

PSHE/RSE Department Curriculum Overview



Curriculum Overview

The PSHE/RSE department at Bentley Wood High School aims to support student wider personal development. The curriculum is divided into three overarching themes which are consistent across Key Stages 3, 4 and 5, these include:

- Health and wellbeing
- Relationships
- Living in the wider world

Within each theme students will learn a broad range of topics which are carefully sequenced and taught to students in a culturally sensitive and age-appropriate way. These topics support students' spiritual, moral, cultural, mental and physical development.

As students' progress through the intended curriculum, they will not only acquire new knowledge but also transferable skills which prepare them for the opportunities, responsibilities and experiences of later life. These include but are not limited to:

- Communication, including how to manage changing relationships and emotions
- Recognising and assessing potential risks
- Assertiveness
- Seeking help and support when required
- Informed decision-making
- Self-respect and empathy for others
- Recognising and maximising a healthy lifestyle
- Managing conflict
- Discussion and group work
- These skills are taught within the context of family life.

Our PSHE/RSE curriculum further supports careers guidance for our students and ensure that we meet all Gatsby Benchmarks.

Our RSE curriculum enables students to comprehend and respect the range of sexual attitudes and behaviours in present day society. Students are encouraged to understand human sexuality; to learn the reasons for delaying sexual activity and the benefits of such a delay. They will be helped to know what is legal; to consider and develop their own attitudes and thereby make informed decisions about the attitudes and behaviours they will adopt both while they are at school and in adult life.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year X	How to manage transition	My friendships	Our community	Personal hygiene	What is love?	Mental well-being
	My organisational skills	My feelings	Rights and responsibilities	International Women's Day	Features of a positive relationship	Sports Week
		My relationships	Being a citizen	Recognising and balancing emotions	Grief	Introduction to exams
	Staying safe	My opinions	British values	Facing challenges	Media portrayal of relationships	Introduction to economic education
	Healthy choices	Peer Pressure	Fair Trade			Stress and pressure
	Black History Month	Anti-bullying	Study skills and memory 1		Dealing with harassment	
	Body image 1	Managing conflict				

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 8	My aspirations E Safety Puberty and managing change Vaccination and Immunisation Black History Month Challenging discrimination	Friendship Groups and Gangs - The Difference Peer relationships Inclusivity Managing grief and loss Dealing with harassment Consent Negative Relationships	Options/ careers morning Enterprise Democracy Study skills and memory 2	Body image International Women's Day Contraception Anti-smoking and drugs FGM	Mental Wellbeing What is abuse? Self-harm Recognising and reducing risk Forced marriage Anxiety	The British Press Sports Week Value for money Gambling Preparing for GCSEs
	Aspirations Mindfulness	The benefits of strong, equal relationships	Prevent Staying safe & knife crime	Drug use and misuse	First Give Final Community awareness	Friendship groups Sports Week

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 9	<p>Managing triggers & coping strategies</p> <p>Monitoring your own health</p> <p>Black History Month</p> <p>Mental Health</p>	<p>Healthy and Unhealthy Relationships</p> <p>Diversity in sexual attraction & support</p> <p>Reflections & Target Setting</p> <p>What is abuse?</p> <p>Personal safety and protection</p>	<p>How laws are made</p> <p>Crime and punishment</p> <p>How to recognise a cult</p> <p>Study skills and memory 3</p>	<p>International Women's Day</p> <p>First Give: Social Action Project</p>	<p>FGM</p> <p>Consent</p> <p>Mental Wellbeing - Exam Pressures</p>	<p>Dealing with harassment</p> <p>What is Marriage?</p> <p>Forced Marriage</p>
Year 10	<p>Self-esteem, strong emotions and feelings</p> <p>Dealing with stress</p> <p>Managing relationships</p> <p>STI's: protection and how to respond</p> <p>Black History Month</p> <p>Risks associated with cosmetic procedures</p>	<p>Exploitation, bullying, harassment</p> <p>Honour based violence and forced marriage</p> <p>Recognising unwanted attention</p> <p>Risks associated with online relationships</p> <p>Portrayal of sex in the media</p>	<p>Achieving in KS4</p> <p>Making a CV</p> <p>Applying for jobs</p> <p>Interviews</p> <p>Human rights and the workplace</p> <p>Study skills and memory 4</p> <p>Body image in the media</p>	<p>Helping loved ones with Mental Health</p> <p>International Women's Day</p> <p>Blood and Organ donation</p> <p>Managing your own health - (cancer screening)</p> <p>Family planning and miscarriage</p>	<p>My beliefs and values and their impact on my future</p> <p>My faith, culture and relationships</p> <p>Managing online relationships</p> <p>Legal responsibilities of online relationships</p> <p>Challenging "victim blaming"</p>	<p>Recognising fake content</p> <p>Sports Week</p> <p>Managing your online presence and it's impact on your future career</p> <p>Safely taking advantage of our social media world</p> <p>Consumer rights</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Challenging victim blaming County lines Initiation and Hazing			Getting support for your relationships	
Year 11	Aspirations & Raising achievement Cancer Awareness Managing stress and anxiety Black History Month Mindfulness Substance use and addressing risk	How peers can support each other Unhealthy relationships Victim blaming The role of sex in the media	Prevent Personal Finance Unifrog – competencies Employability skills Revision skills Study skills and memory 5 Healthy habits	How to treat common injuries International Women’s Day Personal safety & First Aid Drugs, alcohol and tobacco	Delaying Sexual activity Relationship Abuse	

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 12	<p>How to apply for good quality work experience</p> <p>Looking after my health - where to go for help</p> <p>Black History Month</p> <p>Alcohol and Drug Abuse</p>	<p>Consent</p> <p>Pornography</p> <p>Healthy and Unhealthy Relationships</p> <p>Sexual Intimacy</p>	<p>Future me</p> <p>Managing Money</p> <p>Mindfulness</p>	<p>Mindfulness</p> <p>International Women's Day</p> <p>Monitoring Physical Health (lumps and bumps)</p> <p>Staying Safe when travelling</p>	<p>Cultural Diversity and Challenging Discrimination</p>	<p>Life skills</p> <p>Sports Week</p> <p>Career Competencies</p> <p>Unifrog/UCAS</p>
Year 13	<p>Unifrog (personal statement check)/UCAS update/results reflect</p> <p>Strategies for Managing Under Pressure</p> <p>Black History Month</p> <p>Body Image and Self-esteem and</p>	<p>De-escalating situations</p> <p>Pregnancy and Parenthood</p> <p>Online relationship safety</p>	<p>Fake News</p> <p>Plan B and Travel Abroad</p> <p>Understanding Payslips, Credit Cards and Mortgages</p> <p>Mindfulness</p>	<p>Monitoring Physical Health (lumps and bumps)</p>		

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	maintaining a positive mental health					