

PSHE/ RSE Scheme of Work – Yrs 7-11

<p>Year 7 (6 lessons)</p>	<p><u>Covers:</u></p> <p>1.)Intro/ Communication – verbal & non-verbal/ hearing & listening...</p> <p>2.) Assumptions/ preconceptions/ prejudice/ bias.</p> <p>3.) Lifestyle choices – implications.</p> <p>4.) Personal hygiene.</p> <p>5.) Appropriate relationships/ behaviours – is it okay?</p> <p>6.) Anxiety/ coping strategies.</p>	<p><u>Content/ indicative activities:</u></p> <p>1.)Intro/ Communication:</p> <ul style="list-style-type: none"> • Communication games – eg “Bridge Over the Amazon”, “Fruit Bowl” etc... • What is PSHE? • Ground Rules. (Ref “Circle Time” – primary schl) • Communicating with and respecting others. • Hearing & Listening – not exactly the same things. • Verbal & non-verbal communication, body language etc. <p>2.)Assumptions/ preconceptions/ prejudice/ bias:</p> <ul style="list-style-type: none"> • “Balloon Ride” exercise: stereotypes/ assumptions, esp re sexuality, gender identity (LGBT) • “Stonewall” – <i>Fit</i> video/ intro – “Dance & Drama”- “To be or not to be?” • The language we use, esp discriminatory. • Accepting/ respecting others as they are – ref <i>The Equality Act</i> , + School policies, esp re LGBT. <p>3.) “Bringing up the bodies” (“Crossrail” burial ground) article:</p> <ul style="list-style-type: none"> • lifestyle choices...tobacco use, sugar consumption, casual sex... • consequences/ implications? Things to think about for the future... <p>4.) Personal hygiene:</p> <ul style="list-style-type: none"> • importance → health & social implications. • hand washing; coughs & sneezes... • hair, face, (+ shaving – learning how to/ “dos & don’ts”). • teeth brushing & oral hygiene. • armpits & torso, & “down below”. • foot care. <p>5.) “Is it okay?” discussion stimulated by 10 “scenarios” – particular focus on attitudes to others who may differ from ourselves, and awareness of inappropriate behaviours.</p> <p>6.) Anxiety:</p> <ul style="list-style-type: none"> • Anxiety is normal ->when does it become a problem? • Possible sources of anxiety? • Coping strategies – top tips. • “Keeping our feet on the ground”. <p>7.) “Any Questions?” (time permitting)</p>
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<p>Year 8 (6 lessons)</p>	<p><u>Covers:</u></p> <p>1.)Sex Education (4 lessons)</p> <p>2.) Appropriate relationships/ behaviours – is it okay? (2 lessons)</p>	<p><u>Content/ indicative activities:</u></p> <p>1.)Sex Ed:</p> <ul style="list-style-type: none"> • Introduction – rationale – why now? • Puberty. • Why do people have sex? • “Test Your Knowledge” exercise. • Sexual Anatomy – male & female: am I “normal”? • The Law, esp re consent. (ref <i>The Sexual Offences Act</i>) • Sexual morality/ ethics – faith perspectives... • When is “The Right Time”? • What happens when people have sex? • What is “normal”? • Basic outline – contraceptive methods (barrier; hormonal; other, incl “natural family planning”). • STIs/ STDs – basic outline...what are these? • Attitudes/ values – love and sex. • The perils of porn; “sexting”; safety on-line. <p>2.)”Is it okay?” – scenario based discussion – particular focus on interpersonal relations, respecting ourselves and others, and sexual behaviour.</p> <p>3.) “Any Questions?” (time permitting)</p>
<p>Year 9 (6 lessons)</p>	<p><u>Covers:</u></p> <p>1.)Cancer Awareness (2 lessons)</p> <p>2.)Drugs Awareness (2 lessons)</p>	<p><u>Content/ indicative activities:</u></p> <p>1.) What is “cancer”?</p> <ul style="list-style-type: none"> • Risk factors/ risk reduction (lifestyle choices/ general points re healthy lifestyles). • Breast, Brain, Skin cancers – risk factors; warning signs etc. • Male specific cancers – testicular; prostate; penile. • Testicular self-examination (“Know Your Balls!” video; “TESCO”) <p>2.) What are “drugs”?</p> <ul style="list-style-type: none"> • Why do people use drugs? • Drugs/ drug use in historical & social contexts – eg Queen Victoria and cannabis; the British East India Company and the Opium Trade. • Drugs and the Law (ref <i>The Misuse of Drugs Act; The Medicines Act; Psychoactive Substances Act; School policy</i>) → implications. • Drug use & health → implications, physical and psychological. • Lethal Dose Factors → how “dangerous” are “drugs”?

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	<p>3.) Appropriate relationships/ behaviours – is it okay?</p>	<ul style="list-style-type: none"> • Putting drugs/ drug use in context...what's legitimate, and what is not! • Are legal drugs always "safe"? (ref alcohol) • Finding accurate/ reliable information – http://www.talktofrank • Video – <i>A Child For Life</i> re Foetal Alcohol Syndrome. • Drugs, criminality & society - "County Lines" etc. <p>3.) "Is it okay?" – scenario based discussion – particular focus on drug use, and related matters, esp inappropriate and dangerous associations/ activities ("County Lines" etc).</p> <p>4.) "Any Questions?" (time permitting)</p>
<p>Year 10 (9 lessons)</p>	<p><u>Covers:</u></p> <p>1.)Healthy Lifestyle, & Psychological wellness - (3 lessons)</p> <p>2.)Personal Safety/ Self-protection (1 lesson)</p>	<p><u>Content/ indicative activities:</u></p> <p>1.)Risks/ Risk taking ("Risk Taking Continuum" exercise)</p> <ul style="list-style-type: none"> • What constitutes "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" (<i>Tyger Takes On Body Image</i>, and <i>Porn</i> videos - selected extracts.) • Dangers of "supplements"; extreme diets & training regimes; steroids etc (link back to Drugs Awareness in Yr 9). • Coping strategies – eg "The Wisdom of Boxers"; breathing and visualisation exercises. • Alcohol = a dangerous drug (link back to Drugs Awareness in Yr 9). • Short & Long Term risks of alcohol misuse. • Videos - <i>A Few Drinks More</i> (extracts), + reshown extracts from FAS vid. seen in Yr 9. <ul style="list-style-type: none"> • Domestic safety – eg fire hazards; Kitchen safety/ hygiene; carbon monoxide; circuit breakers & fuse boxes; stop cocks; electrical overloads; light bulbs... • Safety on the street – common sense/ situational awareness/ threat avoidance and reduction. • Muggings/ personal attacks etc – what to do/ not do. • Water hazards, esp in combination with alcohol.

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	<p>3.) Psychological wellness, appropriate behaviours, interpersonal relations etc – Is it okay? (4 lessons)</p>	<ul style="list-style-type: none"> • Car safety – lifts with mates/ drink driving etc. • Seat belts! (Princess Di) • On the beach – sea, tides, cliffs etc. • On-line personal security – key points. <p>3.) “Is it okay?” -scenario based discussion covering a wide range of issues, incl mental health, radicalisation/ extremism, drug & alcohol misuse, inappropriate relationships/ associations , porn etc.</p> <p>4.) “Any Questions?”</p>
<p>Year 11 (5 lessons)</p>	<p><u>Covers:</u></p> <p>1.)Discriminatory Behaviours/ Awareness of difference (1 lesson)</p> <p>2.)Sex Education (2 lessons)...leading on to...</p> <p>3.) Appropriate relationships/ behaviours – is it okay? (2 lessons)</p>	<p><u>Content/ indicative activities:</u></p> <p>1.)Tom Robinson Band - “Glad To Be Gay!” → how things have changed...</p> <ul style="list-style-type: none"> • <i>The Equality Act</i> • Stonewall vid – <i>Spell It Out.</i> • LGBT issues <p>2.)Consent & related issues – attitudes etc.</p> <ul style="list-style-type: none"> • <i>The Sexual Offences Act</i> • STIs/ STDs – explicit – incl where to get help/ advice (www.wiltshiresexualhealth.co.uk) • Contraception – incl demo of contraceptive devices • Condom use & fitting <p>3.) “Is it okay?” – scenario based discussion, plus “Any Questions”?</p>

CRH, Sept 2019.