pride month & homophobia – link to protected characteristics |  | Exams |  |
| 12.6.23 | How does democracy work in Britain? | Protected characteristics & British values | Taking control of my future – Personal development planning | Exams |  |
| 19.6.23 | What are British Values? | Democracy in Britain & other types of political systems around the world. |  | Protected Characteristics and why do we call them ‘protected’? |  |
| 26.6.23 | **Diversity week** | **Diversity week** | **Diversity week** | **Diversity week** |  |
| 3.7.23 | British values & Religion | The legal system and other authorities in Britain  | Gaming & gambling | Overt & covert racism |  |
| 10.7.23 | What are Protected Characterisitcs | How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage | Gaming & gambling | How to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation |  |
| 17.7.23 | Mindfulness part 2: Mindful colouring  | Mindfulness part 2: Mindful colouring |  | Equality of opportunity in careers and life choices, and different types and patterns of work |  |