

## **Clacton County High School**



## **PSHE / RSHE Curriculum Overview**

	1 - Keeping safe and health/fitness	2 - Online life/media	3 - Emotional/mental health	4 - Relationships/sexual health (Delivered via both PSHE and RSHE TT)	5 - Future choices/money/personal skills	6 - Values, rights, responsibilities
Year 7	Travel safety	Grooming	Learning from mistakes	Misogyny	Sign language	Challenging stereotypes, impact of
	Online personality  Verbal bullying/banter				Managing money in Secondary School	prejuduce and discrmination
	Knife crime and gang culture	Social media as a positive influence		Body Image	Teamwork	
	Tobacco, vaping and cananbis Smashed - alcohol awareness		Self confidence/self esteem	Respectful relationships, including friendships	Careers CPR/first aid	Difference & Diversity in the community/welcoming inclusive school
	Siliastieu - alconol awareness			menusiiips	CPR/IIISt ald	comp
Year 8	Financial exploitation	Decision was a financial modification dis-	Anxiety/depression	Families	What skills am I developing, What employers look for	Challenging unfair family/cultural expectatations
	Verbal bullying/banter	Positive uses of social media/media		Staying safe and youth produced sexual	Active listening	Extremism
	Knife crime & gang culture		What affects mental health and support	images	Emergency first aid Careers - planning for the future	Promoting inclusion in the community
	Tobacco, vaping and cananbis		for mental health	Sexual Health and Fertility	Managing misunderstandings/accepting responsibility	Rights responsibility as a consumer
					Gambling	
Year 9	6 hada a a a da a da a da a da a da a da		and the second second		Being in financial debt/managing money	
	Substance misuse in the community		What affects mental health/support for Mental health	Intimate and Sexual Relationships, including sexual health	worries  Being a young entrepreneur/self	Illegal employment and modern day slavery
	bullying and abusive behaviour	Positive uses of social media/media	mental neath.		employment	s.a.re. y
				Contraception	Managing misunderstandings/accepting	Working part time - my rights and
	Knife crime & gang culture		Isolation and mental health	<ul> <li>includes a practical session whereby students will be given the opportunity to practise putting a</li> </ul>	responsibility	responsibilities
				condom on a condom demonstrator	Careers - planning for the future	
	FGM				Growth mindset	
				FGM	Managing money Study skills	
Year 10						
	Managing unwanted attention		Unhealthy coping strategies, warning	The dangers of Pornography	Finance - managing money/borrowing	Animal welfare
	Knife crime and gang culture	Managing online profiles for future employment	signs/triggers	Attitudes towards and sexual relationships and tackling misconceptions	Stereotypes certain jobs/changing job market	Hate crime
	Life-saving science		Stress anxiety and depression	Young parent/teenage pregnancy	Emergency first aid	Where do my values come from - equality
				Forced marriage	Careers - planning for the future	Work place rights
				Misogyny	Developing resilence Gambling and addiction	, , ,
Year 11	Keeping safe Substance misuse - habit/addiction, safety & body enhancement		Helping a friend/relative - coping strategies, warning signs/triggers	Bespoke offer through an external	Careers	
	Domestic abuse		Suicide prevention/young men & suicide	provider	Study skills, developing resilience	

## overview topics

- 1 Keeping safe and healthy
- 2 Online life and media
- 3 Emotional and mental health
- 4 Relationships and sexual health
- 5 Future choices and money
- 6 Values, rights and responsibilities