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| **SUBJECT: PSHE SECONDARY** | **PSHE CURRICULUM PLAN (Secondary)**  Planning toolkit to guide medium plans and quality assured resources for each theme can be found on the school network ( S:PSHE).  Doncaster School for The Deaf PSHE curriculum is guided by the PSHE association | | | | | | |
|  | **Relationships** | | **Living in the wider world** | | **Health and Wellbeing** | | |
| **Year 11** | **Communication in relationships**  Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse  **Recap previous**  PSHE Association - Teaching about consent  NSPCC - Making sense of relationships  Alice Ruggles Trust – Relationship safety | **Families**  Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships  **Recap previous**  PSHE Association – Family Life: Exploring relationships, marriage and parenting  Freedom Charity - FGM and Forced Marriage | **Next steps**  Skills for further education, employment and career progression  Meeting with careers advisor  CV / interviews  Barclays - Life Skills | College transitions  Summer term 2 | **Building for the future**  Future opportunities  **Recap of previous years learning/ causes and effects of stress and strategies**  PSHE Association - Mental Health and Emotional Wellbeing  PSHE Association - The Sleep Factor  RiseAbove – Dealing with change  RiseAbove – Exam stress | **Independence**  Responsible health choices, and safety in independent contexts  **Recap previous**  First aid /self checking  Movember - Happier, healthier, longer  British Red Cross – First Aid  British Heart Foundation – Call Push Rescue  NaCTSO - Run, hide, tell  Teenage Cancer Trust – What is cancer?  Coppafeel! – Breast cancer awareness | |
| **Year 10** | **Healthy relationships**  Relationships and sex expectations, myths, including the impact of the media and pornography  **Recap previous**  PSHE Association - Teaching about consent  NSPCC – Making sense of relationships  Home Office & GEO - Disrespect NoBody  Alice Ruggles Trust – Relationship safe | **Addressing extremism and radicalisation**  Communities, belonging and challenging extremism  PSHE Association – Inclusion, belonging and addressing extremism  TrueTube - “Extremists’ lesson plan | **Financial decision making**  The impact of financial decisions, debt, gambling and the impact of advertising on financial choices  Cifas – Anti Fraud Education  Demos & GambleAware - Resilience to gambling  National Crime Agency - Exploring Cybercrime  **Recap previous and look at debt.** | **World of work** / **Future**  Visits to places of work , employers , employability events and challenges  Visit to Colleges  Meeting with careers advisor  Barclays - Life Skills  **Recap previous years** | **Mental health**  Mental health and ill health. Signposting support and strategies  Repetition/ review of previous years learning  **PSHE Association - Mental Health and Emotional**  **Wellbeing**  **Movember - Happier, healthier, longer**  **Alzheimer’s Society - Creating a dementia-friendly**  **generation**  **Samaritans - DEAL** | **Exploring influence**  The influence and impact of drugs, gangs, role models and the media  **Recap Year 8 and 9**  Home Office - #knifefree  Medway Public Health - Gangs: Managing risks and staying safe  \*The PSHE Association will be releasing a drug and alcohol education programme in summer 2020 | |
| **PSD Link** | **Managing Social Relationships** | | **Managing Own Money**  **Community Action**  **Individual Rights & Responsibilities**  **Preparation For Work** | | **Healthy Living**  **Making the Most of Leisure Time** | | |
| **Year 9** | **Respectful relationships**  Families and parenting, healthy relationships, conflict resolution, and relationship changes ( signposting how to get support).  **Cumbria Council - Tackling homelessness**  **Coram Life Education – Adoptables Schools Toolkit**  **GEO - Anti-homophobic, biphobic and transphobic**  **bullying project** | **Intimate relationships (IMPORTANT)**  Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography  **PSHE Association - Teaching about consent**  **Medway Public Health Directorate –**  **Relationships and Sex Education**  **Home Office & GEO - Disrespect NoBody**  **NSPCC -Making sense of relationships**  **BBFC- Making choices: sex, relationships and**  **age ratings** | **Setting goals**  Career options and goal setting  Visits to places of work , employers, employability events and challenges  Meeting with careers advisor  **Barclays - Life Skills**  **Recap Y7 and Y8** | **Employability skills**  Employability and online presence  Enterprise Skills/ Enterprise Challenge and recap Y7 &8  Cifas -Anti-Fraud Education  Bank of England – EconoME  Barclays - Life Skills | **Healthy lifestyle**  Diet, exercise, lifestyle balance and healthy choices, and first aid (Inc testicular self examination )  **PSHE Association - The Sleep Factor RiseAbove- Sleep**  **RiseAbove – Exam stress**  **RSPH & the Health Foundation - Health from**  **here to where**  **Samaritans - DEAL**  **Movember - Happier, healthier, longer Teenage Cancer Trust – What is cancer? Coppafeel! – Breast cancer awareness** | | **Peer influence, substance use & gangs**  Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation  **Medway Public Health – Gangs: Managing risks**  **and staying safe**  **Home Office - #knifefree**  **RiseAbove – Alcohol**  **NaCTSO – Run, hide, tell**  **\*The PSHE Association will be releasing a drug and alcohol education programme in summer 2020** |
| **Year 8** | **Discrimination**  Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia  [GEO - Anti-homophobic, biphobic and transphobic](about:blank) [bullying project](about:blank)  [Dimensions - #ImwithSam](about:blank) | **Identity and relationships**  Gender identity, sexual orientation, consent, ‘sexting’, and an introduction to contraception  **PSHE Association - Teaching about consent**  **Medway Public Health Directorate – Relationships**  **and Sex Education**  **NSPCC - Making sense of relationships**  **BBFC- Making choices: sex, relationships and age**  **ratings**  **GEO - Anti-homophobic, biphobic and transphobic bullying project** | **Community and careers**  careers and life choices, and different types and patterns of work  incl: about employment, self-employment and voluntary work  how to set aspirational goals for future careers and challenge expectations that limit choices  **Barclays - Life Skills** | **Digital literacy**  Online safety, digital literacy, media reliability, and gambling hooks  Cifas - Anti-Fraud Education  Childnet – Crossing the line  Childnet – Trust Me  RiseAbove – Online stress and FOMO  RiseAbove – Body image in a digital world  National Crime Agency - Exploring Cybercrime  BBFC - Making choices: sex, relationships and age ratings | **Emotional wellbeing**  Mental health and emotional wellbeing, including body image and coping strategies  [**PSHE Association - Mental Health and Emotional**](about:blank)[**Wellbeing**](about:blank)  [**Movember - Happier, healthier, longer**](about:blank)[**RiseAbove – Dealing with change**](about:blank)  [**Rise Above – Online stress and FOMO**](about:blank)[**Media Smart - Body Image and Advertising**](about:blank)  [**Diana Award & ASOS - #MySenseOfSelf**](about:blank) | | **Drugs and alcohol**  Alcohol and drug misuse and pressures relating to drug use  [**RiseAbove - Smoking**](about:blank)[**RiseAbove - Alcohol**](about:blank)  **\*The PSHE Association will be releasing a drug and alcohol education programme in summer 2020** |
| **Year 7** | **Diversity**  Diversity, prejudice, and bullying  Incl: the signs and effects of all types of bullying, including online  [RiseAbove – Bullying and cyberbullying](about:blank)  [Childnet – Crossing the line](about:blank) | **Building relationships**  Self-worth, romance and friendships (including online) and relationship boundaries  PSHE Association - Teaching about consent  Medway Public Health Directorate – Relationships  and Sex Education  NSPCC - Making sense of relationships  RiseAbove – Forming positive relationships  BBFC- Making choices: sex, relationships and age ratings  Diana Award & ASOS - #MySenseOfSelf | **Developing skills and aspirations**  Careers, teamwork and enterprise skills, and raising aspirations (about a broad range of careers and the abilities and qualities required for different careers)  [Bank of England - EconoME](about:blank)  [Barclays - Life Skills](about:blank) | **Financial decision making**  Saving, borrowing, budgeting and making financial choices  Barclays - Life Skills  Bank of England - EconoME | **Health and puberty**  Healthy routines, influences on health, puberty, unwanted contact. The dangers of FGM and other enforced body mutilations such as circumcision, foot binding, breast binding, neck rings.  Incl:healthy lifestyle choices including diet, dental health, physical activity and sleep  [PSHE Association - The Sleep Factor](about:blank)  [Medway Public Health Directorate – Relationships](about:blank) [and Sex Education](about:blank)  [Freedom Charity - FGM and Forced Marriage](about:blank)  [FORWARD - FGM Schools Resource Pack](about:blank)  [RiseAbove - Puberty](about:blank)  [RiseAbove- Sleep](about:blank)  [Beyty - it’s perfectly natural](about:blank) | | **Transition and safety** (Autumn term)  Personal safety in and outside school, including first aid. Friendships  <https://riseabove.org.uk/article/dealing-with-change/>  [British Heart Foundation – Call Push Rescue](about:blank)  [British Red Cross – First Aid](about:blank) |
|  | **Relationships** | | **Living in the wider world** | | **Health and Wellbeing** | | |

**Core Careers/ living in the wider world :**

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| **Core KS4/ Y9** | Continue to develop an on-going curriculum vitae (CV) based on their achievements, experiences, interests and skills in order to enhance their employability.  Access and analyse realistic, impartial guidance on education/career/ work routes.  Understand, analyse and make decisions about individual pathways in education, training and work.  Visit colleges |
| **Core KS3** | Use a variety of sources to search for information about a range of work and learning opportunities.  Find out about the different types of work that are available and how work patterns are changing.  Describe your abilities, interests and skills.  List your achievements in and out of school.  Identify any obstacles to future plans and decide how they might be overcome |