



Shipston High: PSHE Curriculum



SHIPSTON VALUES AWARD

Achievement
Ambition
Learning
Respect



Careers
Students will prepare for the net steps – CV and interview techniques

Abusive relationships
Students will learn how to recognise warnings sign within relationships and how to access to assistance/support

Challenging prejudice and discrimination
Students will revisit issues covered in Yr 8 and consolidate their knowledge on racism and stereotypes

Emotional well-being
Students will learn about how to deal with stress and how to identify warning signs

Year 11

Sexual relationships
Students will explore the issues surrounding this topics, e.g. fertility

Mock Exams
To understand their role within society

Societal duties
To understand their role within society

Mock Exams
Look at the influences that individuals face and explore how pressures can be dealt with.

Social influences
Look at the influences that individuals face and explore how pressures can be dealt with.

Healthy living
Consolidation on leading an healthy and balanced lifestyle; considering the importance of sleep, diet and physical activity

HEALTHY LIVING

Human relationships
Students will learn about the different types of relationships people may be in and how to manage change within them

Future destinations
Students will explore the different careers paths, and the next step opportunities to assist in future decisions

Road safety
Students will identify the importance of road safety as a pedestrian and a driver and the implications of decisions made

Media influence
Students will look at the influence of the media on our lifestyle choices and the potential implications

Gender
Students will revisit the topic from Yr 9 and consolidate their understanding of different identities

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Year 10

LGBTQAI
Students will distinguish between the different identities. Explore the problems of gender stereotyping.

STIs
Students will explore the most common STIs and understand the need to use protection.

Pornography
Identify ways pornography can be harmful both at the moment and in the future for individuals.

Abusive relationships
Students will be taught to identify 'red flags'; of what abusive behaviour may look like in a relationship.

Eating disorders
Students will learn how to identify different eating disorders and their symptoms

Acid attacks
Students will learn how to treat acid attacks and the dangers of such substances.

Contraception
Greater elaboration of knowledge learnt in Yr 8 on how the valley changes from the upper to the lower course.

Child Sexual Exploitation
Students will identify the warning signs of CSE, and the necessary steps to report to the correct authorities.

Peer pressure
Students will look at strategies to resist peer pressure and understand the difficulties of it.

Body image
Correctly identify body image issues which can affect both men and women, look at the impacts of media.

Growth mindset
Identify the attributes of a fixed or growth mindset

Self-harm
Students will look at the characteristics of self-harm and how they can support sufferers.

Alcohol awareness
Students will explore the effects of alcohol on the body – mentally, physically and socially.

Managing anxiety
Students will learn ways of dealing positively with anxiety and how to reduce the symptoms.

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Year 9

Knife crime
Students will identify the consequences of knife crime and how we can promote no knife crime.

Drugs and the Law
Students will revisit drugs- the different classes, UK legislation and risks of illegal drug use.

Selfie safety
Identify the dangers of sharing images on the internet and the possible consequences.

Extremism
Students will look at leadership qualities of leaders and the possible implications for the nation

Radicalisation
Students will become familiar with how a group may be radicalised

Consent
Familiarisation of cases where consent has or has not been given

British values: Tolerance
Students explore the meanings of xenophobia, extreme nationalism and racism and the dangers to society

Radicalisation
Identify the common methods used to radicalise people and their extreme ideas.

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Racism/Stereotypes
Explore why stereotypes are wrong, look at peoples different traits

Sexting
Revisit the topic from Yr 7 to ensure thorough understanding and implications of the issue

Radical groups
Revisit the topic from Yr 7 to consolidate the knowledge of the different groups and their beliefs

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Teenagers
Look at the portrayal of teenagers in the media, explore the positives and negatives

Disability
Students will investigate the impact of the media on the public views of disabled people.

Mindfulness
Encourage students to practice mindfulness and how to deal positively with anxiety and stress

Self confidence and goals
Students will look at how boosters can aid in our achievement.

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Grooming
Look into the warning signs of grooming, what methods may be chosen and the consequences

Homophobia
Students will look at the issues the LGBT community face each day and how they overcome it

Vaping, nicotine and addiction
Students will identify the health problems caused and the links between addiction and nicotine.

Emotional literacy
Students will work on their sensitivity and self-awareness and how to apply it to situations

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Friendships
Students will explore how to develop genuine friendships

Bullying
Students will recognise the different types of bullying and the consequences

Radicalisation
Students will identify the different types of radical groups and the associated problems

Aspirations
Students will identify ways of achieving their full potential and aspirations

Prejudice and discrimination
Students will gain an insight into racism and stereotypes

Safe Social Media
Students will explore the negative internet uses

Positive relationships
Students will examine ways of maintaining safe and positive relationships through a variety of mediums

Sexting
Students will explore the dangers of sexting, legal consequences

Self-esteem
Identify ways students can help their self-esteem

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FGM
Students will be educated on FGM and the impacts

Mental health
Familiarisation of the mental health illnesses and their symptoms

Tobacco and alcohol
Students will explore the impacts of using tobacco and alcohol.

Healthy lifestyle
Students will look at the importance of leading a healthy lifestyle

Welcome to PSHE at Shipston High – the adventure starts here!

Puberty
Identify the changes both females and males experience during puberty

Drugs
Students will understand the difference in drugs – legal and illegal

Energy drinks
The impacts of energy drinks on the body and behaviour

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Year 7