Year 7

(6

lessons)

PSHE (Senior Tutor) →

- 1.)Introduction
- 2.) Assumptions/ preconceptions/ prejudice/ bias.
- 3.) Healthy Lifestyle choices -> implications.
- 4.) Personal hygiene.
- 5.) Interpersonal Relations is it okay?
- 6.) Anxiety/ coping strategies.

SUPPORTED BY...

<u>Tutorial Programme - weekly tutorial</u> lesson):

- 1.) Personal Organisation.
- Basic social skills getting on with others; mutual help & support; where to find help.
- Identity issues national identity; stereotypes; prejudice & discrimination; racism; sexism; women's rights.
- Health & well-being diet/ healthy eating; self-esteem/ self-confidence; friendship; bullying, incl cyber-bullying.
- 5.) Personal & collective values social cohesion; British values.

Assemblies:

- 1.) Weekly Year Group
- 2.) Weekly Whole School
- 3.) Weekly Tutor Group
- 4.) Weekly Chapel
- 5.) Monthly Cathedral
- 6.) Half-termly House.

Curricular/ Co-Curricular:

- 1.) <u>Science</u> Yr 7 Biology (Reproduction).
- 2.) Religious Studies Human Identity & Spirituality; Christianity expressions of Christian belief; Truth interpretations of religious texts; Hinduism beliefs & practices.
- 3.) <u>PE & Games</u> Fitness Testing; gymnastic skills; athletics; team games. (*continues thro'out Yrs 8-11)
- 4.) Outdoor Education Team
 Building Day; Great Yews camp.
- 5.) <u>Visiting speakers</u> eg Social Media & well-being.

Content/ indicative activities:

Intro/ Communication:

- What is PSHE/ RSE?
- Ground Rules. (ref "Circle Time")
- Communicating with and respecting others.
- Hearing & Listening.
- Verbal & non-verbal communication.

Assumptions/ preconceptions/ prejudice/ bias:

- "Balloon Ride"-> stereotypes/ assumptions, esp re sexuality, gender (LGBT)
- "Stonewall" -> Fit video "Dance & Drama".
- The language we use, esp discriminatory.
- Accepting people Equality Act + School policies (esp re LGBT, racism).

"Bringing up the bodies" ("Crossrail burial ground" article):

- lifestyle choices tobacco use, sugar consumption, casual sex -> implications?
- Key elements of a healthy lifestyle.

Personal hygiene:

- importance -> health & social implications.
- hand washing; coughs & sneezes.
- hair, face (+ shaving).
- teeth brushing & oral hygiene.
- Armpits, torso & "down below".
- foot care.

"Is it okay?" -> discussion stimulated by 10 "scenarios" – focus: attitudes to others who may differ from ourselves.

Anxiety:

- Anxiety is normal -> when does it become a problem?
- Sources of anxiety?
- Coping strategies top tips.

"Any Questions?"

https://www.healthforteens.co.uk (NHS site – clear, lots of useful info, links)

https://www.kooth.com (on-line counselling)
https://www.youngminds.org.uk (mental
health)

https://www.headspace.com (mindfulness etc)
https://www.theredcard.org (anti-racism)
https://www.stonewall.org.uk (LBGT+)
https://www.autisticuk.org (neurodiversity)

	6.) <u>Careers intro.</u>	https://www.nutrition.org.uk
Year 8 (6 lessons)	PSHE (Senior Tutor) → 1.)Sex Education (4 lessons) 2.) Interpersonal Relations — is it okay? (2 lessons) SUPPORTED BY Tutorial Programme - weekly tutorial lesson): 1.) Social issues & politics (free speech; censorship; media; political system — parties, policies, manifestos; stereotypes; criminality; crime & punishment; migrants; asylum seekers.) 2.) Identity (types of identity; national identity; prejudice, discrimination, racism; sexism; women's rights; "British values".) 3.) Personal safety (out & about; digital risks; sexting & the law; on-line safety.) 4.) Health & well-being (alcohol, smoking, drugs; body image; diet; eating disorders; stress & anxiety.) Assemblies: 1.) Weekly Year Group	Content/ indicative activities: Sex Ed: Introduction – rationale – why now? Puberty. Why do people have sex? "Test Your Knowledge" exercise. Sexual Anatomy: am I "normal"? The Law, esp re consent. (Sexual Offences Act) Sexual morality/ ethics – faith perspectives. When is "The Right Time"? What happens when people have sex? What is "normal"? LGBT. Asexuality/ Ace, greysexuality. Contraception – basic outline (barrier; hormonal; other). STIs – basic outline - what are these? Attitudes/ values – love and sex; perils of porn; "sexting". "Is it okay?" -> discussion – focus: respect and appropriate behaviours re sexual and gender matters. "Any Questions?" https://www.healthforteens.co.uk (NHS site – very good) https://www.brook.org.uk (focused on sexual health etc, but lots of other really useful health info, links etc – very good) https://www.stonewall.org.uk https://www.gires.org.uk

	 Weekly Whole School Weekly Chapel Weekly Tutor Group Monthly Cathedral Half-termly House Curricular/ Co-Curricular: Science – Yr 8 Biology (Nutrition). Religious Studies – Morality – Buddhism & Christianity; Islam – beliefs & practices; Religion & Science. PE & Games* Outdoor Education – Survival Night Visiting speakers – eg mental health. Careers intro 	
Year 9 (6 lessons)	PSHE (Senior Tutor) -> 1.)Cancer Awareness (2 lessons) 2.)Drugs Awareness (2 lessons) 3.) Interpersonal Relations – is it okay? (2 lessons) SUPPORTED BY Assemblies: 1.) Weekly Year Group	Content/ indicative activities: What is "cancer"? Risk factors & risk reduction (lifestyle choices/ healthy lifestyles). Breast, Brain, Skin cancers – warning signs. Testicular, prostate, penile cancers. Testicular self-examination ("Know Your Balls!" video; "TESCO") What are "drugs"? Why use drugs? Drug use in historical & social contexts. Drugs and the Law (Misuse of Drugs Act; Medicines Act; Psychoactive Substances Act; School policy) -> implications. Drug use & health -> implications, physical and psychological. Lethal Dose Factors -> how "dangerous" are "drugs"? Drug use in context -> what's legitimate and what is not. Are legal drugs "safe"? (ref alcohol) Finding accurate/ reliable information - https://www.talktofrank.com Video - A Child For Life re Foetal Alcohol Syndrome. Drugs, criminality & society - "County Lines" etc. https://www.drinkaware.co.uk (alcohol) https://www.alcoholchange.org.uk

	2.) Weekly Whole School	(alcohol)
	3.) Weekly Tutor Group	https://www.wearewithyou.org.uk
	4.) Weekly Chapel	(alcohol and drugs)
	5.) Monthly Cathedral	(alconor and drugs)
	6.) Half-termly House	"Is it okay?" -> discussion - focus on drug use
	Curricular/ Co-Curricular:	and related matters, esp inappropriate and
	1.) Religious Studies – Judaism;	dangerous associations ("County Lines" etc).
	Does God exist?; The Problem	
	of Evil.	"Any Questions?"
		https://www.auchid.com.com.com.uk/hacticulau
	2.) PE & Games*	https://www.orchid-cancer.org.uk (testicular
	3.) Outdoor Education – Pencelli	cancer)
	Outdoor Activites week, or	https://www.testicularcanceruk.com
	school-based activities.	(testicular cancer)
	4.) <u>Visiting speakers</u>	https://www.baggytrousersuk.org (testic ca)
	5.) <u>Careers & GCSE options</u>	https://www.macmillan.org.uk (cancer)
	guidance	https://www.healthforteens.co.uk
Year 10	PSHE (Senior Tutor) ->	Content/ indicative activities:
(6-7	1.)Healthy Lifestyle & Risk Taking	 Risks/ Risk taking ("Risk Taking
lessons)	(2 lessons)	Continuum")
		 What is "a risk"? Why might risks be
		taken? Assessing risk - "Lies, damned
		lies, and statistics".
		 Cost/ Benefit analysis – eg driving;
		swimming; drinking & smoking; sport.
		 Making judgements: assumptions,
		preconceptions, bias/ confirmation
		bias, "group think", prejudice ("Vote
		For Me!" exercise.)
		Whom can we trust and why?
		Potential sources of support?
		 Bodily dysmorphia, eating disorders,
		obsessive exercise, "body culture"
		(Tyger Takes On Body Image, and Porn
		videos - selected extracts.)
		 Dangers of "supplements"; extreme
		diets & training regimes; steroids etc
		 Coping strategies – eg "The Wisdom of
		Boxers"; breathing and visualisation
		exercises.
		Alcohol - dangerous drug (link back to
		Drugs Awareness in Yr 9).
		Short & Long-Term risks of alcohol
		misuse.
		 Videos - A Few Drinks More (extracts),
		+ reshow extracts from FAS vid. seen
		in Yr 9.
		https://www.talktofrank.com
	2.)Personal Safety & Self-protection	 Domestic safety – eg fire hazards;
	(1 lesson)	Kitchen safety/ hygiene; carbon
		monoxide; circuit breakers & fuse
<u> </u>		monoxide, circuit breakers & luse

3.)Money Matters – basic economics; personal finance – budgets, bank accounts, credit/ loans etc. Gambling. (2 lessons)

4.) Interpersonal Relations -> Is it okay?(2 lessons)

SUPPORTED BY:

Other "carousel" activities:

- 1.) Well being
- 2.) Citizenship
- 3.) Careers
- 4.) PE*

Assemblies:

- 1.) Fortnightly Year Group
- 2.) Fortnightly Chapel
- 3.) Weekly Tutor Group
- 4.) Weekly Whole School
- 5.) Monthly Cathedral
- 6.) Half-termly House

Curricular/ Co-Curricular:

- GCSE Biology through Yrs 10 & 11 (includes basic genetics/ inheritance; micro-organisms & disease, incl STIs; homeostasis etc)
- 2.) GCSE Religious Studies through Yrs 10 & 11 (includes Christianity & Sikhism; Ethical Themes Relationships; Life & Death; Good & Evil; Human Rights)
- 3.) Multifaith Day
- 4.) Games*

boxes; stop cocks; electrical overloads; light bulbs...

- Safety on the street common sense/ situational awareness/ threat avoidance and reduction. https://www.premierself-defence.co.uk (good top tips section)
- Muggings/ personal attacks etc dos/ don'ts.
- Water hazards, esp combined with alcohol.
- Car safety lifts with mates/ drink driving.
- Seat belts! (Princess Di)
- On the beach sea, tides, cliffs etc.
- On-line personal security key points.

https://www.hse.gov.uk (Health & Safety Executive)

https://www.sja.org.uk (First Aid training)

 "Money Matters" - economic theories, "business basics" and key points re personal finance. Vid. "Made of Money". Gambling (esp on-line) -> why gamble? Relate back to Risk/ Risk taking behaviour, + issues of psychological wellness.

https://www.moneymakesence.co.uk https://www.gambleaware.org

"Is it okay?" -> discussion covering a wide range of issues, incl mental health, radicalisation/ extremism, drug & alcohol misuse, inappropriate relationships/ associations, gambling, porn etc. "Any Questions?"

https://www.healthforteens.co.uk https://www.brook.org.uk https://www.youngminds.org.uk https://www.headspace.com

	5.) Outdoor Education – D of E	
	Award available.	
	6.) <u>Visiting Speakers</u>	
Year 11	PSHE (Senior Tutor) ->	Content/ indicative activities:
(5	1.) Gender, Sexuality & Identity	LGBT+ https://www.stonewall.org.uk
lessons)	2.) Sexually Transmitted Infections	https://www.gires.org.uk
	3.) Contraception	 TRB Glad to be Gay
	Interpersonal Relations – is it okay?	 powerpoint – key points, incl law – eg
	SUPPORTED BY:	Gender Recognition Act, Equality Act.
	Other "carousel" activities:	Consent & related issues –
	1.) Well being	 The Sexual Offences Act
	2.) Citizenship	STIs – powerpoint (explicit) – help/ advice
	3.) Careers	https://www.wiltshiresexualhealth.co.uk
	4.) PE*	Contraception – incl Powerpoint, & demo of
	Assemblies:	contraceptive devices.
	1.) Fortnightly Year Group	<i>(</i> , , , , , , , , , , , , , , , , , , ,
	2.) Fortnightly Chapel	"Is it okay?" -> scenario based discussion.
	3.) Weekly Tutor Group	"Any Questions"?
	4.) Weekly Whole School	https://www.healthforteens.co.uk
	5.) Monthly Cathedral	https://www.brook.org.uk
	6.) Half-termly House	
	Curricular/ Co-Curricular:	
	1.) GCSE Biology – contd from Yr 10.	
	=	
	2.) GCSE Religious Studies – contd from Yr 10.	
	3.) <u>Games*</u>	
	4.) Outdoor Education – D of E	
	available.	
	5.) <u>Visiting Speakers</u>	
	6.) <u>Individual Careers Guidance</u>	
	Interview	
Sixth	1.) Each student has a mentor.	SEE SEPARATE NOTES ON YEARS 12 & 13
Form	2.) Confidential mentoring &	WELLNESS.
(Years	pastoral support available: Sixth	https://www.brook.org.uk (v good – lots of
<u>12 &</u>	Form Office; Pastoral Support	topics as well as sexual health)
<u>13)</u>	Staff; Chaplain; Senior Tutor.	https://www.healthforteens.co.uk (NHS site –
	3.) Citizenship Conference.	very clear, wide ranging, lots of links)
	4.) Specialist Careers Guidance and	https://www.nutrition.org.uk (food &
	University Application support	nutrition)
	available to all.	https://www.wiltshiresexualhealth.co.uk
	5.) Head's Lectures.	https://www.gires.org.uk (gender diversity)
	6.) Other speakers on a range of	https://www.stonewall.org.uk (LGBT+)
	issues, incl mental health.	https://www.talktofrank.com (drugs)
	7.) Assemblies – broadly as per Yrs	https://www.theredcard.org (anti-racism)
	7-11.	https://www.youngminds.org (mental health)
	8.) Duke of Edinburgh's Award	https://www.kooth.com (on-line counselling)
	Scheme available.	https://www.headspace.com (mindfulness)
	9.) Weekly Games and/ or	https://www.macmillan.org.uk (cancer)

Community Service.

- 10.) Sixth Form Council; School Council chaired by Sixth Formers.
- 11.) Senior Prefect, Heads of Houses, and a wide range of other prefectorial roles available.
- 12.) Charity Committee and related activities run by Sixth Formers.

<u>https://www.orchid-cancer.org.uk</u> (testicular cancer)

https://www.testicularcanceruk.com https://www.breastcancernow.org

https://www.baggytrousersuk.org (testicular cancer)

https://www.gambleaware.org (gambling) https://www.wearewithyou.org.uk (alcohol, drugs)

https://www.autisticuk.org (neurodiversity) https://www.hse.gov.uk (Health & Safety Exec) https://www.sja.org.uk (St John Ambulance) https://www.moneymakesense.co.uk (finance) https://www.premierself-defence.co.uk (some good tips on personal protection/ self-defence)

Monitoring - effectiveness indicators:

- 1. PSHE/ RSE lessons -> "Is it okay?" & "Any Questions" discussions provide indications of students' knowledge & understanding of (and concerns about or interests in) such matters as consent, interpersonal relations and discriminatory behaviours, which informs updating and amendment of the content of lessons and of the "Checklists" made available to all on the School's website. The routine individual and collective conduct of students provides evidence of their ability to behave appropriately and engage positively with others.
- 2. Incidents of bullying, racist and other anti-social and discriminatory behaviours (generally dealt with, in the first instance, by Pastoral Care Offices) provide *some indication* of how well integrated socially and interpersonally students are.
- 3. *Referrals* (often self-referrals by KS5 students) to the senior tutor provide *insights* into sensitive personal issues which may be troubling some students. Although such discussions are confidential, insights into the lives of students thereby gained are *used to inform content* of PSHE/ RSE lessons & "Checklists" and to *provide feedback* to the School's Leadership Team and Pastoral Care staff. [Any Child Protection/ Safeguarding concerns are referred immediately to the Safeguarding Team.]
- 4. **Pupil surveys** and **Sixth Form** and **School Councils** provide **feedback** on issues of concern to students.
- 5. The majority of students complete *organised group activities* such as the *Team Building Day* and *Great Yews Camp* [Yr 7]; *Survival Night* [Yr 8]. Approximately half of Year 9s attend the *Pencelli Outdoor Activities* week; the remainder complete a school-based Activities Week.
- 6. Significant numbers of students in Years 10-13 complete *D of E Awards*, some to Gold Standard
- 7. The student run *Charity Committee* organises regular whole school fund raising activities, the success of which *indicates high levels of social engagement and concern* for others.
- 8. Many students engage in *extracurricular activities* either in school (eg choir, sports teams, charitable activities, clubs) or outside (eg scouts, cadets, local sports teams, musical/

PSHE/ RSE Scheme of Work - Yrs 7-11

- theatre/ creative arts, faith based), which is **evident** during tutorial lessons, careers guidance and when applying for part-time employment and further & higher education.
- 9. Year 10 students participate in the RS Department's *Multi-Faith Day* which aims to develop awareness of the variety of faith (and no faith) perspectives on life in contemporary Britain and how these shape lives. *Guest speakers often comment positively* on the engagement of BWS students with their presentations.
- 10. Years 7-11 students (unless individually "disapplied") participate in (at levels appropriate to their abilities) PE & Games (incl *Fitness Testing*), thereby gaining the health benefits of physical activities, and developing communication, collaborative & interpersonal skills and planning and team building capabilities. *Progress is reported regularly* to Parents/Guardians.
- 11. Years 12-13 students participate in some form of physical activity or undertake *Community Service* many do both.
- 12. Year 12 students participate in the annual *Citizenship Conference* which aims to promote awareness of and engagement with a range of political, social and ethical issues.
- 13. Years 7-9 students study English & Drama, Maths, MFL, Science, RS, Art/ DT, Music, History and Geography. They are exposed to a range of perspectives and insights as well as developing the academic skills necessary to proceed to KS4. As well as routine assessment, annual **internal exams** are held in most subjects. **Progress is reported regularly** to Parents/ Guardians. Satisfactory participation and progress in this curriculum are **key indicators** of good social integration and the development of a range of intellectual and personal skills.
- 14. Years 10-11 students (unless "disapplied") take "Core Subjects" (English, Maths, Science, Humanities, MFL or an alternative option) plus 3 "options" to GCSE, in which they are *examined* internal school exams and public exams. Every student (unless individually "disapplied") takes GCSE Biology (AQA) [which includes "Infection & Response", "Homeostasis", "Inheritance, Variation & Evolution" and "Ecology"] and "full-course" GCSE Religious Studies (WJEC Eduqas), half of which covers "Ethical Themes" ["Relationships", "Life & Death", "Good & Evil" and "Human Rights"]. The *majority achieve grades 6-9* in *GCSE Biology* and *Religious Studies externally validated evidence* of good knowledge and understanding of such matters as disease transmission, scientific fallacies, environmental issues, public and private morality, ethics and "ways of being".
- 15. In addition to the standard 3 GCE A Level courses, KS5 students complete either EPQ, "Core Maths" or "Further Maths A Level" courses and attend a range of talks/ lectures/ workshops on "Mental Health", "Drugs", "Road Safety" and other topics of general interest.
- 16. The enthusiastic *participation* of students in *whole school events* (eg Sports Day, Inter-House Music and Drama Competitions, debates) and the annual Inter-House Cup Competition provides *clear evidence of social cohesion and engagement* and the development of communication, collaborative and team building skills.
- 17. In recent years, there have been a number of transgender students at BWS. The School has accommodated their needs in a pragmatic and accepting manner.

(CRH, 2020)