

## Brook Mead Academy Curriculum Overview: Personal, Social, Health, Citizenship and Economic Education (PSHCE)\*

Year 7	Year 8	Year 9	Year 10	Year 11
<p><b>Keeping Safe:</b>            Traveling to and from school safely            Gang Crime            County Lines            Social media and online behaviour            Cybercrime            Gambling            Responding to an emergency (and first aid)            Trusted adults            Summer Safety</p> <p><b>Healthy Relationships:</b>            Self-worth            What is a healthy relationship?            How do I make and maintain friendships?            Media and stereotypes for relationships            Managing romantic relationships            Boundaries and Consent            Sexual Harassment</p> <p><b>Citizenship:</b>            Democracy in the UK</p>	<p><b>Discrimination:</b>            Influences on beliefs            Protected characteristics            British Values            Racism            Religious discrimination            Sexism            Disability discrimination            LGBTQ+ History            LGBTQ+ ally</p> <p><b>Emotional Wellbeing:</b>            Mental health, myths and stigma            Daily wellbeing            Emotions            Digital resilience            Healthy coping strategies            Unhealthy coping strategies</p> <p><b>Money Management:</b>            How to look after your money            Payments and budgeting            Borrowing money            Keeping track of your money            Saving money</p>	<p><b>Relationships and sex:</b>            How do friendships influence us?            Impact of negative peer influence            Readiness for sex**            Consent            Harassment            Violence            Consequences of sex            How the media portrays relationships            Media and pornography**            Sexting            Coercion</p> <p><b>Keeping Safe:</b>            Why do young people join gangs?            What makes young people vulnerable to joining gangs?            County Lines            Knife Crime</p> <p><b>Citizenship:</b>            Who makes the law?            Where does the law come from?            Age of criminal responsibility</p>	<p><b>Relationships and sex:</b>            What is a healthy family relationship?            Different types of families            Managing family changes            Managing feelings of bereavement            Managing conflict at home            Capacity for consent            The role of intimacy and pleasure**            Managing the impact of media and pornography**            Managing conflict and break ups            Domestic abuse</p> <p><b>Extremism:</b>            Why does the UK benefit from British Values?            Why diversity is important in communities            What is extremism, radicalisation and terrorism?            What is left-wing extremism?            What is right-wing extremism?            What is religious extremism?</p>	<p><b>Relationships:</b>            Personal Values            Assertive sexual health            Change, conflict and commitment            Harassment and stalking            So-called 'honour-based' violence and support in these relationships            Gender identity and sexual orientation            Long-term committed relationships            The legal status of marriage            Roles and responsibilities of parents            Support in relationships            Independence            Planning a family            Pregnancy outcomes</p> <p><b>Road Safety:</b>            Road safety (driving)            First Aid</p>

<p>Different Political systems</p> <p><b>Diversity:</b></p> <p>The diverse world</p> <p>Personal diversity</p> <p>Bullying</p> <p>Impact of bullying</p> <p>Stopping bullying</p> <p><b>Keeping Healthy:</b></p> <p>How do we identify and manage emotions?</p> <p>Stress and resilience</p> <p>Making healthy choices for diet and exercise</p> <p>Improving sleep habits</p> <p>Caring for my mouth, gums and teeth</p> <p>Managing personal hygiene</p> <p>Physical changes during puberty</p> <p>Emotional changes during puberty</p> <p>How do periods impact life?</p> <p>Contact and FGM</p>	<p>Consumer rights</p> <p><b>Keeping Safe:</b></p> <p>Medicinal drugs</p> <p>Impact of drugs</p> <p>Energy drinks</p> <p>Alcohol</p> <p>Tobacco</p> <p>Vapes</p> <p><b>Healthy Relationships:</b></p> <p>Relationships and identity</p> <p>Sexual orientation</p> <p>Forming new relationships</p> <p>Consent</p> <p>Harassment</p> <p>Sextortion</p>	<p>Criminal justice – the Court system</p> <p>Criminal justice – the role of the police</p> <p>Relationships and legal rights</p> <p><b>Health:</b></p> <p>How mental and physical health are linked</p> <p>Making informed choices about diet and exercise</p> <p>Maintaining a healthy and balanced lifestyle</p> <p>Managing body issues</p> <p>Taking responsibility for my personal health</p> <p>STIs</p> <p>Contraception</p>	<p>How do we distinguish between fact and fiction?</p> <p>How do we protect ourselves from the ‘filter bubble’?</p> <p>How do we avoid the us v them mentality?</p> <p>Responding to hate speech</p> <p><b>Societal influences:</b></p> <p>Who is a positive role model?</p> <p>Avoiding peer pressure</p> <p>Risks associated with gang crime</p> <p>The impact of prison</p> <p>The impact of drugs and alcohol</p> <p><b>Mental Health:</b></p> <p>How do I protect my mental health?</p> <p>Signs of emotional or mental ill-health</p> <p>Managing change, loss and grief</p> <p>Challenging stigma and misinformation</p> <p><b>Online Safety:</b></p> <p>Protecting yourself from identity fraud</p>	<p>Vaccinations and accessing health treatments</p> <p>Keeping ourselves healthy (self-examination)</p> <p>Future Finances</p> <p>Saving</p> <p>Investing</p> <p>Budgeting</p> <p>Personal Budgeting</p>
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\* Please note that lessons have been listed within categories and not necessarily in the order in which they are taught. Some topics are taught over more than one lesson.

\*\* Sex Education content