

October 2023

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:

Health & Wellbeing
Relationships & Identity
Living in the Wider World

Yours sincerely,

Miss H. Allan
PSHCE Curriculum Leader

Week	Year 7	Year 8	Year 9	Year 10	Year 11
Key for themes: Health & Wellbeing, Living in the Wider World & Relationships & Identity					
4.9.23	Introduction lesson to PSHCE	Growth Mindset	Growth mindset	Growth mindset	Growth mindset
11.9.23	Who am I?	Social media & self-esteem	Self-esteem	Social anxiety	Positivity
18.9.23	Praising you, praising me	Body image	Managing peer pressure	Screen time	Depression
25.9.23	An introduction to mental health	Learning to relax	Mental health & wellbeing – new challenges	Managing tough times – loss & bereavement	Anxiety
2.10.23	Black History Month	Mental health & wellbeing – promoting emotional wellbeing	Black History Month	Black History Month	Perservance & procrastination
9.10.23	Asking for help	Black History Month	Mental health & wellbeing –	Mental health & wellbeing – recognising	Black History month

			Healthy coping strategies	mental ill health & when to get help	
16.10.23	Resilience	Mental health & wellbeing – attitudes to mental health	Mental health & wellbeing – Reframing negative thinking	Social media & self-esteem	Planning for mock revision

Half Term

30.10.23	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
6.11.23	Being an ethical consumer	Living sustainably	Gangs & teen crime	Knife crime	How can we keep financially savvy & avoid debt?
13.11.23	Unicef	Extinction Rebellion & climate change	Gangs & teen crime	County lines	Income and Tax
20.11.23	Prejudice & Discrimination	Hate crime	How does the Law deal with Young Offenders	British Values: Individual Liberty	Borrowing Money
27.11.23	What are Protected Characteristics?	What are British values?	Taking control of my future – Personal development planning	British Values: Democracy & Rule of Law	Mock Exams
4.12.23	Protected characteristics: Disability & discrimination	How can boosting our self-confidence boost our achievement?	Gaming & Gambling	British Values: Tolerance & Mutual Respect	Mock Exams
11.12.23	Mindful Art	Criminal Justice System	Careers Lesson 1	Careers Lesson 1	Mock Exams
18.12.23	Overview of 2023	Overview of 2023	Overview of 2023	Overview of 2023	Overview of 2023

Christmas Holidays

8.1.24	<h1>Careers Focus Fortnight</h1>				
15.1.24					
22.1.24	Maintaining genuine friendships & avoiding toxic ones	Consent	Managing conflict	Characteristics of positive & healthy friendships/relationships	Careers

29.1.24	Bullying or banter?	Healthy Relationships	Bullying	Sexting & the law	Body shaming & body positivity
5.2.24	Racism	Racism	Racism	Racism	Racism

HALF TERM

19.2.24	Esafety	Vaping & smoking	Self - care	Teenage pregnancy & options	Promoting emotional wellbeing
26.2.24	Puberty	Drugs & the law	Vaping & the risks	FGM	Fertility & reproductive health
4.3.24	International Women's Day	International Women's Day	International Women's Day	International Women's Day	International Women's Day
11.3.24	Periods	Contraception	Responsible health choices	Child on child abuse	Breast health & self-examination
18.3.24	Personal Hygiene	STIs	Alcohol awareness	Risk taking & decision making	Personal safety in the wider world
25.3.24	Personal safety – first aid	Personal safety – first aid	Personal safety – first aid	Drugs – their risks & the law	Child on child abuse & sexual harassment in schools

Easter Holidays

15.4.24	Positive & safe relationships	Conflict at home and how to avoid it.	How can we tell the difference between healthy and abusive relationships?	Consent	Study skills lesson
22.4.24	Manging peer pressure	Forced marriage	Child sexual exploitation	Harassment & Stalking	Communication and readiness
29.4.24	Changing friendships	LGBTQAI+ Trans & gender	Rights, trust & values	Relationship abuse	Same-sex relationships
6.5.24	Bullying	Families	Sexism & sexual harassment	Parenting & responsibility	Sex education
13.5.24	Hurtful behaviour	Stereotypes & the media	What are coercive & controlling relationships?	Relationship expectations	Unhealthy relationships

20.5.24	Relationships summary lesson	Relationships summary lesson	Sharing nude pictures & the law	Coercive control	Porn vs reality
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HALF TERM

3.6.24	Pride	Pride	Protected Characteristics	Fake News	
10.6.24	Aspirations	Democracy in Britain & other types of political systems around the world	Pride	Pride	
17.6.24	Identity I	Parliament	British politics	Globalisation	
24.6.24	Tax	Politics I	Democracy	Apprenticeships	
1.7.24	British values & Religion	Politics 2	Tax	Tax facts	
8.7.24	Our local community	Our local community	Our local community	Our local community	