

Year 10/11 PSHE Programme

2023-2024

Curriculum lessons

Year 11
Relationships and Sex Education – RSE
Health and wellbeing – Physical and Mental Health
Health and wellbeing – Risks
Relationships – RSE
Living in the wider world – Politics
Living in the wider world – Finance

BIG PICTURE

In Year 10 the PSHE Curriculum is predominantly delivered by tutors, within tutor time. Within each year group, all three elements of the PSHE curriculum will be studied: health and wellbeing, RSE and living in the wider world. This is supplemented by extended assemblies and drop down lessons to attend workshops ran by external agencies. The curriculum aims to focus on current issues students face and helping them to make informed independent decisions. As well as providing signposting and providing guidance to help and inform students. Some elements of living in the wider world will be covered under the careers programme which is set out separately.

YEAR 10: Relationships and Sex Education RSE

Session Number	Lesson Title	Outline Content	PSHE Association Links			
Year 2023 - 2024	1	What is peer on peer abuse? MCM	• Assembly about what constitutes peer on peer abuse			
	2	Sexual health and Brook - Jess from Brook	• Brook assembly on Sexual Health			
	3	LGBT+ charity Intercom Trust	• Student Awareness sessions			
	4	Level 3 options assembly DDU	• What can we do at the end of year 11?			
	5	Apprenticeships assembly CSW	• How to apply for apprenticeships			
	6	Software Cornwall Assembly Robert Wiltshire	• Independent training provider as required by GBM 7			
	7	Preparation for work experience assembly	• Launch of work experience			
	8	Tutor session to look at Veryan work experience database	• Students find suitable placements			

Additional drop down days for:
Mock interview evening for work experience

BIG PICTURE

In Year 11 the PSHE Curriculum delivered through curriculum time of one lesson per week. All three elements of the PSHE curriculum will be studied: health and wellbeing, RSE and living in the wider world. This is supplemented by extended assemblies and drop down lessons to attend workshops ran by external agencies. The curriculum aims to focus on current issues students face and helping them to make informed independent decisions. As well as providing signposting and providing guidance to help and inform students. Some elements of living in the wider world will be covered under the careers programme which is set out separately.

CURRICULUM LINKS

SMSC:	SPIRITUAL					MORAL			SOCIAL			CULTURAL					
	1	2	3	4	5	1	2	3	1	2	3	1	2	3	4	5	6
BRITISH VALUES:	DEMOCRACY					RULE OF LAW			INDIVIDUAL LIBERTY			RESPECT AND TOLERANCE					
OTHER SUBJECTS:	PE, Science, RE, Computing																

YEAR 11: Relationships and Sex Education RSE

Lesson Number	Lesson Title	Outline Content	PSHE Association Links			
Block 1	1	Fertility, pregnancy and pregnancy choices, Abortion	<ul style="list-style-type: none"> To learn about how fertility changes over time and about the different routes to becoming a parent. To learn about the possible outcomes in the event of an unplanned pregnancy To learn about the laws related to abortion and support available 	H27	H28	H29
	2	Consent	<ul style="list-style-type: none"> To understand consent in the context of healthy and unhealthy relationships 	R8		
	3	What is 'Revenge Porn'? Social media, image sharing and the law.	<ul style="list-style-type: none"> Correctly identify what to do to prevent revenge porn and what to do if you become a victim. Describe the long and short term consequences of sharing intimate images with partners or friends. 	H30	R27	R24
	4	Female Genital Mutilation	<ul style="list-style-type: none"> To inform young men and women about female genital mutilation and the reasons why it is practised through focusing on real life stories 	R28	R32	
	5	Sexual pleasure	<ul style="list-style-type: none"> To discuss the myths and facts of first sex 	R13		
	6	Contraception	<ul style="list-style-type: none"> To understand the contraceptive choices that are available for preventing pregnancy and sexually transmitted infections (STIs). 			
	7	Working out relationships	<ul style="list-style-type: none"> To learn about healthy and unhealthy one to one intimate relationships To explore strategies to build healthy lasting relationships including accessing support where needed 			

YEAR 11: Physical and Mental Health

Lesson Number		Lesson Title	Outline Content	PSHE Association Links		
Block 2	1	Lifestyles and Wellbeing	<ul style="list-style-type: none"> To explore how balancing activities can affect wellbeing, including during and leading up to exam periods 			
	2	Nutrition	<ul style="list-style-type: none"> To define what a healthy diet consists of and its characteristics. To establish the importance of a healthy diet for our health and the consequences of not having it 			
	3	Recognising mental ill health and when to get help	<ul style="list-style-type: none"> Recognise signs that someone might have mental health issues such as a mood disorder, stress or anxiety. Explain when and whom to tell if concerned for theirs or someone else's mental wellbeing 	H1	H2	
	3	Promoting emotional wellbeing ASSESS	<ul style="list-style-type: none"> Differentiate between healthy and unhealthy coping strategies and recognise the importance of using healthy ways to manage emotions ASSESSMENT – EVALUATING HEALTHY AND UNHEALTHY COPING STRATEGIES 	H3	H4	
	4	Suicide	<ul style="list-style-type: none"> To understand circumstances that may cause suicide. To recognise some of the warning signs that someone is considering suicide. To understand how to support someone who is suicidal. 			
	5	Testicular and Breast Cancer Awareness	<ul style="list-style-type: none"> To explore the signs and symptoms of testicular and breast cancer To understand how to get the support if needed. 			
	7	NHS Blood and Organ Donation	<ul style="list-style-type: none"> Explain why NHSBT needs a constant supply of donors and an increase in donors from some groups Share ideas in your own words about the challenge of meeting the UK's need for blood donations 			

YEAR 11: Risks and Risk Management

Lesson Number		Lesson Title	Outline Content	PSHE Association Links		
Block 3	1	Valuing Diversity	<ul style="list-style-type: none"> • Explain the importance of respecting diversity • Assess the impact of media, social media and actions on peoples attitudes around diversity 			
	2	Understanding and Preventing Extremism	<ul style="list-style-type: none"> • Distinguish violent extremism from legitimate behaviours in a democracy • Demonstrate the ability to advise someone who is worries about another's behaviour • Identify behaviours which contribute to community efforts to reduce the risk of violent extremism 	H22		
	3	Radicalisation	<ul style="list-style-type: none"> • Identify and explain techniques used to engage someone with an extremist group • Explain ways to respond if someone may be being radicalised 	H23		
	4	Street Harassment	<ul style="list-style-type: none"> • Identify what street harassment is and how to tackle it 	H19	H20	H21
	5	Knife Crime	<ul style="list-style-type: none"> • Challenge common myths and inaccuracies about carrying a knife and explain how it can impact a person's future 	H19	H20	H21

YEAR 11: Relationships – RSE

Lesson Number		Lesson Title	Outline Content	PSHE Association Links		
Block 4	1	Racism	<ul style="list-style-type: none"> Define and identify forms of racism and its effect Analyse real-life stories of racism 			
	2	LGBTQ+	<ul style="list-style-type: none"> To describe the effect of making assumptions about other people. To explain how we sometimes use simplistic ways of viewing / judging others. To accept and respect peoples decisions 			
	3	Gender Equality	<ul style="list-style-type: none"> To define gender discrimination and relate it to their own lives. To describe gender discrimination and explain it in relation to issues they see in their own country or community. 			
	4	Disability Discrimination	<ul style="list-style-type: none"> To raise awareness of people with disabilities. To understand how, where and why bullying happens to people with disabilities and the physical and emotional impacts of these behaviours. To explore real-life stories of people with disabilities and their achievements. 			
	5	Tackling homelessness and charity work	<ul style="list-style-type: none"> To consider the implications of living independently. To develop an understanding of homelessness issues. To identify things to consider before leaving home. 			
	6	Stalking and harassment	<ul style="list-style-type: none"> To describe what constitutes stalking and harassment and what can happen is people don't take reports of this seriously, To explain how victims are targeted, the abuse they suffer and correctly identify the different types of abuse and their effects. 			

YEAR 11: Politics

Lesson Number		Lesson Title	Outline Content	PSHE Association Links		
Block 5	1	Democracy, voting and elections. How does the system work?	<ul style="list-style-type: none"> Describe the meaning of democracy, what happens during a general election. Explain why we should value democracy. Analyse who you think will win the next general election considering the current political and social climate in Britain. 			
	2	Explore the voting process in the UK	<ul style="list-style-type: none"> Identify what a general election is Assess the role of MPs and constituencies Understand the process of voting in a general election and why people vote 			

YEAR 11: Finance and Pay

Lesson Number		Lesson Title	Outline Content	PSHE Association Links		
Block 6	1	Workplaces and our future	<ul style="list-style-type: none"> How to find information about future careers (using Unifrog) 			
	2	Managing money	<ul style="list-style-type: none"> To define key terms related to money management Explain how budgeting, saving and spending money are related Demonstrate through role-play your understanding of spending, budgeting and saving 			
	3	Higher education	<ul style="list-style-type: none"> University of Plymouth and University of Oxford 			
	4	Pay, Tax and Pensions	<ul style="list-style-type: none"> What is tax, where does this money go? Why do I need a pension? How to interpret payslips 			