

## PSHE Overview

In all years, students will focus upon three key themes:

**Health and wellbeing:** This theme covers what is meant by a healthy lifestyle, the risks to physical and emotional health and wellbeing, and how to maintain health and wellbeing.

**Relationships:** This theme focuses on how to develop and maintain a range of healthy relationships.

**Living in the wider world:** This theme focuses upon living in a diverse community and the importance of rights and responsibilities. It also includes financial and careers education.

In each theme, there will be some key principles that will be revisited between Year 7 and Year 13. For example, the characteristics of healthy relationships will be discussed in Y7, and form a part of all future work on this theme.

The curriculum draws on the recommendations in the PSHE Association's model Programme of Study, and the overview below shows where the curriculum delivers elements of this model Programme of Study. However, the curriculum has been designed to meet the needs of the students at WGGS and is dynamic. It gives particular emphasis to topics which we know are important in our context.

	<b>Health and wellbeing</b> Particular emphasis on...	<b>Relationships</b> Particular emphasis on...	<b>Living in the wider world</b> Particular emphasis on...
Y7	<ul style="list-style-type: none"> <li>- Puberty and menstrual wellbeing (H20, H34)</li> <li>- Emotional wellbeing in a new school (including issues around transition, resilience, and developing new relationships) (H2, H3)</li> <li>- Simple strategies, such as mindfulness, for managing emotional wellbeing (H4, H9)</li> <li>- Finding a healthy balance in the use of online media (H3, H5)</li> <li>- Recognising when support is needed with mental health and where this can be found – delivered via the Peer Education Project (H6, H8, H12)</li> </ul>	<ul style="list-style-type: none"> <li>- Relationships in a school context – with peers and adults – and how to manage these, including conflict situations, effectively. (R1, R2)</li> <li>- Peer influence, and how to manage this effectively (R42, R43, R44)</li> </ul>	<ul style="list-style-type: none"> <li>- The range of possible future career paths (L11, L12)</li> <li>- Financial decisions which young people might make (L15, L17)</li> <li>- Social media, and its potential for good and harm. Guidance on using social media responsibly (including information about age restrictions) (L20, L21, L22, L25)</li> <li>- Diversity in the school and wider community.</li> </ul>
Y8	<ul style="list-style-type: none"> <li>- Maintaining a healthy lifestyle through exercise and healthy eating (H10, H13, H14, H17, H18)</li> <li>- Alcohol use and misuse (H24, H25, H26)</li> <li>- Substance misuse (H23, H27, H28, H29)</li> <li>- Smoking (H25, H26)</li> <li>- Strategies for maintaining positive emotional wellbeing.</li> <li>- The impact that media and online activity can have on perceptions of body image (H3)</li> </ul>	<ul style="list-style-type: none"> <li>- The wide range of relationships in which young people and adults are involved – in families, schools, work places and beyond. (R1)</li> <li>- The qualities of healthy and unhealthy relationships. (R2, R9, R10, R13, R14, R18)</li> <li>- Diversity in sexuality and sexual attraction (R3, R4, R5)</li> <li>- Gender expectations in society and their impact on relationships (R11)</li> <li>- Maintaining safe relationships online, including online images (R17, R29, R30)</li> <li>- Consent (R24, R25, R26, R27, R28)</li> </ul>	<ul style="list-style-type: none"> <li>- Identifying personal strengths and aspirations in connection with careers (L3, L4, L8, 9, L10)</li> <li>- The importance of challenging prejudice-based language and behaviour</li> </ul>
Y9	<ul style="list-style-type: none"> <li>- Contraception and STIs (H27, H35, H36)</li> <li>- Strategies for maintaining positive emotional wellbeing and building resilience to negative opinions, judgements and comments ('self-care') (H7)</li> <li>- The risks and facts associated with FGM (H22)</li> </ul>	<ul style="list-style-type: none"> <li>- Sexual relationships and the law.</li> <li>- Sexual violence and abusive behaviours. (R37, R38)</li> <li>- The impact of pornography (R7, R8)</li> <li>- The impact of stereotyping, prejudice-based behaviour and discrimination (R39, R40, R41)</li> <li>- The legal rights, responsibilities and protections of the Equality Act 2010</li> </ul>	<ul style="list-style-type: none"> <li>- Strategies for managing social media use responsibly, and what to do when things go wrong (L23, L27)</li> <li>- Choices at 14+ (L7, L8)</li> <li>- The Parliamentary and legal systems of the UK</li> <li>- The legal rights, responsibilities and protections of the Equality Act 2010</li> </ul>

Y10	<ul style="list-style-type: none"> <li>- Strategies for maintaining emotional wellbeing, and managing anxiety, in exam years. This includes work on research-informed revision techniques. (H4)</li> <li>- Neurological development during adolescence and early adulthood.</li> <li>- Fertility and pregnancy choices (H30, H31, H32, H33)</li> <li>- Substance use and misuse (to include a wide range of substances and long-term risks) (H19, H20, H21)</li> </ul>	<ul style="list-style-type: none"> <li>- Strategies for maintaining positive relationships in the KS4 years.</li> <li>- Positive and diverse relationships in families and long-term commitment (R2, R3, R4)</li> <li>- Accessing appropriate contraception (R23)</li> <li>- Pregnancy, family life and unintended pregnancy (R24, R25, R27)</li> </ul>	<ul style="list-style-type: none"> <li>- The diverse nature of modern Britain, and how students can challenge discrimination.</li> <li>- Strengths, interests, skills and qualities in relation to future employability. (L1, L2, L3, L4, L5, L6, L7, L8)</li> <li>- Responsibilities and rights at work (L13, L14, L15)</li> <li>- Budgeting (L16, L17, L18, L19)</li> <li>- Interview skills</li> <li>- Online disinhibition (L24)</li> </ul>
Y11	<ul style="list-style-type: none"> <li>- Accessing support with physical and emotional health, and making confident use of the NHS (H13, H14)</li> <li>- Healthy and unhealthy coping strategies, and how to respond to early warning signs of poor wellbeing (H7, H8, H9, H10)</li> </ul>	<ul style="list-style-type: none"> <li>- Long-term relationships and marriage</li> <li>- Using protective behaviours in the context of later teenage (R16, R35, R36, R37, R38)</li> <li>- Coercive control and abusive relationships (R29, R30, R31, R32, R33)</li> <li>- Sexual assault and domestic abuse (R19)</li> </ul>	<ul style="list-style-type: none"> <li>- Social media – confirmation bias, filter bubbles and fake news (L22, L23, L24, L25, L28, L29)</li> <li>- The impact of online presence on future employability</li> <li>- Choices at 16+ (L4)</li> </ul>
Y12	<ul style="list-style-type: none"> <li>- Recognising mental health challenges and seeking appropriate support (H4, H5, H6, H7)</li> <li>- Strategies for positive mental health</li> <li>- Contraception, STIs and taking responsibility for sexual health (H18, H19, H20)</li> <li>- Making healthy use of social media (H2, H3)</li> </ul>	<ul style="list-style-type: none"> <li>- Building new friendships (R4)</li> <li>- Healthy relationships, including work about how to negotiate levels of intimacy (R5, R6, R7, R8, R9, R10)</li> <li>- Consent (R11, R12)</li> <li>- Abusive relationships and sources of support (R13)</li> <li>- Bullying, including online (R19, R20, R22)</li> </ul>	<ul style="list-style-type: none"> <li>- Setting ambitious but realistic education and career goals (L2)</li> <li>- Legal responsibilities, including in the workplace (L8, L9, L10)</li> <li>- Responding to bullying, including in online and workplace contexts (L11)</li> <li>- Leading positive change in local communities</li> <li>- Managing online safety in all its forms, and especially with reference to social media (L20)</li> <li>- Options at 18+ (L3, L4, L5, L6, L7)</li> </ul>
Y13	<ul style="list-style-type: none"> <li>- Maintaining good mental health at a time of transition (H1)</li> <li>- Alcohol and drug use and misuse (H21, H22, H23, H24)</li> <li>- Lifestyle choices linked to good health, including maintaining healthy work-life balance.</li> </ul>	<ul style="list-style-type: none"> <li>- Online sexual content and pornography</li> <li>- Managing relationships after the age of 18, and in new contexts, including university (R23)</li> <li>- Diversity in sexuality and gender identity (R25)</li> </ul>	<ul style="list-style-type: none"> <li>- Options at 18+ (L3, L4, L5, L6, L7)</li> <li>- Building a positive online presence (L22)</li> <li>- Managing personal finances at 18+ (L13, L14, L15, L16, L17)</li> </ul>