



Verulam School: Key Stage 3 CURRICULUM INFORMATION

Department: PSHE

Subject Leader: Mike Lewis

Subject Vision: The intent of PSHEE across all key stages at Verulam is to ensure students develop the necessary skills and attributes, which complement their academic abilities, to become well-rounded, highly effective participants in society. PSHEE incorporates and actively encourages the understanding and development of our school's core values as well as the contemporary values of living in modern Britain. Enabling students to empathise, support and encourage each other in any spiritual, moral, social or cultural setting.

	YEAR 7					
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Unit Title	<ul style="list-style-type: none"> Transition to secondary school Developing skills needed for school (teamwork) Healthy and Unhealthy Friendships Careers and enterprise skills, raising aspirations and challenging career stereotypes 	<ul style="list-style-type: none"> What do we mean by a healthy lifestyle? How can I keep healthy? Food groups, diet, and nutrition. Eating responsibly: Healthy Living – exercise and keeping active. Not eating healthily - consequences? 	<ul style="list-style-type: none"> Financial Literacy: What is my money personality? How can we budget our money? What are savings, loans and interest? What are the different types of financial institutions and transactions? What are wants and needs and why do we need to know the difference? 	<ul style="list-style-type: none"> Healthy and Unhealthy relationships Family relationships – the different types and why we don't always get along Love and relationships Puberty The importance of self-esteem 	<ul style="list-style-type: none"> Bullying or banter? Cyberbullying Positive relationships (on and off-line) How we can enjoy social media and keep our accounts safe and private What are drugs? (Class A, B and C) How can we manage our anger? 	<ul style="list-style-type: none"> Introduction to mental health issues – depression focus. FGM Personal identity Diversity Extremism and radicalisation What is stereotyping and prejudice? Racism focus

	YEAR 8					
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Unit Title	<ul style="list-style-type: none"> Managing my behaviour to achieve targets and goals Careers + development focus - communication and teamwork skills Entrepreneurs Target setting – how can I improve my skills and behaviour? 	<ul style="list-style-type: none"> Self-confidence + achievement Personal safety and first aid. Mindfulness and Mental Health Emotional literacy + self-awareness in our actions Body image and coping strategies What is vaping and is this as bad as smoking? 	<ul style="list-style-type: none"> Income and expenditure Budgeting and saving personal finances National insurance and income tax and reading payslips Understanding Tax 	<ul style="list-style-type: none"> Safe sex and + different forms of contraception Good sexual health Consent and why is it important we know about it Sexting and why is it so risky to send personal images Pornography and why can it be dangerous Why do teenage parents have it so tough? How we can avoid teenage pregnancy Domestic conflict – why do people run away from home and why is this so dangerous? 	<ul style="list-style-type: none"> Stereotyping, discrimination and prejudice: Disability focus, Teens and the media focus and then religion focus Radicalisation and recognising the signs of extremism Extremist groups and why they are so dangerous Where does extremism come from How do religious extremists attract converts? Islamophobia – do Muslims really want Sharia Law in Britain Body image and the media part 1 with a focus on boys 	<ul style="list-style-type: none"> Internet Safety – what is online grooming and why must we be so careful? How can we care for our environment and why is it changing? (2 hours) How can British Values teach us tolerance and respect for others?

	YEAR 9					
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Unit Title	<ul style="list-style-type: none"> • The need to keep to rules in order to succeed • Interpersonal skills • Self-discipline and the link with achieving our aims at school and in the wider world • Growth Mindset • Employability Skills 	<ul style="list-style-type: none"> • Skills needed for the work environment • Enterprise and Entrepreneurs • Mental health – how can I deal with anxiety? • Self-harm 	<ul style="list-style-type: none"> • GCSE Options focus • Managing the stress of school and exams • The LGBT+ community • Domestic violence and abusive relationships • Healthy and unhealthy relationships. • Peer-pressure and why is it so powerful 	<ul style="list-style-type: none"> • Borrowing Money • Rights for shoppers and consumers • Being financially savvy and avoiding debt • How is tax raised and spent by the government? • Acid attacks – why are these on the increase and what can we do if we witness one? • Body Image and the Media 	<ul style="list-style-type: none"> • Criminal Justice – what happens when a crime is committed and how the youth justice system works • How does knife crime impact on our communities, why do teens get involved and what are the consequences? (2 hours) • Illegal drugs and what the law say about drug use • Short and long-term consequences of excess alcohol drinking • Selfies – the harm that they can cause 	<ul style="list-style-type: none"> • Immigration and diversity focus • CSE – explaining exploitation • Respect and celebrating British values • HIV and AIDS • British Values • Why some people can't access education • Aid and foreign countries • Human rights abuses and atrocities • The work of UNICEF and other charities