



# BENSHAM MANOR School

## PSHCE, RSE & Health Education Curriculum

*British values will be incorporated into as many lessons as possible (encouraging students to think about what makes them British, the values of Britain), as will being inclusive and accepting of all.*

	YEAR 7	YEAR 8	YEAR 9	Year 10	Year 11	KS4 (Year 10) Foundation	KS4 (Year 11) Foundation
Aut1	<p><b>Personal Identity</b></p> <p>Who am I?</p> <p><b>Transitions to Secondary School</b></p> <p>What has changed?</p> <p>How can I manage the changes?</p> <p>Bensham manor – school rules, we celebrate Diversity and inclusivity.</p> <p>Bullying – what to do if this occurs, who can I speak to?</p> <p>who is the safeguarding</p>	<p><b>Drugs</b></p> <p><b>illegal drugs</b></p> <p>The different types of drugs.</p> <p>How bad are illegal drugs?</p> <p>The law</p> <p><b>Legal Drugs</b></p> <p>Are all legal drugs good for you?</p> <p>The different types of drugs.</p> <p>Vaccinations.</p>	<p><b>Identity and Friendships</b></p> <p>Who am I? what are my qualities? What do I like about myself?</p> <p>Who are my friends?</p> <p>What does it mean to be a good friend?</p> <p>What does it mean to be a toxic friend?</p> <p>What should I look for in a good friend?</p>	<p><b>Democracy</b></p> <p><b>(WJEC Pathways PSD Unit: Managing social relations)</b></p> <p>Why is democracy important?</p> <p>How is the UK democratic?</p> <p>What do political parties do?</p> <p>What role do pressure groups place in democracies?</p> <p>How can I have a say in my community?</p> <p><b>Managing Social Relations (WJEC Pathways PSD Unit)</b></p> <p>What positive behaviour can I demonstrate when interacting with others</p>	<p><b>Individual Rights and Responsibilities: Human Rights (WJEC Pathways PSD Unit) -</b></p> <p>Where do rights come from?</p> <p>Why are human rights important?</p> <p>What are the 30 human rights that people have?</p> <p><b>Child Rights</b></p> <p>Why do children have extra rights?</p> <p>What rights do children have?</p> <p>What happens when children do</p>	<p><b>Environmental Awareness (Edexcel Unit E2)</b></p> <p>What is climate change and global warming?</p> <p>What are the effects of climate change and global warming?</p> <p>What other environmental problems exist?</p> <p><b>Environmental Awareness (Edexcel Unit E2)</b></p> <p>What do people do that harms the environment?</p>	<p><b>Personal Safety (Edexcel Unit E2)</b></p> <p>Keeping myself safe.</p> <p><b>Keeping safe in school:</b></p> <p>Identifying safe zones and danger zones in school.</p> <p><b>Risks</b></p> <p>FGM and other risks that students may face.</p>



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	<p>lead? Who can I contact if bullied?</p> <p>The role of bystanders.</p> <p>How can I manage situations where I or someone else is being bullied?</p>				not have their rights?		
Aut2	<p><b>Careers</b></p> <p>introduction to careers</p> <p>Different jobs available.</p> <p>What do I like?</p> <p>Acting out job roles.</p>	<p><b>Careers</b></p> <p>National careers website</p> <p>Apprenticeships</p> <p>Different routes.</p> <p>Salaries.</p> <p>Introduction to CVs.</p>	<p><b>Other Relationships (families/partners)</b></p> <p>Different types of relationships.</p> <p>What makes families special?</p> <p>What problems can happen in families?</p> <p>What does an unhealthy/abusive relationship look like?</p>	<p><b>Dealing with Problems – emotional wellbeing (WJEC Pathways PSD Unit)</b></p> <p>What complex and straightforward problems do young people face?</p> <p>What are the ways to deal with some problems?</p> <p>What problems can exist within families, at school and with friends?</p> <p>How might those problems be dealt with negatively?</p>	<p><b>Individual Rights and Responsibilities: Human Rights Act (WJEC Pathways PSD Unit)s</b></p> <p>What rights in the HRA am I glad I have?</p> <p>What responsibilities do I have?</p> <p>Who can help me with my rights</p>	<p><b>Environmental Awareness (Edexcel Unit E2)</b></p> <p>What do people do that can help the environment?</p>	<p><b>Personal Safety (Edexcel Unit E2)</b></p>



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			being proud of who I am, I CAN BE ANYONE.	What consequence can happen if problems are not dealt with well?	and responsibilities?  <b>Bullying</b>  <u>What is bullying?</u>  The role/impact of bystanders in bullying.  Who can I contact if bullied?		
Sprg 1	<b>Healthy lifestyles/ Impacts on Physical Wellbeing</b>  Healthy lifestyles  What can cause me to be physically unhealthy?	<b>Emotional &amp; Mental Health &amp; Social Media (emotional wellbeing)</b>  How do mental illnesses affect young people?  What does the media do to increase mental illness?	<b>Reproduction, different relationships, Consent, Intimacy &amp; Online Safety</b>  Reproduction  Different types of relationships  What is personal consent?	<b>Dealing with Problems/Active Citizenship (WJEC Pathways PSD Unit)</b>  What can I put in place to deal with a problem at home, school or with friends?  How did I deal with a problem? what went well? What could I do better? Self reflection  <b>Active Citizenship/Community Action (WJEC Pathways PSD Unit)</b>	<b>Managing relationships and emotions</b>  How can I manage the different emotions I go through?  Managing relationships	<b>Environmental Awareness (Edexcel Unit E2)</b>  What can I and the school do realistically to help the environment?	<b>RSE continued</b>  Different types of relationships,  Sex, consent and relationships,  Reproduction,  Menstruation and menopause,  consent,  The law,



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	<p><b><u>Keeping safe in school:</u></b></p> <p>Identifying safe zones and danger zones in school.</p>		<p>What is ok and not Ok to do in intimate relationships?</p> <p>How can I stay safe online?</p>	<p>What does it mean to be an active responsible citizen?</p> <p>What examples can I find of active responsible citizens?</p> <p><b>Community Action (WJEC Pathways PSD Unit)</b></p> <p><b>Who in the community needs help?</b></p> <p>What are local organisations doing to help those that need help in the community?</p>			<p>STI/STD's,</p> <p>Contraception,</p> <p>Abortion,</p> <p>Miscarriage.</p>
Sprg 2	<p><b>Mental Health and emotional Wellbeing</b></p> <p>How can I deal with friendship problems so I am not sad?</p> <p>Emotional wellbeing – how can I manage friendships and my emotions.</p>	<p><b>Coping with Mental and Emotional Health</b></p> <p>Where can I go for help at home, school and in the community?</p> <p>What can I do to build resilience?</p> <p>What coping strategies can I learn and use?</p> <p>How can I deal with stress?</p>	<p><b>Personal Safety at school and in the Community: Road Safety (WJEC Pathways PSD Unit)</b></p> <p><b>Keeping safe in school:</b></p> <p>Identifying safe zones and danger zones in school.</p> <p><b>What are the dangers I can face when out and about?</b></p>	<p><b>Healthy living (WJEC Pathways PSD Unit)</b></p> <p>Understand what is needed to lead a healthy lifestyle.</p> <p>Be able to demonstrate how they can contribute to a healthy lifestyle.</p> <p>Describe what they can do to contribute to a healthy lifestyle.</p> <p>Choose appropriate activities that can make an improvement to their lifestyle.</p>	<p><b>Financial Literacy</b></p> <p>What is a Budget and why should I have one?</p> <p>What is the difference between a credit and debit card?</p> <p>Why should I learn to save money?</p> <p>What are the dangers of gambling?</p> <p>What is debt?</p>	<p><b>Environmental Awareness (Edexcel Unit E2)</b></p> <p>Take part in an environmental awareness project</p>	<p><b>Identities</b></p> <p>Accepting my identity</p> <p>choices</p> <p>equality act</p> <p><b>Risks</b></p> <p>FGM and other risks that students may face.</p>



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			<p>How can I stay safe when out and about?</p> <p><b>Personal Safety in the Community: Crime Prevention (WJEC Pathways PSD Unit)</b></p> <p>What crimes can happen to me?</p> <p>How can I make sure I am not a victim of crime?</p> <p>How can being a victim of crime affect me and my community mentally, physically and socially?</p> <p>Grooming/vulnerability</p>	<p>Carry out activities to contribute to a healthy lifestyle.</p> <p>Describe how the activities have improved their lifestyle.</p>			
Sum 1	<p><b>Puberty</b></p> <p>What body changes will happen?</p>	<p><b>Discrimination &amp; The Role of the Media</b></p>	<p><b>Personal Safety in the Home/First Aid at home (WJEC Pathways PSD Unit)</b></p>	<p><b>RSE</b></p> <p>Different types of relationships, Sex, consent and relationships,</p>	<p><b>WJEC Pathways PSD Unit Catch-up</b></p>	<p><b>Identities</b></p> <p>Who am I?</p> <p>Accepting my identity</p>	<p><b>Catch - up/Admin</b></p>



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	<p>What changes have happened in my body already?</p> <p>Puberty in boys.</p> <p>Puberty in girls. Menstruation.</p> <p>How can I manage the changes in my body and the emotions I go through?</p> <p>Introduction to general consent</p>	<p>What does it mean to stereotype others?</p> <p>What makes prejudice wrong?</p> <p>What forms of discrimination are there?</p> <p>How does discrimination affect people's lives?</p> <p><b>Challenging Discrimination</b></p> <p>How can I challenge discrimination?</p> <p>What does diversity mean?</p> <p>How can I promote diversity?</p>	<p>What are the dangers I can face when at home?</p> <p>How can I keep myself safe when at home?</p> <p>What first aid rules will help me if I have an accident at home?</p>	<p>Reproduction,</p> <p>Menstrual wellbeing and reproductive health, including menopause</p> <p>Consent,</p> <p>The law,</p> <p>STI/STD's,</p> <p>Contraception,</p> <p>Abortion,</p> <p>Miscarriage.</p>	<p>FGM and other risks that students may face.</p>	<p>choices</p> <p>equality act</p> <p><b>Risks</b></p> <p>FGM and other risks that students may face.</p>	
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Sum 2	<p><b>Puberty and General consent continued.</b></p> <p><b>Puberty recap</b></p> <p>Why is general consent important?</p> <p><b>Personal Hygiene</b></p> <p>Hygiene and self-examination</p>	<p><b>Basic first aid</b></p> <p>Basic treatment for common injuries</p> <p>Life-saving skills, including how to administer CPR.</p> <p>The purpose of defibrillators and when one might be needed.</p>	<p><b>Careers (Preparation for work WJEC)</b></p> <p>What are my personal qualities?</p> <p>What qualities and skills do I need for a job?</p> <p>What is a CV (recap)?</p> <p>What is a cover letter?</p> <p>What jobs am I interested in?</p> <p>How can I apply for jobs?</p> <p>National careers website</p>	<p><b>Identities</b></p> <p>Who am I? Development of my identity.</p> <p>Accepting my identity</p> <p>choices → being tolerant, accepting all.</p> <p>Equality act</p> <p><b>Risks</b></p> <p>Young women and sexual exploitation</p> <p>Violence and gangs.</p> <p>FGM and other risks that students may face. (what do I do if my friend tells me that she is going on a secret holiday?)</p>	LEFT	<p><b>Financial Literacy</b></p> <p>What is a Budget and why should I have one?</p> <p>What is the difference between a credit and debit card?</p> <p>Why should I learn to save money?</p> <p>What are the dangers of gambling?</p> <p>What is debt?</p> <p>Planning a holiday project.</p>	LEFT
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