Curriculum Overview – PSHE Education

Howden School

THE CONSORTIUM ACADEMY TRUST

Shaping Positive Futures

Introduction

This document outlines the curriculum and key considerations including:

- Aims and purpose
- Alignment with the whole school provision and curriculum intent
- A summary programme of study which includes sequencing of taught content

We use the National Curriculum as our statutory foundation and broadly share its principles and aims including:

- 'To provide pupils with an introduction to the essential knowledge that they need to be educated citizens. To introduce pupils to the best that has been thought and said; and help engender an appreciation of human creativity and achievement'.
- To prepare students to be confident in themselves, to have a fulfilled and successful life beyond our school – one where they contribute positively to society.
- Our statutory curriculum is just one element in the education of every child. There is time and space in the school day and in each week, term and year to range beyond statutory specifications.
- Provision of a framework of core knowledge around which teachers can develop exciting and stimulating lessons to promote the development of pupils' knowledge, understanding and skills as part of the wider school curriculum.
- The wider school curriculum includes an extensive range of opportunities and activities that are routinely available to students, are inclusive and reflect our diverse community.

Numeracy and literacy

Teachers should take opportunities to develop pupils' mathematical fluency, spoken language, reading, writing and vocabulary within their specific discipline and in line with the expectations laid out in our school curriculum statement.

Purpose of study

Personal, Social, Health and Economic (PSHE) Education focuses on strengthening the knowledge, skills and connections to keep children and young people healthy and safe and to prepare them for life and work. Our goal is to equip our learners with the knowledge, understanding, attitudes and practical skills to live healthily, safely, productively and responsibly.

"Here at Howden School, we want our PSHE programme to help our young people develop fully as individuals, as family members and as members of their community. This subject does not only support students' health, relationships and well-being, but also their academic attainment."

Curriculum Aims

In PSHE, we want our students to be curious, empathetic, self-aware and opinionated. We therefore strive to provide an enriching, engaging and empowering curriculum using a variety of resources and materials to explore a range of issues and ideas. Our PSHE curriculum covers careers, healthy relationships, physical and mental health, money management, online and offline safety, British Values, substances, study skills, and current affairs.

The Howden School curriculum for PSHE aims to ensure that all pupils:

- Develop empathy and understanding of how the world around us works
- Develop transferable skills such as analytical thinking, problem solving, teamwork and communication strategies.
- Are equipped with the appropriate knowledge, tools, strategies and skills they need for life beyond school.

Building on prior learning

The KS3 lessons build on the knowledge acquired at primary schools, based around six core themes - Health and Wellbeing, Relationships and Sex Education (RSE), Life Beyond School, Rights and British Values, Celebrating Differences and Staying Safe Online and Offline.

CORE THEME 1: Health and Wellbeing	CORE THEME 2: Relationships and Sex Education (RSE)	CORE THEME 3: Life Beyond School
• Physical and mental health • Growing up and puberty • Body image • Diseases	• Consent and boundaries • Respectful relationships • Physical development and changes • Contraception and sexual health	• Progression and careers • Financial education • Employability & enterprise • Exam stress and anxiety
CORE THEME 4: Rights and British Values	CORE THEME 5: Celebrating Differences	CORE THEME 6: Staying Safe Online and Offline
• Rights and responsibilities • Politics, democracy ad parliament • Radicalisation, extremism ad terrorism • Mutual respect, tolerance, and individual liberty	• Identity and equality • Prejudice and discrimination • Multicultural Britain • Stereotypes	• Online behaviours - safety and dangers • Online grooming and cyberbullying • Drugs - Substance misuse and addiction • Gangs and criminal behaviour

At Key Stage 3, students build on the knowledge and understanding, skills, attributes and values they have acquired and developed during the primary phase. PSHE education acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills that will equip them for the opportunities and challenges of life. Students learn to manage relationships, their online lives, and the increasing influence of peers and the media.

At Key Stage 4, students deepen knowledge and understanding, extend and rehearse skills, and further explore attitudes, values and attributes acquired during Key Stage 3. PSHE education reflects the fact that students are moving towards an independent role in adult life, taking on greater responsibility for themselves and others.

Curriculum Sequencing

Key Stage 3: Year 7 – Long Term Planning

	Autumn term	Spring term	Summer term
Knowledge	**Relationships and Sex Education** • What is PSHE? • Consent and Boundaries • Respect and Relationships • What Makes a Good Friend? • Friendships & Online Relationships • Pressure, Influence and Friends • What Does it Mean to be a Man in Today? **Rights and British Values - Politics & Parliament** • Why is Politics Important? • How is our Country Run? • The Role of the Prime Minister • The Monarchy and King Charles III • Political Debates and Parliament • Elections and Campaigning • Creating a Political Party	**Health and Wellbeing** • Introduction to Puberty • Girls Puberty & Periods • Boys Puberty • Personal Hygiene • Tooth Decay and Dental Health • Growing Up • Self-esteem • Being Positive • Proud to be me • Sleep and relaxation	**Staying Safe Online & Offline** • Avoiding Gangs & Criminal Behaviour • Staying Safe Online • Online Gaming, Grooming and Addiction • Alcohol and Risk • Nicotine and smoking • E-Cigs, Vaping and Shisha • Snus and nicotine pouches • Energy Drinks and Caffeine • Knife Crime and Safety • Intro to tax • How does the government use our taxes • Advertising tricks • Becoming a responsible citizen • How deepfakes are used in politics • How to avoid financial scams • What is a community • Census 2021
Vocabulary	**Relationships and Sex Education** Consent, Boundaries, Capacity, Phubbing, Exploit, Manipulation, Masculinity **Politics & Parliament** Politics, Parliament, Dictatorship, Democracy, Government, Election, Ballot, Constituency, Coalition, Cabinet, Advocacy, Monarchy, Succession, Abdication, Debate, Devil's Advocate, Proxy, Ideology, Slogan	**Health and Wellbeing** Hormones, Adolescence, Testosterone, Oestrogen, Progesterone, Menstrual, Ovulation, Urethra, Prostate, Autonomy, Enamel, Cavities	**Staying Safe Online & Offline** County Lines, Discharge, Rehabilitation, Custodial, Intuition, Grooming, Online Predators, Identity Theft, Cyberbullying, Addiction, Alcohol, Ethanol, Nicotine, Ammonia, Cyanide, Caffeine, Taurine, Guarana, Nausea

Key Stage 3: Year 8 – Long Term Planning

	Autumn term	Spring term	Summer term
Knowledge	**Relationships and Sex Education** • Relationships and Sex Education • Healthy Respectful Relationships • What is Love • Dealing with Conflict • Periods and Menstrual Cycle • Introduction to Contraception • Sexual Orientation **Staying Safe Online & Offline** • County Lines - What is it • County Lines - Who is at Risk • Substance Misuse • Cyberbullying • Online Grooming • Alcohol Safety • Child Exploitation & Online Protection	**Health and Wellbeing** • What is Mental Health? • Positive Body Image • Child Abuse • Types of Bullying • Healthy Eating and Cholesterol • Stress Management • Health & well-being • Being yourself and self-love • What is your identity • Stress management • Importance of being kind	**Staying Safe Online & Offline** • What is loneliness • Is it banter or bullying? • Peer pressure and risk taking • Personal safety • Personal safety around water • Respect: why women deserve it • Why sexist jokes are wrong • Knife crime and safety • What are deepfakes? • Deepfakes, bullying and digital literacy • AI generated sexual imagery • Algorithms • How AI is changing our thinking • Illegal online behaviours
Vocabulary	**Relationships and Sex Education** Resolution, Inclusivity, Consent, Unconditional, Altruistic, Compassion, Humility, Oestrogen, Luteal, Cervix, Uterus, Follicular, Contraception, Abstinence, Asexual, Pansexual, Bisexual, Queer, Heterosexual, Homosexual, Demisexual, Homophobic **Staying Safe Online & Offline** County Lines, Modern Slavery, Exploitation, Dependence, Intoxication, Withdrawal, Impairment, Psychosis, Anonymous, Harassment, Catfishing, Persona, Coercion, Gas-Lighting, Impaired Judgment, Coerce, Manipulate, Blackmail	**Health and Wellbeing** Holistic, Longevity, Detoxification, Anxiety, Depression, Schizophrenia, Validation, Perfectionism, Exploitation, Abandonment, Maltreatment, Empathetic, Cholesterol, Minerals, Vitamins, Monounsaturated, Polyunsaturated, Physiological, Psychological, Mindfulness	**Staying Safe Online & Offline** County Lines, Modern Slavery, Exploitation, Dependence, Intoxication, Withdrawal, Impairment, Psychosis, Anonymous, Harassment, Catfishing, Persona, Coercion, Gas-Lighting, Impaired Judgment, Coerce, Manipulate, Blackmail

Key Stage 3: Year 9 – Long Term Planning

	Autumn term	Spring term	Summer term
Knowledge	**Relationships and Sex Education - Sex, the Law & Consent** • Sexual Consent and the Law • Domestic abuse and domestic violence • Sexual harassment and stalking • What are STIs • Contraception explored • Contraception – condoms • HIV & AIDS • Relationships & partners • Delaying sexual activity • How self-esteem changes • What is a penis • What is a vulva • Treating STIs • Contraception explored further	**Health and Wellbeing** • Bullying in all its forms • Learning disabilities • Prejudice and discrimination • Dealing with Grief and Loss • Cancer Prevention and Healthy Lifestyles **Staying Safe Online & Offline** • What is a Drug? • Different Types of Addictions • Cannabis Products • Party Drugs & Illegal Drugs • Volatile substance abuse	**Staying Safe Online & Offline** • Conspiracy Theories and Extremist Narratives • Forms of Extremism • What is Terrorism? • War and Conflict • The Radicalisation Process • How Does Counter Terrorism Work? • Antisemitism • Breaking down stereotypes **Equality, Diversity & British Values** • Equality Act 2010 • LGBTQ – What is it • LGBTQ across the world • HIV & AIDS discrimination • Gender equality • Ableism • Removing the barriers • Racism & discrimination in society
Vocabulary	**Relationships and Sex Education** STI, STD, Bacterial, Viral, Parasitic, Gonorrhoea, Chlamydia, Syphilis, HIV, HPV, Promiscuous, IUD, IUS, Diaphragm, Patch, Injection, Withdrawal, Supress, Thrush, Diaphragm, Vasectomy, Hysterectomy, Immunodeficiency, Anti-Viral, Infection	**Health and Wellbeing** Self-Esteem, Butterfly Effect, Validation, Prejudice, Homophobia, Biphobia, Transphobia, Bereavement, Bargaining, Acceptance, Trauma, Depression, Airbrushing, Photoshop, Insecurity, Foundation, Body Neutrality, Immunity, Malnutrition, Tumours **Staying Safe Online & Offline** Addiction, Experimental, Recreational, Dependent, Prescription, Cannabis, Marijuana, THC, CBD, Intoxicating, Possession, Psychoactive Substances, Psychoactive, Hallucinogenic, LSD, MDMA, Cocaine, Crystal Meth, Amphetamines, Ketamine, Trafficking, Drug Mules, Psychoactive Substances, Chronic Effects	**Staying Safe Online & Offline** Extremism, Terrorism, Counter Narrative, Radicalisation, National Front, Propaganda, Fanatical, Radicalisation, Ideologies, Pre-radical, Indoctrination, Pygmalion Effect, Counter Terrorism, Intervention, Zionism, Antizionist, Antisemitic, Pogrom, Persecution, Shomrim

Key Stage 4 Year 10 – Long Term Planning

	Autumn term	Spring term	Summer term
Knowledge	**Relationships & Sex Education** • FGM and the law • Relationships & partners • Sexting, Nudes and Dick Pics • Why have sex • Pleasure and Delaying Sexual Activity • Unhealthy Relationships, Sexual Assault and Rape • Online Pornography (Myths vs Reality) **Staying Safe Online & Offline** • What is sextortion • Positive male role models & incel culture • Marriage, cohabiting and civil partnerships • Ending relationships • Financial abuse and control • Personal safety in unfamiliar places • Screen time	**Health & Well-being** • Child sexual abuse • Masculinity & misogyny • Self-harm • Suicide (thoughts and feelings) • Promoting emotional wellbeing **Rights and British Values - Exploring British Values** • Critical Thinking & Fake News • Hate Crime in the UK • British Values and Identity • Individual Liberty • Mutual respect & tolerance	**Staying Safe Online & Offline** • Honour Based Violence • Forced Marriage and Breast Ironing • Online Gaming & Gambling • Social Media Validation • Modern-Day Slavery • Keeping Your Data Safe • Causes of Knife Crime **Health & well-being** • What is a GP • Role of pharmacists • Local healthcare systems • Antimicrobial resistance • Menstrual health • Unhealthy weight gain • Organ and blood donation • Mental health illnesses
Vocabulary	**Relationships and Sex Education** Sensation, Private, Addiction, Illegality, Circumcise, Sexting, Consent, Pornography, Indecent, Stealthing, Non-consensual, Influencers, Sexualisation **Staying Safe Online & Offline** Neglect, Childline, Spectrum, Stigma, Tolerance, Anxiety, Depression, Schizophrenia, Trauma, Self-Harm, Self-Sensitivity, Samaritans, Suicide, Tragedy, Isolation, Cognitive Behavioural Therapy, Boundaries	**Exploring British Values** Misinformation, Disinformation, Propaganda, Prejudice, Xenophobia, Biphobia, Tolerance, Culture, Sovereignty, Tolerance, Diversity, Multiculturalism, Stereotyping, Heritage, Liberty, Advocate, Protection, Dignity, Individuality, Declaration, Convention, Totalitarianism, Anarchy, Oligarchy, Dictatorship, Constitutional Monarchy, Judiciary	**Staying Safe Online & Offline** Honour, Equality, Dishonour, Shari'ah Law, Validation, Perfectionism, Slavery, Exploitation, Abduction, Phishing, Fraud, Ransomware, Spam, Scams, Dark Web, Open Web, Socioeconomic, Glamorisation, Alienation

Key Stage 4: Year 11 – Long Term Planning

	Autumn term	Spring term	Summer term
Knowledge	**Relationships & Sex Education** • Child on Child Abuse • Fertility and What Impacts it • Alcohol, Parties and Bad Choices • Importance of Sexual Health **Careers** • Lesson 1 • Lesson 2 • Lesson 3 **Staying Safe Online & Offline** • Group Chats & Anti-Bullying • Why vaping is popular but dangerous • Online misinformation • Social Media v Real Life • Revisiting STIs • Revisiting Contraception • Respect, Love & Relationships • Cosmetic and Aesthetic Procedures • New Psychoactive Substances • Festivals and Nitrous Oxide • Substance Addiction	**Careers** • Lesson 4 • Lesson 5 • Lesson 6 **Health and Wellbeing** • Testicular and Prostate Cancer • Breast Cancer, Cervical Cancer & Screening Love and Abuse **Staying Safe Online & Offline** • Cyber flashing • Upskirting • Virginity testing & hymenoplasty • Screen addiction & studying	**Staying Safe Online & Offline** • Virtual reality and live streaming • Online reputations and digital footprints • Targeted advertising and your data • New psychoactive substances • Festivals and nitrous oxide • Substance addiction • First Aid **Health and Wellbeing** • Moral & ethical decisions • Abortion laws & ethics • Teenage pregnancy choices • Parenthood for teenagers • Healthy pregnancy behaviours **Rights and British Values - Exploring British Values** • Debating and discussions • What are human rights • Grime music & violence • Campaigning
Vocabulary	**Relationships and Sex Education** Honour, Equality, Respect, CSE, IVF, Fertility, Fertilisation, Insemination, Surrogate, Trimester, Embryo, Spiking, Date Rape, Sedatives, Tranquilisers, Chlamydia, Gonorrhoea, Syphilis, Chancroid, Candidiasis, Thrush, Douche, Infatuation, Authenticity	**Staying Safe Online & Offline** Augmented Reality, Virtual Reality, Immersive Technology, Cyberstalking, Denigration, Exclusion, Exposure, Perpetrator, Aesthetic, Botox, Hallucinogenic, Stimulants, Depressants, Euphoria, Nausea, Disassociation, Experimental, Recreational, Opioids, Inhalants, Rehabilitation	**Health and Wellbeing** Organ Donation, Donor, Transplant, Transfusion, Fatigue, Nausea, Abortion, Adoption, Surrogacy, Insemination, Prostate Cancer, Testicular Cancer, Tumours, Tumours, Cervical, Smear Test, Screening, HPV, Manipulation, Scapegoating, Negativism