

# PSHE at The Burgate School & Sixth Form



## Students will learn about and explore:

### Health & Wellbeing

Our Aspirations and Self Esteem

Unique & different skills and qualities

Healthy Living and Lifestyle

Active and outside equals positive mental health

Healthy Eating and good dental hygiene

Good mental health & healthy eating and the importance of good oral health

Drug Education

Positive & negative influences of drugs in society. Myths, misconceptions & social norms

Puberty and the developing teenage body

The changes that are a typical part of the teenage mindset and body

Positive Mental Health

Strategies to support good mental health and coping strategies

## Students will learn about and explore:

<b>Relationships</b>	Racism and stereotypes Family, marriage, and civil partnerships Positive Friendships & Safe Relationships Personal Identity & Diversity Equality vs equity	The impact of stereotypes, prejudices & discriminations The legal, social & emotional commitment and the diversity in "families" Healthy, and unhealthy friendships, including online, & the consequences of poor choices Champion being an upstander not a bystander
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## Students will learn about and explore:

<b>Living in the Wider World</b>	A resilient learner  Road Safety  Budgeting and saving money  Bullying and Behaviour online	Types of learners and how to learn best  Being safe on the roads and pavements and potential distractions  Values & attitudes related to our personal finances and debt  Personal values and boundaries defining bullying and online behaviour The importance of trusting relationships and behaviours that undermine trust
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## Students will learn about and explore:

### Health & Wellbeing

The environment

Healthy Living and Lifestyle

Wellbeing and positive mental health

What do we mean by self-awareness?

Skin cancer awareness

Respect for our planet and consumerism

Active and outside equals positive mental health and positive body image

Managing emotions

Mindfulness & relaxation strategies

Staying safe in the sun

## Students will learn about and explore:

<b>Relationships</b>	<p>Gangs and Crime</p> <p>Respect for self, respect for others</p> <p>Aggressive vs Assertive behaviour</p> <p>Loss and Bereavement</p> <p>Unacceptable prejudice based language &amp; behaviour</p> <p>Extremism and Radicalisation</p>	<p>Gang cultural and the social, legal and physical consequences of joining a gang</p> <p>Forming &amp; maintaining respectful relationship and developing team building skills</p> <p>Developing good communication skills of listening, negotiation &amp; compromise</p> <p>Managing loss, separation, divorce &amp; bereavement</p> <p>Promoting inclusion and challenging discrimination, including online</p> <p>Recognising extreme or coercive behaviours</p>
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## Students will learn about and explore:

<b>Living in the Wider World</b>	Finance and Budgeting Bullying and Behaviour online (e-safety)	The social & moral dilemmas of money and the influences of advertising & peers Different media & digital content and online exploitation & negative influences
<b>Careers</b>	Careers and Pathways Personal Development (Targets and Goals)	Skills & attributes employers value - learning for life Aspirational goals setting and embracing opportunities

## Students will learn about and explore:

<b>Health &amp; Wellbeing</b>	First Aid	Risk and managing personal safety
	Healthy Living and Lifestyle	Active + outside = positive mental health
	Alcohol awareness	The myths, misconceptions, social norms and cultural values relating to alcohol
	Drugs and the law	The law around supply, use and misuse of legal and illegal substances.
	Healthy & Unhealthy Relationships	The importance of valuing deep personal relationships Sexual consent & the consequences of external influences/pressures



## Students will learn about and explore:

### Relationships

Coping with Christmas

Supporting others at Christmas

Peer Pressure and risky behaviours

Recognising the positive & negative influences of peer pressure

Social Media & Body image

The causes & triggers for unhealthy coping strategies

Strategies promoting positive wellbeing

Positive engagement with support and self-help strategies

## Students will learn about and explore:

<b>Living in the Wider World</b>	<p>The world of work</p> <p>Online safety &amp; excessive online gaming</p> <p>County Lines - Knife Crime</p> <p>Bullying and Behaviour online</p>	<p>Different routes in to work &amp; other vocational and academic opportunities</p> <p>Risks associated with excessive online gaming and social influences</p> <p>Key terms such as County Lines, Child Criminal Exploitation &amp; Knife Crime</p> <p>Promoting social inclusion &amp; reporting inappropriate content</p>
<b>Careers</b>	<p>Aspirations &amp; Goal Setting</p>	<p>Meaningful encounters with employers and employability skills</p>

## Students will learn about and explore:

<b>Health &amp; Wellbeing</b>	Keeping & staying safe  Healthy Living and Healthy Lifestyle  Binge Drinking  Managing time effectively and study skills	Key terms: Harmful Sexual Violence and sharing of nude or semi nude images  Active + outside = positive mental health.  The impact on the mental and physical of individuals & families /identifying risk  How to prioritise
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## Students will learn about and explore:

<b>Relationships</b>	Rights, Responsibilities & Equality	Understanding persuasion or coercion and how to respond
	The Criminal Justice system	“Honour-based” abuse and the consequences for individuals and wider society
	LGBT+ and positive healthy relationships	Diversity in romantic and sexual attraction & developing sexuality
	Parenting and Family	The characteristics & benefits of strong, positive relationships, mutual support, trust, respect & equality

## Students will learn about and explore:

<b>Living in the Wider World</b>	Online Safety  Fake news & media awareness  Online behaviours  Charities - raising money or awareness	Creating & sharing content online and targeted marketing & advertising  Challenging all forms of prejudice & discrimination  Strategies to critically assess bias, reliability and accuracy in digital  Local and global charities and their influence
Careers	What is my Who? Who do I want to be?  Preparing for the Mock Interview	Employability skills, strengths, interests and qualities  Research the opportunities available and challenge stereotypes about particular career pathways

## Students will learn about and explore:

<b>Health &amp; Wellbeing</b>	<p>Sleep hygiene and relaxation</p> <p>Gambling, Addiction and online gaming</p> <p>Obesity/Body Image</p> <p>Physical Health, the early signs of serious illness</p> <p>Healthy Living and Lifestyle</p>	<p>Good sleep hygiene and the link to good mental health</p> <p>Recognising the warning signs of poor choices and bad habits</p> <p>Making informed decisions around healthy lifestyle choices</p> <p>Becoming a confident user of the NHS and to support early intervention</p> <p>Active + outside = positive mental health</p>
<b>Relationships</b>	<p>Unhealthy Relationships</p>	<p>Impact of attitudes towards sexual assault and to challenge victim-blaming</p> <p>Exploring different motivations and contexts in which sexual images are shared</p>

## Students will learn about and explore:

<b>Living in the Wider World</b>	<p>GCSE Study skills</p> <p>Challenging extreme viewpoints online</p> <p>Homelessness</p> <p>Volunteering &amp; NCS</p>	<p>Studying for success &amp; maintaining motivation</p> <p>The shared responsibility to challenge extreme viewpoints that incite violence or hate</p> <p>Challenging the stigma and raising awareness</p> <p>Valuing the importance of giving your time to others</p>
<b>Careers</b>	<p>Applying for college (Post 16 opportunities)</p>	<p>Exploring your next steps in education, training and employment</p> <p>Evaluating personal strengths and areas of development</p>

## Students will learn about and explore:

<b>Health &amp; Wellbeing</b>	Male Health - both physical and mental  Addiction and substance misuse  First Aid  Cancer Awareness  Healthy Living and Lifestyle / Relaxation  Looking after yourself & others	Exploring male health - Is it talked about?  Alcohol and drug use on road safety, work place safety, reputation and career.  Taking responsibility, irrespective of any legal implications  Taking responsibility - sun safety, breast & testicular awareness and self examination and cervical screening Active + outside = positive mental health / using effective strategies to self sooth  Risk & personal safety (travelling / festivals) / Managing a budget
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## Students will learn about and explore:

<b>Relationships</b>	Sex, Relationships and Society  Love and Lust  Date Rape & Sexual Assault  Forced marriages & 'honour'based violence	New relationships & constructive dialogue to support and negotiate difficulties  Degrees of emotional intimacy in relationships and the role of pleasure  The moral and legal responsibilities around consent, sexual abuse and exploitation, assault or rape. Male and female perspectives Recognising unhealthy relationships and how to seek help
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## Students will learn about and explore:

<b>Living in the Wider World</b>	Employment rights Social Justice issues Bullying and Behaviour online	Understanding rights and responsibilities in part time jobs / the "gig economy"  Understand how social media can expand, limit or distort perspectives.  Blackmail online, the impact and exit strategies
<b>Careers</b>	Apprenticeships, Careers and Employment Options	Realistic yet ambitious career and life goals matched to personal values, interests, strengths and skills.

## Students will learn about and explore:

<b>Health &amp; Wellbeing</b>	<p>Sex and the media / Body image</p> <p>Emotional wellbeing throughout life</p> <p>Healthy Living and Lifestyle</p>	<p>Idealised body images, body enhancement &amp; alteration. Pressures to conform Healthy strategies to manage this pressure.</p> <p>Maintaining a healthy work life balance for life</p> <p>Active + outside = positive mental health</p>
<b>Relationships</b>	<p>Cultural Diversity</p> <p>Contraception &amp; Parenting</p> <p>Knife Crime / Gang Culture</p> <p>Positive Healthy Relationships through Music and Art</p>	<p>Celebrating cultural diversity, promoting inclusion &amp; challenging prejudice and discrimination</p> <p>Understanding the implications of unintended pregnancy and young parenthood</p> <p>Strategies to recognise, de-escalate and exit aggressive social situations</p> <p>Using music &amp; art to recognise and challenge unhealthy &amp; negative relationships.</p>

## Students will learn about and explore:

<b>Living in the Wider World</b>	<p>Personal finance, loans, budgeting &amp; debt</p> <p>Revision &amp; Learning skills</p> <p>Social Justice issues</p> <p>Healthy Eating on budget</p> <p>Maintaining motivation</p>	<p>Longer term planning expenditure &amp; budget. Savings and financial contracts</p> <p>Time &amp; task management</p> <p>How social media can expand, limit or distort perspectives. Being a good person, including online</p> <p>Maintaining a healthy diet on a budget</p> <p>Goal setting</p>
<b>Careers</b>	<p>Personal Skills &amp; Qualities</p>	<p>Identifying and evidencing strengths and skills</p> <p>The implications of the global market and future opportunities</p>