



Verulam School: Key Stage 3 CURRICULUM INFORMATION

Department: PSHE

Subject Leader: Mike Lewis

Subject Vision: The intent of PSHE 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. PSHE 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	Health and Wellbeing <ul style="list-style-type: none"> How to manage the challenges of moving to a new school How to identify, express and manage their emotions in a constructive way (blob man!) How to establish and manage friendships How to see the difference between healthy and unhealthy friendships How to improve study skills and understand the skills you have now 	Living in the Wider World <ul style="list-style-type: none"> What your learning style is and why it is important to know it What are the skills needed for school? How to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity (skills needed for different jobs) About a broad range of careers and the abilities and qualities required for different careers 	Relationships <ul style="list-style-type: none"> The signs and effects of all types of bullying, including online How to respond to bullying of any kind, including online (cyberbullying) How to keep safe on and off-line About living in a diverse country How to challenge prejudice, stereotypes and discrimination 	Health and Wellbeing <ul style="list-style-type: none"> How to make healthy lifestyle choices including diet, dental health, physical activity and sleep How to keep personal hygiene How to manage influences relating to caffeine, smoking and alcohol about FGM and how to access help and support Understanding a bit more about our changing bodies and puberty Mental Health and Emotional Wellbeing 	Relationships and Finance <ul style="list-style-type: none"> Why do we need self-esteem? how to evaluate expectations for romantic relationships Families and the different types About consent, and how to seek and assertively communicate consent 	Living in the Wider World <ul style="list-style-type: none"> Why bank accounts are important to keep your money safe The importance of budgeting How to pay for things The advantages and disadvantages of debit and credit cards

	<ul style="list-style-type: none"> How to identify personal strengths and areas that you'd like to improve (self-development and values) How to be road safety aware and to respond in an emergency situation and deliver basic first aid 	<ul style="list-style-type: none"> About equality of opportunity How to challenge stereotypes, broaden their horizons and how to identify future career aspirations About the link between values and career choices 				
Assessment	Short written assessment at the end of each booklet.					
YEAR 8						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Unit Title	Health and Wellbeing <ul style="list-style-type: none"> Understanding the link between positive behaviour management and attitudes to success at school and in future life About medicinal and recreational drugs How drugs affect the body About the dangers attached to the over-consumption of energy drinks About the dangers of smoking and alcohol 	Living in the Wider World <ul style="list-style-type: none"> About different types of employment Skills needed for careers – communication skills Skills needed for careers – teamwork skills Skills needed for careers – entrepreneurial skills How to set aspirational goals for future careers and challenge expectations that limit choices (personal development planning) 	Relationships <ul style="list-style-type: none"> How to manage influences on beliefs and decisions How to develop self-worth and confidence Stereotyping and discrimination based on disability and age Stereotyping and the LGBTQ+ community How to recognise and challenge homophobia and biphobia How to recognise and challenge racism and discrimination based on religious About gender identity, transphobia and gender-based discrimination 	Health and Wellbeing <ul style="list-style-type: none"> About daily wellbeing and mindfulness About the importance of Self-Awareness How to manage emotions (anger management) About issues relating to mental health with a focus on self-harm Body Image and unhealthy coping strategies About attitudes towards mental health and how to challenge misconceptions and stigma www.walkinourshoes.org 	Living in the Wider World <ul style="list-style-type: none"> About the power of digital footprints Internet Safety – what is online grooming and why must we be careful Why are xenophobia, racism and extreme nationalism so dangerous to Britain? Examining Scapegoats and Islamophobia Extremism and where it comes from (cult of leadership) age restrictions when accessing different forms of media and how to make responsible decisions 	Relationships <ul style="list-style-type: none"> Relationship Values About the law in relation to consent Influences on relationship expectation and about the risks of 'sexting'. How to assess and manage risks in relation to gambling and chance-based transactions

	<p>and e-cigarettes (vaping)</p> <ul style="list-style-type: none"> • About the dangers of prescription medications and how to use them safely • How to manage influences in relation to substance use 					
Assessment	Short written assessment at the end of each booklet.					
	YEAR 9					
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Unit Title	<p>Living in the Wider World</p> <ul style="list-style-type: none"> • How to be aspirational students and reach our full potential • What SMART targets are • About transferable skills, abilities and interests • How to conduct basic research into different 	<p>Health and Wellbeing / Relationships</p> <ul style="list-style-type: none"> • The qualities of a good friend and the effects of being a bystander • Peer Pressure and why it is so powerful • How to communicate assertively • Different types of behaviour - passive, aggressive and assertive • Knife crime and its impact 	<p>Living in the Wider World</p> <ul style="list-style-type: none"> • What to consider when making GCSE subject choices • What interpersonal skill are and why they're an important soft skill • Employability and work skills – what skills would an employer want you to have? • Work skills, soft skills and the work environment • Skills for enterprise and employability 	<p>Health and Wellbeing / Relationships</p> <ul style="list-style-type: none"> • What makes a respectful relationship • About readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex • About the continuous right to withdraw consent and capacity to consent • The different STIs and how you can keep good sexual health • Different methods of 	<p>Living in the Wider World</p> <ul style="list-style-type: none"> • Financial Literacy – borrowing money • How to be financially savvy and avoid debt • Financial literacy – tax 	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • The impact of social media and selfies • The relationship between physical and mental health • Making independent choices about healthy living (focus on diet and exercise) • Domestic conflict – why do young people run away from home? • Conflict resolution strategies

	<p>types of employment and career pathways</p> <ul style="list-style-type: none"> • How to make important decisions about your education and your career • How to work towards aspirations and set meaningful, realistic goals for the future 	<ul style="list-style-type: none"> • About the legal and physical risks of carrying a knife • About the risks and the law when it comes to drugs • The dangers attached to alcohol • The danger of smoking and vaping • To manage risk in relation to gangs • How the law deals with young offenders • Knife crime activity – bullying and its impact 	<ul style="list-style-type: none"> • How to manage your 'personal brand' online • How to secure personal information online • How to identify and access support for concerns relating to life online • What are your employment rights (a 5 minute reading activity) 	<p>contraception</p> <ul style="list-style-type: none"> • The dangers attached to sexting and pornography • About the consequences of unprotected sex, including teenage pregnancy 		<ul style="list-style-type: none"> • How to manage a relationship breakdown
Assessment	Short written assessment at the end of each booklet.					