

October 2024

Dear Parent/Carer,

Please find in this document the PSHCE programme of lessons 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

PSHCE Programme 2024-2025

| Key for themes: Health & Wellbeing, Living in the Wider World & Relationships & Identity | | | | | |
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| Week | Year 7 | Year 8 | Year 9 | Year 10 | Year 11 |
| 9 th Sept. | Introduction lesson to PSHCE | Growth Mindset | Developing Learning Skills for GCSEs | Influences & self-expression | Developing Learning Skills for GCSEs |
| 16 th Sept. | Who am I? | Social media & self-esteem | Self-esteem | Social anxiety | Preparing for exams in year 11 & managing exam stress |
| 23 rd Sept. | Praising you, praising me | Body image | Health – tattoos & piercings | Screen time | Depression |
| 30 th Sept. | An introduction to mental health | Learning to relax | Mental health & wellbeing – new challenges | Managing tough times – loss & bereavement | Anxiety |
| 7 th Oct. | Who to ask for help/advice | Mental health & wellbeing – promoting | Mental health & wellbeing – Healthy coping strategies | Mental health & wellbeing – recognising mental ill | Perservance & procrastination |

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| | | emotional wellbeing | | health & when to get help | |
| 14 th Oct. | Black History Month | Black History Month | Mental health & wellbeing – Reframing negative thinking | Black History Month | Black History month |
| 21 st Oct. | Resilience | Mental health & wellbeing – attitudes to mental health | Black History Month | Social media & self-esteem | Planning for mock revision |

Half Term

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| 4 th Nov. | 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 |
| 11 th Nov. | Being an ethical consumer | Extinction Rebellion & climate change | Gangs & teen crime | Knife crime | Looking out for each other |
| 18 th Nov. | Children's rights | Belonging & Community: valuing diversity | How does the Law deal with Young Offenders | County lines | Finance: Income and Tax |
| 25 th Nov. | Prejudice & Discrimination | Hate crime | Taking control of my future – Personal development planning | British Values: Democracy & Rule of Law | Finance: Borrowing Money |
| 2 nd Dec. | What are Protected Characteristics? | What are British values? | Gaming & Gambling | British Values: Tolerance & Mutual Respect | Mock Exams |
| 9 th Dec. | Protected characteristics: Disability & discrimination | How can boosting our self-confidence boost our achievement? | Esafety | Esafety | Mock Exams |
| 16 th Dec. | Online risks and safety | Criminal Justice System | Overview of 2024 | Overview of 2024 | Mock Exams |

Christmas Holidays

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| 6 th Jan | <h1>Careers Focus Fortnight</h1> | | | | |
| 13 th Jan | | | | | |
| 20 th Jan | Maintaining genuine friendships & avoiding toxic ones | Consent | Managing conflict | Characteristics of positive & healthy friendships/relationships | Careers |

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| 27 th Jan | Bullying or banter? | Healthy Relationships | Bullying | Sexting & the law | Social attitudes to sharing nudes |
| 3 rd Feb. | Racism | Racism | Racism | Racism | Racism |
| 10 th Feb. | Positive & safe relationships | Revision Techniques before year 8 exams | How can we tell the difference between healthy and abusive relationships? | Consent | Study skills lesson |

HALF TERM

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| 24 th Feb. | Esafety | Vaping & smoking | Self - care | Teenage pregnancy & options | Promoting emotional wellbeing |
| 3 rd Mar. | Puberty | Drugs & the law | Vaping & the risks | FGM | Fertility & reproductive health |
| 10 th Mar. | International Women's Day | International Women's Day | International Women's Day | International Women's Day | International Women's Day |
| 17 th Mar. | Periods | Contraception | Responsible health choices | Child on child abuse | Breast health & self-examination |
| 24 th Mar. | Personal Hygiene | STIs | Alcohol awareness | Drugs – their risks, impact & the law | Body modifications – risks of cosmetic surgery |
| 31 st Mar. | Personal safety – first aid | Personal safety – first aid | Personal safety – first aid | Relationship abuse | Driving theory – keeping safe |

Easter Holidays

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| 21 st Apr. | Manging peer pressure | Forced marriage | Child sexual exploitation | Year 10 Internal Exams | Communication and readiness |
| 28 th Apr. | Changing friendships | LGBTQAI+ Trans & gender | Rights, trust & values in relationships | Modern Families & legal rights | Porn vs reality |
| 5 th May | Bullying – face to face and online | What do Families look like? | Sexism & sexual harassment | Parenting & responsibility | Contraception |
| 12 th May | Hurtful Behaviour | Stereotypes & the media | What are coercive & controlling relationships? | Relationship expectations | Unhealthy relationships |
| 19 th May | Relationships summary lesson | Relationships summary lesson | Sharing nude pictures & the law | Coercive control | Different types of relationships |

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| | | | | | (and the law around these) |
| HALF TERM | | | | | |
| 2 nd June | Pride | Pride | British Values: Individual Liberty | Fake News | |
| 9 th June | Aspirations | Democracy in Britain & other types of political systems around the world | Pride | Work Shadowing Week | |
| 16 th June | Identity & living in modern Britain | What is Parliament? | Democracy explored | Pride | |
| 23 rd June | Tax | Who sits in Parliament? | Drugs education | Apprenticeships | |
| 30 th June | British values & Religion | How can we engage more with Parliament? | Taxes & budgeting | Tax facts | |
| 7 th July | South Asian Heritage Month | South Asian Heritage Month | Our local community | Our local community | |