



Verulam School: Key Stage 4 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 10					
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 challenges during adolescence – what it feels like to become a GCSE a student • Mental Health (part 1) The Ask Twice campaign • Mental Health (part 2) charting the year of a GCSE student (highs and lows) • How to reframe negative thinking traps • Mental Health – Depression focus – Man Down 	Living in the Wider World <ul style="list-style-type: none"> • British Values – how does the criminal justice system work? • What is the purpose of sentencing? • What is the impact of crime? • Gangs and county lines • What is money laundering and why are some students taken in by this crime? 	Relationships <ul style="list-style-type: none"> • About relationship values and the role of pleasure in relationships • How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours • About sex and gender and same sex relationships (LGBTQ+) • Child Sexual Exploitation (CSE) What is it? • CSE Part 2 – How can we recognise CSE and how easily can it happen • Risky online relationships 	Health and Wellbeing <ul style="list-style-type: none"> • Healthy or Unhealthy relationships with our role models • About the media's impact on perceptions of gang culture • County Lines – how young people are being exploited • The effects of alcohol and other drugs on personal safety • Substance use and managing influence • How drugs and alcohol affect decision making • How to seek help for substance use and addiction 	Relationships <ul style="list-style-type: none"> • The way immigrants have contributed to British society • Learn about the Equality Act 2010 and the 9 protected characteristics • What misinformation and disinformation are • How to recognise and respond to extremism and radicalisation • Criminal Justice and the purpose of sentencing 	Living in the Wider World <ul style="list-style-type: none"> • Preparing for work experience • About responsibilities in the workplace • How to manage practical problems and health and safety • How to maintain a safe online presence • How to evaluate strengths and interests in relation to career development • Understanding how careers can follow different pathways

	<ul style="list-style-type: none"> • Mental Health research – learning about a range of mental health conditions • Social Anxiety and how it can be managed 		<ul style="list-style-type: none"> • how to recognise and challenge victim blaming • Revenge Porn • Domestic Abuse 			
Assessment	Short written assessment at the end of each booklet.					
YEAR 11						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Unit Title	Living in the Wider World <ul style="list-style-type: none"> • Time Management • Study skills and effective revision techniques and strategies • Working towards careers involving STEM subjects • Your digital footprint and how it relates to careers • Work Experience Review • Year 11 Careers and Post 16 preparation using online resources • What employers are looking for in a CV • Skills Audit • Plans beyond school: Applying to University or College • Interview Skills • How to set and achieve SMART targets • How to create a 	Health and Wellbeing <ul style="list-style-type: none"> • Independent living • How to develop self-efficacy, including motivation, perseverance and resilience • Why sleep is important • Different strategies to manage stress (DEAL Film Clip on resilience) • Why happiness and positivity are so important to our health • Stress management strategies, including maintaining healthy • sleep habits • Self-Concept: What is your perception of yourself? 	Relationships <ul style="list-style-type: none"> • Core values and emotions (NSPCC Resource) • Gender identity, gender expression and sexual orientation (LGBTQ+) • Managing relationship conflict • How to challenge harassment and stalking, including online • Different types of relationship abuse • How to access support in abusive relationships and how to overcome challenges in seeking support • How to handle unwanted attention, including online 	Health and Wellbeing <ul style="list-style-type: none"> • How to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations) • What are positive and negative risks and how we can me better decisions • Emergency first aid skills • About the importance of screening and how to perform self-examination (testicular cancer) • Mental Health - Movember • About vaccinations and immunisations • About blood, organ and stem cell donation • How to register with and accessing doctors, sexual health clinics, opticians and other health services • Do we need to worry about body piercings and tattoos 	Relationships / Living in the Wider World <ul style="list-style-type: none"> • Different types of families and changing family structures • How to evaluate readiness for parenthood and positive parenting qualities • Sexual health, fertility and routes to parenthood • Unplanned pregnancy options, including abortion • Managing tough times: dealing with grief and bereavement • 'Honour based' violence and forced marriage and how to safely access support (Medway Parent Resource) • Financial Risks • Moving on from school – University finances • Moving on from school – Apprenticeships, 	N/A

	work/life balance • What is privilege and how does it affect our lives?				Employment and being self-employed	
Assessment	Short written assessment at the end of each booklet.					