CURRICULUM ROADMAP - Nursery to Year 13 PSHE & Citizenship



GDST

Year 13 (SPR) •

Intimate relationships: personal values, including in relation to contraception and sexual health, fertility, pregnancy Financial choices: managing money, financial contracts, budgeting, saving, debt, influences on financial choices

Year 12 (SUM)

Respectful relationships: strategies for managing dangerous situations or relationships Honour based violence Health choices and safety: independence and keeping safe, travel, first aid

Year 12 (AUT)

Mental health and emotional wellbeing: managing stress, body image, healthy coping strategies

Year 11 (SPR) •

Equality and diversity: what are the protections of the 2010 equality act, diversity in sexual attraction Changing relationships: dealing with grief, managing change in relationships, unwanted attention

Year 10 (SUM)

Coercive behaviour: recognising how abusive relationships take place and how to get help with getting out of one, honour killings and forced marriages Building resilience: how to control stressors and developing strategies for emotional well being

Year 10 (AUT)

Thinking of the future: expectations of GCSE, SMART target setting, avoiding procrastination, blood and organ

What makes us human? Freedom of humans to make moral decisions, why does society need punishment,

resisting peer pressure

donation in the future

Year 9 (SPR) Drugs and alcohol: alcohol and its impact, the difference between dependence and addiction, the impact of drugs on the life of the user Health and well being: how to do self-care and be aware of changes in the body that

Year 8 (SUM) (

Coping with difficult situations: this topic covers bereavement, breakdowns in relationships, gender identity & FGM

Finance: understanding credit & debt and how to avoid these issues

may indicate illness, accessing healthcare, effects of gambling on the life of a person

Year 8 (AUT)

Healthy bodies: healthy body image & the impact of social media, awareness of legal highs & the dangers of smoking and vaping Healthy relationships: how to recognise when a relationship becomes unhealthy and where to go to get help; understand the dangers of sharing images and details online

Year 7 (SPR)

Drugs awareness: what is a drug, how do we avoid peer pressure, volatile substances Relationships: defining relationships, different family types, my relationship with others, stereotyping Social media: its impact on mental wellbeing

Year 6 (SUM)

Mental health & emotional wellbeing: Healthy minds What mental health is; what can affect mental health; some ways of dealing with this; some everyday ways to look after mental health; the stigma & discrimination that can surround mental health Keeping safe & managing risk: keeping safe out and about

Feelings of being out & about in the local area with increasing independence; recognising/responding to peer pressure; consequences of anti-social behaviour (incl. gangs/gang related behaviour)

FGM: the importance for girls to be protected against FGM Year 6 (AUT)
Sex & relationship education: Healthy relationships / How a baby is made The changes that occur during puberty; consider different attitudes/values around gender stereotyping/sexuality; consider their origin/

impact; what values are important to them in relationships; to appreciate importance of friendship in intimate relationships; human

reproduction in context of the human lifecycle; how a baby is made & grows (conception & pregnancy); roles & responsibilities of carers & parents; to answer each other's questions about sex & relationships with confidence; where to find support & advice when they need it.

Optional additional lessons: myths/misconceptions about HIV, who it affects & how it's transmitted; how to reduce the risk of HIV; that contraception can be used to stop a baby from being conceived Identity, society & equality: Human Rights People who have moved to the local area from other places (incl. the experience of refugees); human rights; the UN Convention on the Rights **Year 5** (SPR)

Keeping safe & managing risk: When things go wrong Keeping safe online; that violence within relationships is not acceptable; about problems that can occur when

someone goes missing from home Mental health & emotional wellbeing: Dealing with feelings

About a wide range of emotions/feelings; how these are experienced in the body; times of change; how this can make people feel; feelings associated with loss, grief & bereavement

Sex and relationship education: Growing up and changing

The way we grow/change throughout the human lifecycle; physical changes associated with puberty; menstruation; wet dreams; impact of puberty in physical hygiene; strategies for managing this; how puberty

affects emotions/behaviour; strategies for dealing with the changes associated with puberty; strategies to deal with feelings in context of relationships; to answer each other's questions about puberty with confidence; to seek support/advice when they need it

Year 4 (AUT)

Identity, society and equality: Democracy Britain as a democratic society; how laws are made; learn about the local council Drug, alcohol & tobacco education: Making Choices

That there are drugs (other than medicines) that are common in everyday life; why people choose to use them; about the effects/risks of drinking alcohol; about different patterns of behaviour related to drug use Asthma lesson: that medicines can be used to manage/treat medical conditions such as asthma and that it is important to

follow instructions for their use Year 3 (SPR)

Mental health & emotional wellbeing: Strengths and Challenges Celebrating achievements; setting personal goals; dealing with put-downs; positive ways to deal with set-backs

Identity, society and equality: Celebrating Difference Valuing the similarities/differences between themselves and others; what is meant by community; about

belonging to groups

Keeping safe & managing risk: Indoors and outdoors Keeping safe in the home, including fire safety; keeping safe outside; road safety Drug, alcohol and tobacco education: Medicines and Me

Why medicines are taken; where medicines come from; keeping ourselves safe around medicines Asthma lesson: that medicines can be used to manage/treat medical conditions such as asthma and that it is important to

follow instructions for their use

Year 2 (AUT)

Eating well; importance of physical activity, sleep & rest; people who help us stay healthy & well; basic health and hygiene routines Mental health & emotional wellbeing: Friendship

Importance of special people in our lives; making friends; who can help with friendships; solving problems that might arise with friendships

Year 1 (SPR)

Identity, society and equality: Me and Others What makes us and others special; roles & responsibilities at home & school; being co-operative with others

<u>Drug, alcohol & tobacco education: What do we put into & on to bodies?</u> What can go into bodies and how it can make people feel

Physical health and wellbeing: What keeps me healthy?

What can go on to bodies and how it can make people feel

Reception (SUM)

Never Giving Up **Building resilience** Recognising and controlling my emotions Developing a positive attitude to learning

Preparing for change

Being part of a team

Celebrating Me—Celebrating Differences

Recognising my own abilities Reception (AUT)

Personally hygiene Following classroom rules and having responsibility Recognising similarities and differences between families

How to be a good friend and resolve conflict peacefully Giving to others and being grateful Staying safe - road safety and firework safety

Nursery (SPR) Continue sharing and listening to peers

Easter: new life/beginnings/bulbs/baby animals Plants & Growth: what do we need to grow and why?

Year 13 (SUM)

New friendships and relationships, including in the workplace, personal safety, intimacy, conflict resolution, relationship changes

Year 13 (AUT)

Independence: responsible health choices, health and wellbeing including sexual health into adulthood

Year 12 (SPR)

Diversity and inclusion: living in a diverse society, challenging prejudice and discrimination Rights and responsibilities: employment rights, media literacy Respectful relationships: consent, positive relationships and recognising abuse

Year 11 (SUM)

Staying safe: drugs and alcohol recap, safety at festivals; drugs, tattoos, sexual health sexual abuse, sun protection

Year 11 (AUT) Fertility choices: how can people become parents including fostering and adoption, what affects fertility

Issues surrounding pregnancy: pregnancy choices, what might affect them, IVF and genetic engineering

Year 10 (SPR) Ethics of medicine: the impact of cosmetic surgery, choices on abortion and disabilities, allowing technology to impact the world

Radicalisation and Islamophobia

Year 9 (SUM) Bullying, violence and extremism: how to deal with sexual bullying, e.g. catcalling, online abuse, how to live in a diverse society, dealing with issues of prejudice and discrimination, how to challenge bullying

Year 9 (AUT) You and your body: understanding issues with menstruation, what happens to the body during pregnancy, contraception and consent in relationships

Managing expectations in relationships: developing self worth, challenging media stereotypes of what a

Finance: making safe financial choices, ethical business practices, being at risk of scams

relationship should look like

Year 8 (SPR) Something's not right: this topic covers consent, grooming and how to deal with unwanted attention

Year 7 (SUM) Personal health and safety: how to take care of our bodies, how to protect yourself when you are in public, what

to do when you feel unsafe, basic first aid

Healthy coping strategies: how to deal with issues of self harm

Finance: understanding saving and borrowing, keeping to a budget

Year 7 (AUT) Transition: dealing with a new school, setting goals for our work, how to be successful in Senior School

Healthy minds: what is mental health and why is it important? Promoting emotional resilience, healthy coping

strategies, mindfulness (The Positive Project)

Year 6 (SPR) Drug, alcohol & tobacco education: Weighing up risk

Risks associated with using different drugs, incl. tobacco & nicotine products, alcohol, solvents, medicines, other legal/illegal drugs; assessing the level of risk in different situations involving drug use; ways to manage risk in

situations involving drug use

Year 5 (SUM)

Drug, alcohol & tobacco education: Different influences Risks associated with smoking drugs, incl. cigarettes, e-cigarettes, shisha & cannabis; different influences on drug

use: alcohol, tobacco & nicotine products; strategies to resist pressure from others about whether to use drugs -

Careers, financial capability and economic wellbeing: Borrowing & earning money That money can be borrowed but there are risks associated with this; about enterprise; what influences people's

decisions about careers Year 5 (AUT)

Physical health and wellbeing: In the media

That messages given on food adverts can be misleading; about role models; how the media can manipulate images; that these Identity, society and equality: Stereotypes, discrimination & prejudice (incl. tackling homophobia) Stereotyping, incl. gender stereotyping; workshop or other work on diverse role models/equality; prejudice and discrimination and

Growing up and changing Learn about physical changes associated with puberty, incl. menstruation, the affect of puberty on emotions, behaviour and how to maintain good hygiene habits **Year 4** (SPR)

Physical health and wellbeing: What is important to me? Why people may eat/avoid certain foods (religious, moral, cultural, health reasons); other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality); importance of getting enough sleep Keeping safe & managing risk: Playing Safe

How to be safe in their computer gaming habits; keeping safe near roads, rail, water, building sites, fireworks; what to do in an emergency; basic emergency first aid procedures

Year 3 (SUM)

Careers, financial capability and economic wellbeing: Saving, spending & budgeting What influences people's choices about spending & saving money; how we can keep track of our money; about

Physical health and wellbeing: What helps me choose? active and some of the challenges of this

Making healthy choices about food & drinks; how branding can affect what foods people choose to buy; keeping

Year 3 (AUT)

<u>Drug, alcohol & tobacco education: Tobacco is a drug</u> Definition of a drug; that drugs (incl. medicines) can be harmful to people; the effects/risks of smoking tobacco; secondhand smoke; the help available for people to remain smoke-free/stop smoking

Keeping safe & managing risk: Bullying - see it, say it, stop it Recognise bullying; how it can make people feel; different types of bullying; how to respond to incidents of bullying;

hat to do if they witness bullying **Year 2** (SPR)

Sex & relationship education: Boys and airls, families Understand & respect differences/similarities between people; know the biological differences between male

and female animals & their role in the lifecycle; the biological differences between male and female children; about growing from young to old and that they are growing and changing; that everybody needs to be cared for & ways in which they care for others; about different types of family and how their home-life is special

Year 1 (SUM) Mental health & emotional wellbeing: Feelings

Different types of feelings; managing different feelings; change or loss and how this can feel Careers, financial capability and economic wellbeing: My Money

Where money comes from; making choices when spending money; saving money; how to keep it safe; the different jobs Physical health and wellbeing: Fun Times

To know about some of the effects of too much sun on the body & describe what people can do to protect their bodies from being damaged by the sun **Year 1** (AUT)

Safety in familiar situations; personal safety; people who help to keep them safe outside the home

Physical health & wellbeing: Fun times

Food associated with special times in different cultures; active playground games from around the world Keeping safe and managing risk: Feeling safe

Reception (SPR)

Eating healthily and looking after my teeth

Looking after me and my world I can do it: New Year challenge Recognising different religious celebrations Who helps our community? (Link to stranger danger)

Keeping active Nursery (SUM)

Role play areas to promote discussion & expression between pupils on a daily basis

Nursery (AUT) Rules/expectations - behaviour system

"All About Me" - unique/talk about differences in relation to family & friends Encouragement to build positive relationships: parents leave children at the door to come in independently Visit from a parent with a baby - new life