

Curriculum overview:

Why do we study PSHE at The Earls High School?

PSHE education helps pupils to develop the knowledge, skills and attributes they need to thrive as individuals, family members and members of society. From making responsible decisions about alcohol to succeeding in their first job, PSHE education helps pupils to manage many of the most critical opportunities, challenges and responsibilities they will face growing up.

Pupils agree that PSHE education is a vital part of their preparation for life, with 92% of those who have been taught the subject believing all young people should receive high-quality PSHE lessons.

PSHE Association

What skills and knowledge do we anticipate students will have in this subject before they begin at The Earls High School?

- The fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.
- Some knowledge of the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born.
- The characteristics of good physical health and mental wellbeing - that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness).
- The basics surrounding internet safety.
- Simple road safety
- Developing confidence and responsibility and making the most of their abilities
- Preparing to play an active role as citizens

What skills and knowledge would we like students to have in this subject at the end of their time at The Earls High School?

To make informed decisions about the reality of the world that surrounds them in order for them to be good quality citizens.

Year 7 Curriculum Map:

Unit 1	Unit 2	Unit 3	Unit 4
<p>Sex Education - Puberty & personal hygiene</p> <p>To learn about:</p> <ul style="list-style-type: none"> • Key facts about puberty, the changing adolescent body and menstrual wellbeing. • The main changes which take place in males and females, and the implications for emotional and physical health. • About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics. • About dental health and the benefits of good oral hygiene and dental flossing, and regular check-ups at the dentist. 	<p>Families</p> <p>To learn about:</p> <ul style="list-style-type: none"> • Different types of committed, stable relationships. • How these relationships might contribute to human happiness and their importance for bringing up children. • What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony. • Why marriage is an important relationship choice for many couples and why it must be freely entered into. • The characteristics and legal status of other types of long-term relationships. • The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. • How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed. 	<p>Health and Fitness</p> <p>To learn about:</p> <p>How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.</p> <p>The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health.</p>	<p>Me, myself and I Online Internet safety</p> <p>To learn about:</p> <ul style="list-style-type: none"> • Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online. • 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. • Not to provide material to others that they would not want shared further and not to share personal material which is sent to them. • What to do and where to get support to report material or manage issues online. • The impact of viewing harmful content. • How information and data is generated, collected, shared and used online.
Unit 5	Unit 6	Unit 7	Unit 8
<p>Character / Oracy</p> <p>To learn about:</p> <ul style="list-style-type: none"> • Understanding of the terms confidence and resilience. • To explore child labour 	<p>Careers and Finance</p> <p>To learn about:</p> <ul style="list-style-type: none"> • Financial numeracy and calculations • Skills needed for day-to-day money management • How to have good mindsets & behaviours around money 	<p>Citizenship</p> <p>To learn about:</p> <p>The development of the political system of democratic government in the United Kingdom, including the roles of citizens, Parliament and the monarch</p>	<p>Drugs</p> <p>To learn about:</p> <ul style="list-style-type: none"> • Smoking/Vaping and alcohol introduction • The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so. • The laws surrounding tobacco • The physical and psychological consequences of addiction, including alcohol dependency. • The harms around vaping

Year 8 Curriculum Map:

Unit 1	Unit 2	Unit 3	Unit 4
<p style="text-align: center;">Sex Education</p> <p>To learn about:</p> <ul style="list-style-type: none"> • Introduction to contraception • Law surrounding Consent including the age of consent • How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship. • That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing. • The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women. • 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. 	<p style="text-align: center;">Character and relationships - Respect / Discrimination / Prejudice</p> <p>To learn about:</p> <ul style="list-style-type: none"> • 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. • Practical steps they can take in a range of different contexts to improve or support respectful relationships. How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice). • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs. • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help. • That some types of behaviour within relationships are criminal, including violent behaviour and coercive control. 	<p style="text-align: center;">Mental Health</p> <p>To learn about:</p> <ul style="list-style-type: none"> • How to talk about their emotions accurately and sensitively, using appropriate vocabulary. • That happiness is linked to being connected to others. • How to recognise the early signs of mental wellbeing concerns. • How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health. • The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness. 	<p style="text-align: center;">Basic First Aid</p> <p>To learn about:</p> <ul style="list-style-type: none"> • Basic treatment for common injuries. • Life-saving skills, including how to administer CPR. • The purpose of defibrillators and when one might be needed. • The facts and science relating to immunisation and vaccination. • About the science relating to blood, organ and stem cell donation.
Unit 5	Unit 6	Unit 7	Unit 8
<p style="text-align: center;">Drugs</p> <p>To learn about:</p> <ul style="list-style-type: none"> • Laws and introduction of low class drugs such as cannabis • The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions. • 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. • The dangers of drugs which are prescribed but still present serious health risks. 	<p style="text-align: center;">Careers and Finance</p> <p>To learn about:</p> <ul style="list-style-type: none"> • The differences between different types of banks, etc • Experience of planning or budgeting • Online financial security • The different places they can get financial advice • Philanthropy • CV's and personal statements • Unusual jobs 	<p style="text-align: center;">Citizenship</p> <p>To learn about:</p> <p>The operation of Parliament, including voting and elections, and the role of political parties</p> <p>The precious liberties enjoyed by the citizens of the United Kingdom</p>	<p style="text-align: center;">Road safety</p> <p>To learn about:</p> <ul style="list-style-type: none"> • The highway code surrounding their age group

Year 9 Curriculum Map:

Unit 1	Unit 2	Unit 3	Unit 4
<p style="text-align: center;">Sex Education</p> <p>To learn about:</p> <ul style="list-style-type: none"> • Contraception - practical work – condom demonstrations etc... • The facts around pregnancy including miscarriage. • A reminder about consent and respectful relationships. 	<p style="text-align: center;">Mental Health</p> <p>To learn about:</p> <ul style="list-style-type: none"> • Types of mental ill health (e.g. anxiety and depression). • The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image, how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online. • (Eating disorders) 	<p style="text-align: center;">Knife Crime</p> <p>To learn about:</p> <ul style="list-style-type: none"> • The laws surrounding weapons • Police stop and search 	<p style="text-align: center;">Character</p> <p>To learn about:</p> <ul style="list-style-type: none"> • Honesty, empathy and being better in the classroom, at home, with friends and in the wider community
Unit 5	Unit 6	Unit 7	Unit 8
<p style="text-align: center;">Drugs</p> <p>To learn about:</p> <ul style="list-style-type: none"> • Criminal exploitation (for example, through gang involvement or ‘county lines’ drugs operations) 	<p style="text-align: center;">The Planet and the Environment</p> <p>To learn about:</p> <ul style="list-style-type: none"> • What is the impact of human life on Planet Earth? • Extinction Rebellion – are they good or bad? • What can we do as responsible citizens to help? 	<p style="text-align: center;">Citizenship</p> <p>To learn about:</p> <p>The nature of rules and laws and the justice system, including the role of the police and the operation of courts and tribunals</p> <p>The roles played by public institutions and voluntary groups in society, and the ways in which citizens work together to improve their communities, including opportunities to participate in school-based activities</p>	<p style="text-align: center;">Prevent</p> <p>To learn about:</p> <ul style="list-style-type: none"> • A knowledge and understanding of extremism • A knowledge and understanding of radicalism