

# PSHE/RSE

## Curriculum Overview



### Curriculum Overview

The PSHE/RSE department at Bentley Wood High School aims to support students' 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 support careers guidance for our students and ensures that we meet all Gatsby Benchmarks. Our RSE curriculum enable 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.

**Year 7**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b><u>Health and Wellbeing and Relationships</u></b></p> <p>Autumn 1 encompasses ideas of handling transition from primary to secondary school and helping students settle into Bentley Wood. Students learn about the routines of the school, how to stay organised and making positive choices to settle into this new stage of school.</p> <p>Autumn 2 encompasses the overarching theme of relationships. In this theme, students learn how to communicate with different groups of people respectfully.</p>		<p><b><u>Living in the Wider World and Health and Wellbeing</u></b></p> <p>Spring 1 focus around British Values and how students fit into the broader community of being a citizen of the country. We discuss the different rights and responsibilities all humans have and how we can encourage them.</p> <p>Spring 2 focuses on staying healthy in the face of stress and bodily changes. Students learn mindfulness techniques and how to balance their emotions.</p>		<p><b><u>Relationships and Living in the Wider World</u></b></p> <p>Summer 1 builds upon the content learnt in Autumn 2 around managing relationships. We take the conversations with family and friends further and discuss questions such as what is love and how to manage grief. We also discuss the role of the media in how these topics are portrayed.</p> <p>Summer 2 teaches students about financial responsibilities and helps them understand the institutions of banks and the role they play in society.</p>	
<ul style="list-style-type: none"> <li>• Managing transition</li> <li>• Organisation Skills</li> <li>• Healthy Choices</li> <li>• Staying safe online and on the road</li> <li>• Positive Body image</li> </ul>	<ul style="list-style-type: none"> <li>• Conversations with friends and family</li> <li>• Identifying bullying</li> <li>• Managing peer pressure</li> </ul>	<ul style="list-style-type: none"> <li>• British values</li> <li>• Citizenship</li> <li>• Rights and responsibilities</li> <li>• Fair Trade</li> </ul>	<ul style="list-style-type: none"> <li>• Managing stress and pressure</li> <li>• Personal Hygiene</li> <li>• Recognising and balancing emotions</li> </ul>	<ul style="list-style-type: none"> <li>• What is love and grief?</li> <li>• Media portrayals of relationships</li> <li>• Features of a positive and negative relationship</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to economic education</li> <li>• What are banks</li> <li>• What is the role of banks for students</li> </ul>

# Year 8

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Autumn 1 focuses on how to maintain hygiene and changes that students may encounter as they make their way through secondary school.</p> <p>Autumn 2 looks at maintaining healthy relationships and dealing with any difficult situations that may be faced by students. Looking at how to communicate with others effectively and respectfully.</p>		<p>In Spring 1 students begin to think about their options and learn more about careers to help with their aspirations and GCSE options. Also, focus on British values particular focus on democracy. Including a visit from our safer school's officer to deliver workshops on safe internet use.</p> <p>Spring 2 students spend a lesson selecting their GCSE options and attending a careers carousel with external providers to give more information on their careers. Focus on mental wellbeing and healthy habits.</p>		<p>Summer 1 recaps on Autumn 2 content, with a focus on healthy relationships. Students also discuss in more depth unsafe relationships and situations that may be seen as unsafe.</p> <p>Summer 2 supports students to prepare for GCSE's beginning in year 9, managing money and concepts such as gambling. They also reflect on mental wellbeing and how to maintain this.</p>	
<ul style="list-style-type: none"> <li>Aspirations</li> <li>E-safety</li> <li>Puberty and managing change</li> <li>Vaccines and immunisation</li> <li>Challenging discrimination</li> </ul>	<ul style="list-style-type: none"> <li>Friendships and gangs</li> <li>Peer relationships</li> <li>Inclusivity</li> <li>Grief/Bereavement</li> <li>Dealing with harassment</li> <li>Negative relationships</li> <li>Values and communication</li> </ul>	<ul style="list-style-type: none"> <li>Careers</li> <li>GCSE options</li> <li>Enterprise</li> <li>Democracy</li> <li>Managing money</li> <li>British value</li> <li>Safer Internet Day</li> </ul>	<ul style="list-style-type: none"> <li>Careers</li> <li>International Women's Day</li> <li>Body Image</li> <li>Anti-smoking</li> <li>Anxiety</li> </ul>	<ul style="list-style-type: none"> <li>Friendships</li> <li>Safe Relationships</li> <li>Recognising and reducing risk</li> <li>Self-harm</li> <li>Forced marriage</li> <li>Managing stress</li> </ul>	<ul style="list-style-type: none"> <li>Value for money</li> <li>Gambling</li> <li>Mental wellbeing</li> <li>Preparing for GCSE's</li> </ul>

# Year 9

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b><u>Health and Wellbeing and Relationships</u></b></p> <p>Autumn 1 has focus on goal setting and developing strategies to incorporate mindfulness into their daily lives. Students also explore how to keep themselves safe online.</p> <p>Autumn 2 begins with students correctly identifying ways to improve levels of personal safety and minimising risk to themselves in dangerous situations. Students then begin the First Give programme, where students learn about social issues in the community and work as a form to plan and deliver social action.</p>		<p><b><u>Living in the Wider World &amp; Health and Wellbeing</u></b></p> <p>Spring 1 sees students continue with the First Give programme started in Autumn 2. They then begin developing an awareness and understanding the process of making laws and how these are upheld in society.</p> <p>Spring 2 explores how to distinguish a cult, allowing students to reflect on the impact they can have on individuals and building the ability to recognise risks online. Students begin to look at study skills and how to develop good habits for GCSEs.</p>		<p><b><u>Relationships &amp; Living in the Wider World</u></b></p> <p>Summer 1 allows students to recognise the qualities and signs of positive relationships whilst identify features of unhealthy and unsafe relationships. We teach students to recognise the impact of stereotyping and ways in which they can promote inclusivity and equality and challenge bullying</p> <p>Summer 2 supports students to prepare for the future with: routines for dealing with exam pressures, the importance of a positive online presence for future prospects and strategies for budgeting finances. Finally, students reflect on their community awareness and how this has developed since participating in First Give.</p>	
<ul style="list-style-type: none"> <li>• Aspirations</li> <li>• Mindfulness</li> <li>• Managing triggers &amp; coping strategies</li> <li>• Monitoring your own health</li> <li>• E-safety</li> <li>• Mental health</li> </ul>	<ul style="list-style-type: none"> <li>• Personal safety &amp; first aid</li> <li>• Dealing with harassment</li> <li>• One-to-one relationships</li> <li>• Understand, research and investigate social issues</li> <li>• Charities and social action</li> </ul>	<ul style="list-style-type: none"> <li>• First Give: social action and awareness</li> <li>• How laws are made</li> <li>• Crime and policing</li> </ul>	<ul style="list-style-type: none"> <li>• How recognise a cult</li> <li>• What is abuse?</li> <li>• Personal safety online</li> <li>• Study skills</li> </ul>	<ul style="list-style-type: none"> <li>• Benefits of strong, healthy relationships</li> <li>• Healthy &amp; unhealthy relationships</li> <li>• Diversity in attraction, gender &amp; support</li> <li>• Female genital mutilation</li> <li>• What is marriage?</li> </ul>	<ul style="list-style-type: none"> <li>• Managing exam pressures</li> <li>• Online reputation</li> <li>• Budgeting &amp; the benefits of saving</li> <li>• Community awareness</li> </ul>

**Year 10**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b><u>Health and Wellbeing and Relationships</u></b></p> <p>Autumn 1 explores how to remain healthy and manage emotions in relationships, while at school and in life after school.</p> <p>Autumn 2 explores relationships and how to recognise and respond to negative relationships. Topics include risks associated with online relationships, managing online presence and exploitation.</p>		<p><b><u>Living in the Wider World and Health and Wellbeing</u></b></p> <p>Autumn 1 teaches students how to prepare for the workplace and manage their own finances, this includes introducing students to CVs and how to write a successful one.</p> <p>Autumn 2 explores and teaches how to support others with health both physical and mental, this includes introductory first aid and discussion on topics organ donation and family planning.</p>		<p><b><u>Relationships and Living in the Wider World</u></b></p> <p>Autumn 1 discusses family relationships and how to manage difficult life events including bereavement and separation. Students will also build on work completed earlier in the year on unhealthy relationships.</p> <p>Autumn 2 teaches a number of topics related to the workplace to coincide with students work experience placements. They will learn about topics including types of employment and consumer rights.</p>	
<ul style="list-style-type: none"> <li>• Exploring self-esteem, strong emotions and feelings</li> <li>• Dealing with stress</li> <li>• Managing relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Recognising unwanted attention</li> <li>• Risks associated and managing online presence</li> <li>• Initiation and exploitation.</li> </ul>	<ul style="list-style-type: none"> <li>• Challenging stereotypes</li> <li>• Managing personal finances</li> <li>• Financial risks</li> <li>• Preparing for mock career interviews</li> </ul>	<ul style="list-style-type: none"> <li>• Managing physical health</li> <li>• Mental health</li> <li>• Blood, cell and stem cell donation</li> </ul>	<ul style="list-style-type: none"> <li>• Adoption and fostering</li> <li>• Separation and bereavement</li> <li>• Marriage</li> </ul>	<ul style="list-style-type: none"> <li>• Types of employment</li> <li>• Consumer rights</li> <li>• Aspirations</li> <li>• Raising achievement</li> </ul>

**Year 11**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b><u>Health &amp; Wellbeing and Relationships</u></b></p> <p>Autumn 1 explores how to manage aspirations, remain resilient and regulate emotions in relationships, while at school and in life after school. These modules allow students to set goals at the beginning of the year, reflect on their achievements so far and build on their targets with the GCSE year ahead.</p> <p>Autumn 2 focuses on relationships, how to identify and respond to negative relationships and harmful situations. Topics include peer support, substance abuse and influence of the media.</p>		<p><b><u>Living in the Wider World and Health and Wellbeing</u></b></p> <p>Autumn 1 develops students' understanding of their role in society and understanding what expectations healthy and what stereotypes can be detrimental. All these lessons weave together to allow students to reflect on their presentation, behaviour and role, and how these things impact their successes inside and outside school.</p> <p>Autumn 2 explores health and wellbeing, specifically revisiting personal health, contraception where we invite external speakers and some healthy and unhealthy habits of drug use. These modules give students a responsibility of self-care/health.</p>		<p><b><u>Relationships and Living in the Wider World</u></b></p> <p>Autumn 1 returns to explore the importance of healthy relationships and covers the discussion surrounding delaying sexual activity and will also reflect on a previous module in more depth covering relationship abuse. These modules ensure students have covered sensitive topics before going on to higher education and hopefully give them a well-rounded understanding of their role in society and relationships as well as education.</p> <p>Autumn 2 students will be sitting their public exams.</p>	
<ul style="list-style-type: none"> <li>• Aspirations</li> <li>• Raising achievement</li> <li>• Mindfulness</li> <li>• Cancer awareness</li> </ul>	<ul style="list-style-type: none"> <li>• Peer support</li> <li>• Substance use</li> <li>• Unhealthy relationships</li> <li>• The role of sex in the media</li> </ul>	<ul style="list-style-type: none"> <li>• Stereotypes</li> <li>• Employability skills</li> <li>• Prevent</li> <li>• Report feedback</li> </ul>	<ul style="list-style-type: none"> <li>• Personal safety</li> <li>• Common injuries</li> <li>• Contraception</li> <li>• Drug use</li> </ul>	<ul style="list-style-type: none"> <li>• Delaying sexual activity</li> <li>• abuse in relationships</li> </ul>	<ul style="list-style-type: none"> <li>• External exams</li> </ul>

**Year 12**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b><u>Health and Wellbeing and Relationships</u></b></p> <p>Autumn 1 focusses on 'Health and Wellbeing', considering how students can look after themselves both inside and outside of school.</p> <p>Autumn 2 focusses on 'Relationships' and how students can keep themselves safe in regard to these.</p> <p>In Sixth Form, there are also occasional sessions spread throughout the year, dedicated to life after Sixth Form. In this term, students look at Work Experience and Apprenticeships.</p>		<p><b><u>Living in the Wider World and Health and Wellbeing</u></b></p> <p>Spring 1 focusses on both 'Living in the Wider World' and 'Health and Wellbeing', giving further emphasis on how to look after themselves and helping students understand what life will be like following Sixth Form.</p> <p>Spring 2 builds on 'Living in the Wider World', including a focus on cultural diversity and engaging with people from different backgrounds.</p> <p>In Sixth Form, there are also occasional sessions spread throughout the year, dedicated to life after Sixth Form. In this term, students look at Unifrog and UCAS.</p>		<p><b><u>Living in the Wider World</u></b></p> <p>Summer 1 emphasises external exams for Year 12s.</p> <p>Summer 2 again focusses on 'Living in the Wider World', to further prepare students for life after Sixth Form.</p> <p>In Sixth Form, there are also occasional sessions spread throughout the year, dedicated to life after Sixth Form. In this term, students look at Setting up UCAS.</p>	
<ul style="list-style-type: none"> <li>• Looking after my health</li> <li>• Alcohol and drugs</li> <li>• E-safety</li> </ul>	<ul style="list-style-type: none"> <li>• Consent</li> <li>• Pornography</li> <li>• Healthy and unhealthy relationships</li> <li>• Sexual intimacy</li> </ul>	<ul style="list-style-type: none"> <li>• Future Me</li> <li>• Managing Money</li> <li>• Mindfulness</li> <li>• Monitoring physical health</li> </ul>	<ul style="list-style-type: none"> <li>• Cultural diversity</li> <li>• Life skills</li> <li>• Careers competencies</li> </ul>	<ul style="list-style-type: none"> <li>• Revision techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Staying safe when travelling</li> <li>• Life after Sixth Form</li> </ul>

**Year 13**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b><u>Health and Wellbeing and Relationships</u></b></p> <p>Autumn 1 focusses on 'Health and Wellbeing', considering how students can look after themselves both inside and outside of school.</p> <p>Autumn 2 focusses on 'Relationships' and how students can keep themselves safe in regard to these.</p> <p>In Sixth Form, there are also occasional sessions spread throughout the year, dedicated to life after Sixth Form. In this term, students look at UCAS progress.</p>		<p><b><u>Living in the Wider World and Health and Wellbeing</u></b></p> <p>Spring 1 and 2 have a mix of 'Living in the Wider World' and 'Health and Wellbeing', particularly building a focus for the end of Year 13 and life after Sixth Form.</p> <p>In Sixth Form, there are also occasional sessions spread throughout the year, dedicated to life after Sixth Form. In this term, students look at Student Finance.</p>		<p><b><u>External exams</u></b></p>	
<ul style="list-style-type: none"> <li>• Managing under pressure</li> <li>• Body image</li> </ul>	<ul style="list-style-type: none"> <li>• De-escalating situations</li> <li>• Pregnancy and parenthood</li> </ul>	<ul style="list-style-type: none"> <li>• Fake news</li> <li>• Plan B</li> <li>• Safe travel abroad</li> </ul>	<ul style="list-style-type: none"> <li>• Managing money</li> <li>• Mindfulness</li> <li>• Monitoring physical health</li> </ul>	<ul style="list-style-type: none"> <li>• Revision techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Students no longer in school</li> </ul>