

PSHEe Curriculum 2023-2024

If you have any questions about the Personal, Social, Health and Economic education (PSHEe) curriculum or would like to see examples of the booklets and PowerPoints that students use during lessons please email the Ms Tuptuk who is the Director of Humanities Faculty ntu@dukesacademy.org.uk

Why do we teach PSHEe?

PSHEe helps pupils to develop the knowledge, skills and attributes they need to thrive as individuals, family members and members of society. From making responsible decisions about alcohol to succeeding in their first job, PSHEe helps pupils to manage many of the most critical opportunities, challenges and responsibilities they will face growing up.

PSHEe helps pupils to stay healthy, safe and prepared for life – and work – in modern Britain.

When taught well, PSHEe also helps pupils to achieve their academic potential.

Why PSHEe is important to our school?

Today's school pupils are growing up in a world full of opportunities but with many risks and anxieties too. While some risk-taking behaviours, such as substance misuse, appear to be in decline, other – often linked – issues are emerging, particularly in relation to pupils' mental health, relationships and safety, both offline and, increasingly, online. PSHEe is the school subject which addresses pupils' personal safety and their mental health while preparing them for life and work in a changing world. There is huge demand for a kind of holistic, 'curriculum for life' from pupils, parents and business leaders and strong evidence that it boosts attainment and life chances, particularly amongst disadvantaged pupils.

At Duke's we strive to ensure our pupils are given the best opportunities. We aim to teach students how to keep themselves safe and healthy, how to manage academically, socially and personally in a positive way, now and in the future. We hope to give our pupils ways in which to become confident in managing decisions, viewpoints and how to work empathetically with others. To allow pupils to be positive and construction in communication skills.

Our wider aim is for pupils to grow to become successful and happy adults who make meaningful contributions to society. PSHEe helps to create better well-being among our pupils and therefore supports learning and achievements that are vital to their futures.

RSE and Health Education

The statutory guidance for RSE and Health Education came into effect in all secondary schools from 2020, including academies, free schools and independent schools.

In secondary education from September 2020:

Parents will **not** be able to withdraw their child from any aspect of Relationships Education or Health Education.

Parents will be able to withdraw their child (following discussion with the school) from any or all aspects of Sex Education, other than those which are part of the science curriculum, up to and until three terms before the age of 16.

After that point, the guidance states that 'if the child wishes to receive sex education rather than be withdrawn, the school should make arrangements to provide the child with sex education during one of those terms.'

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer
Year 7 An hour a week	Transition [7 lessons] <ul style="list-style-type: none"> Being New and Support in School Change and Managing Change Thriving in Secondary School My Personality and Unhelpful Thoughts Growth Mindset Loneliness and Connection What makes a Good Friend and Review of Topic 	Diversity, Prejudice and Bullying [6 lessons] <ul style="list-style-type: none"> My Identity: Rights and Responsibilities Diversity in Haringey Challenging Prejudice, Stereotype and Discrimination Signs and Effects of Bullying Responding to Bullying Am I normal and Review of Topic 	Healthy & Puberty [6 lessons] <ul style="list-style-type: none"> What is puberty? Emotional changes and how my brain works How I feel and Personal Hygiene Menstrual Cycle and Managing Periods Importance of exercise and Healthy Diet Importance of Sleep and Review of Topic 	Building Relationships [6 lessons] <ul style="list-style-type: none"> What is mental health? What is self-esteem? What is body image? Qualities and behaviours relating to different types of positive relationships How to recognise unhealthy relationships Consent and Review of Topic 	Financial Making <ul style="list-style-type: none">
Year 8 An hour a week	Risky Behaviour [7 lessons] <ul style="list-style-type: none"> Exploring Attitudes Around Drugs Drugs and the Law & Types of Drugs Consequences of Drug Use Alcohol, its Effects and Risk Tobacco, Influences and Risk Caffeine and Managing Influences Habits & Addiction and Review of Topic 	Discrimination [6 lessons] <ul style="list-style-type: none"> British Values & Equality Equality Act Negative Attitudes, Discrimination Sexual Bullying, Homophobic Bullying Large Scale Discrimination, Black Lives Matter Disablism and Review of Topic 	Relationships, Endings and Loss [6 lessons] <ul style="list-style-type: none"> Types of Relationships, Forming New Friendships Love? Compliment? Why Relationships End, Dealing with Breakups Divorce and Separation, Coping with Divorce as a Child Understanding Loss and Bereavement, How Grief Affects Behaviours Helping Others Cope with Grief and Review of Topic 	Careers and Financial Considerations [7 lessons] <ul style="list-style-type: none"> Equality of Opportunity in Life and Work Challenging Stereotypes and Discrimination Types of Employment House Prices Wages in London and Taxes What else do I need to pay? Credit and Debt and Review of Topic 	Digital Media <ul style="list-style-type: none">
Year 9 An hour a week	Introduction to Politics [7 lessons] <ul style="list-style-type: none"> Difference between Parliament and Government Main Political parties How is the Country Run? How is London Run? What do MPs do? Who can Represent me? Other Types of Political Systems Review of Topic 	Identity and Relationships [7 lessons] <ul style="list-style-type: none"> Healthy Relationships Commitment Sexual Orientation and Relationships Assumptions about Consent Sharing Sexual Images Toxic Relationships: Domestic Abuse and Violence Forced Marriage and Review of Topic 	Emotional Wellbeing [6 lessons] <ul style="list-style-type: none"> Attitudes to Mental Health Unhealthy Coping Strategies Pressures on Emotional Wellbeing Online Behaviour Online Pressures Promoting Emotional Wellbeing and Review of Topic 	Intimate Relationships [6 lessons] <ul style="list-style-type: none"> Relationships Expectations vs Reality Freedom and Capacity to Consent Respectful Relationship Behaviours STIs Contraception Ending of Relationships and Review of Topic 	Employment Financial <ul style="list-style-type: none">
Year 10 An hour a fortnight	Legal System of Great Britain [7 lessons] <ul style="list-style-type: none"> Law and Justice in the UK British Law Difference between Civil and Criminal Law Magistrates 	Financial Decision Making [7 lessons] <ul style="list-style-type: none"> My Finances and Expenses Money and Wages, What is Tax Financial Risks 	Mental Health and Self-Confidence [6 lessons] <ul style="list-style-type: none"> New Challenges Negative Thinking Patterns Recognising Mental Health Media Portrayal of Males Media Manipulation 	Exploring Influence and External Risks [6 lessons] <ul style="list-style-type: none"> Substance Use in the UK Possible Risks of Substance Use Managing Influences Sources of Support Risks and Consequences 	Health [6 ;less] <ul style="list-style-type: none">

	<ul style="list-style-type: none"> • Prisons in the UK • Purpose of Prisons • Young People and the Justice System and Review of Topic 	<ul style="list-style-type: none"> • Managing Risk • Gambling Behaviours • Financial Fraud • Social Engineering and Review of Topic 	<ul style="list-style-type: none"> • Improving Emotional Wellbeing 	<ul style="list-style-type: none"> • Getting Out and Review of Topic 	<ul style="list-style-type: none"> • • •
Year 11 An hour a fortnight t	External Pressures and Relationships [6 lessons] <ul style="list-style-type: none"> • Living Independently • Law around Consent • What do you Need? Effective Communication • Unwanted and Inappropriate Behaviours • Variations in Power • Exploited Victims 	Families and Relationships [7 lessons] <ul style="list-style-type: none"> • Conflict in Families • Long-Term Commitments • Legal Status of Relationships • Parenting of Young Children • Fertility and Infertility • Pregnancy Outcomes • Pregnancy Choices and Review of Topic 	KS5 Transition and Next Steps [5 lessons] <ul style="list-style-type: none"> • Dealing with Setbacks • Dealing with Exam Stress • Writing my CV [Computers needed] • Writing a Personal Statement [Computers needed] • Improving a Personal Statement [Computers needed] 	How to Reduce Stress [6 lessons] <ul style="list-style-type: none"> • Identify Stress • Improve your Lifestyle and Wellbeing • Managing Negative Influence on Lifestyle • Change and Grief • Importance of Sleep • Stress from Exams and Review of Topic 	