




WESTON FAVELL  
ACADEMY

# PSHE OVERVIEW

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September 2023

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Managing Change	Celebrating Differences	Friendship, respect & relationships	Politics, Parliament & Me	Staying Safe online & Offline	Puberty & Body Developments
Year 8	Physical Health & Mental Wellbeing	Identity, Relationships & Sex Education	LGBTQ+ Explored	Proud to be Me!	Dangerous Society Online & Offline	Law, Crime & Society
Year 9	Essential Life Skills	Body Confidence	Contraception and STI's	Combatting Extremism & Terrorism	Sex, The law and Consent	Legal & Illegal Drugs
Year 10	Mental Health & Wellbeing	Rights and Responsibilities	Exploring British Values	Exploring Relationships & Sex Education	Violence, crime and Seeking Safety	Exploring World Issues
Year 11	Adult Health and Looking after yourself	Sexual Health	Your Future & Beyond	Staying Safe	REVISION FOR GCSE EXAMS	

# PSHE THEMES

These are the themes that we follow in our PSHE curriculum

**RIGHTS, RESPONSIBILITIES & BRITISH VALUES**


**CELEBRATING DIVERSITY & EQUALITY**


**RELATIONSHIPS & SEX EDUCATION**


**STAYING SAFE ONLINE & OFFLINE**


**HEALTH & WELLBEING**


**LIFE BEYOND SCHOOL**

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Year 7	Managing Change	Celebrating Differences	Friendship, respect & relationships	Politics, Parliament & Me	Staying Safe online & Offline	Puberty & Body Developments
	<ul style="list-style-type: none"> <li>- Intro to PSHE</li> <li>- Getting to know people</li> <li>- What is a community?</li> <li>- Careers &amp; relaxation</li> <li>- Financial Education</li> <li>- Transition points in your life</li> </ul>	<ul style="list-style-type: none"> <li>- Multicultural Britain</li> <li>- What is your identity</li> <li>- Nature Vs Nurture</li> <li>- Equality Act 2010</li> <li>- Breaking down stereotypes</li> <li>- Prejudice &amp; Discrimination</li> <li>- Challenging Islamophobia</li> </ul>	<ul style="list-style-type: none"> <li>- Consent &amp; boundaries</li> <li>- Respect and relationships</li> <li>- What makes a good friend?</li> <li>- Friendships &amp; Self esteem</li> <li>- Pressure &amp; Influence</li> <li>- What does it to be a man?</li> </ul>	<ul style="list-style-type: none"> <li>- Why is politics important?</li> <li>- How is our country run?</li> <li>- Create a political party</li> <li>- Elections &amp; campaigning</li> <li>- Politics &amp; debating</li> <li>- Exploring inside Parliament</li> <li>- Who is the new Prime Minister?</li> </ul>	<ul style="list-style-type: none"> <li>- Avoiding Gangs</li> <li>- Staying safe online</li> <li>- Fortnite, Grooming &amp; online gaming</li> <li>- What is alcohol?</li> <li>- What is smoking?</li> <li>- E-Cigs &amp; Vaping</li> <li>- Energy Drinks</li> </ul>	<ul style="list-style-type: none"> <li>- Intro to Puberty</li> <li>- Puberty (Girls)</li> <li>- Puberty (Boys)</li> <li>- Personal &amp; Oral Hygiene</li> <li>- Growing up &amp; FGM</li> <li>- Assertiveness , Consent &amp; Hormones</li> <li>- Self Esteem &amp; Empowerment</li> </ul>

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Year 8	Physical Health & Mental Wellbeing	Identity, Relationships & Sex Education	LGBTQ+ Explored	Proud to be Me!	Dangerous Society Online & Offline	Law, Crime & Society
	<ul style="list-style-type: none"> <li>- Health &amp; Wellbeing</li> <li>- What is Mental health?</li> <li>- Positive body image</li> <li>- Child abuse</li> <li>- Types of Bullying</li> <li>- Healthy eating &amp; Cholesterol</li> <li>- Stress management</li> </ul>	<ul style="list-style-type: none"> <li>- Intro to relationships &amp; Sex Education</li> <li>- Healthy relationships</li> <li>- Dealing with conflict</li> <li>- Sexual orientation</li> <li>- Gender identity</li> <li>- Introduction to Contraception</li> <li>- What is Love (periods &amp; menstrual cycle)</li> </ul>	<ul style="list-style-type: none"> <li>Intro to Year 8 lesson</li> <li>- LGBT – What is it?</li> <li>- LGBT homophobia in schools</li> <li>- Supporting those that are LGBT</li> <li>- Challenging homophobia</li> <li>- Transphobia</li> <li>- Coming out</li> </ul>	<ul style="list-style-type: none"> <li>- Employability skills</li> <li>- Proud to be me &amp; Career choices</li> <li>- Career interests &amp; jobs</li> <li>- Self-esteem &amp; the media</li> <li>- Labour market information</li> <li>- Exploring careers</li> </ul>	<ul style="list-style-type: none"> <li>- County Lines what is it?</li> <li>- County Lines Who is at risk?</li> <li>- Substance misuse</li> <li>- Online safety – Cyber bullying</li> <li>- Grooming Boys &amp; Girls</li> <li>- Drugs education – alcohol safety</li> <li>- Child exploitation &amp; online Protection</li> </ul>	<ul style="list-style-type: none"> <li>- Desert island living</li> <li>- Building a community</li> <li>- Making decisions &amp; priorities</li> <li>- Criminals, Law &amp; Society</li> <li>- Law making in the UK</li> <li>- Prisons, Reforms &amp; Punishment</li> </ul>

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Year 9	Essential Life Skills	Body Confidence	Contraception and STI's	Combatting Extremism & Terrorism	Sex, The law and Consent	Legal & Illegal Drugs
	<ul style="list-style-type: none"> <li>- From failure to success</li> <li>- First aid lesson</li> <li>- Important of happiness</li> <li>- What is anger?</li> <li>- Saving &amp; investing money</li> <li>- Employment &amp; financial management</li> <li>- Social media &amp; online stress</li> </ul>	<ul style="list-style-type: none"> <li>- Self-esteem changes</li> <li>- What is a penis?</li> <li>- What is a Vulva?</li> <li>- Bullying in all its forms</li> <li>- Dealing with grief &amp; loss</li> <li>- Media &amp; airbrushing</li> <li>- Cancer prevention &amp; healthy lifestyles</li> </ul>	<ul style="list-style-type: none"> <li>- STI lesson</li> <li>- Contraception available</li> <li>- The condom lesson</li> <li>- Exploring the realities of contraception</li> <li>- Sexual harassment &amp; stalking</li> <li>- HIV &amp; AIDs</li> <li>- AIDs – prejudice &amp; discrimination</li> </ul>	<ul style="list-style-type: none"> <li>- Conspiracies &amp; extremist narratives</li> <li>- Extremism in all its forms</li> <li>- What is terrorism?</li> <li>- Proud to be British</li> <li>- The radicalisation processes</li> <li>- Counter terrorism</li> <li>- Antisemitism</li> </ul>	<ul style="list-style-type: none"> <li>- Sexual consent &amp; the law</li> <li>- FGM &amp; the law</li> <li>- Delaying sexual activity</li> <li>- Why have sex?</li> <li>- Relationships and partners</li> <li>- Pleasure &amp; masturbation</li> <li>- What are STIs?</li> </ul>	<ul style="list-style-type: none"> <li>- Introduction to drugs</li> <li>- Different types of addictions</li> <li>- Cannabis products</li> <li>- Drug classifications</li> <li>- "part" drugs &amp; dangers</li> <li>- Exploring illegal drugs &amp; effects</li> <li>- Volatile substance abuse</li> </ul>

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Year 10	Mental Health & Wellbeing	Rights and Responsibilities	Exploring British Values	Exploring Relationships & Sex Education	Violence, crime and Seeking Safety	Exploring World Issues
	<ul style="list-style-type: none"> <li>- Child abuse (CSE)</li> <li>- Self-harm</li> <li>- Screen time &amp; safe mobile phone</li> <li>- Common mental health issues</li> <li>- Suicidal thoughts &amp; support</li> <li>- Promoting emotional wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>- Instagram generation</li> <li>- Targeted advertising</li> <li>- Marriage, what is it?</li> <li>- Rights &amp; responsibilities</li> <li>- Consumer rights</li> <li>- Employment rights</li> <li>- Exploring a pay-check</li> </ul>	<ul style="list-style-type: none"> <li>- Critical thinking &amp; fake news</li> <li>- What is a cult?</li> <li>- LGBTQ rights &amp; British values</li> <li>- What are human rights?</li> <li>- Exploring human rights</li> <li>- Exploring Britishness &amp; British values</li> </ul>	<ul style="list-style-type: none"> <li>- Campaigning against FGM</li> <li>- Sexting nudes</li> <li>- Porn life vs real life</li> <li>- Porn materials &amp; attributes</li> <li>- Domestic abuse &amp; violence</li> <li>- Sexual violence (assault &amp; rape)</li> <li>- Sexualisation of the media</li> </ul>	<ul style="list-style-type: none"> <li>- Honour based violence</li> <li>- Forced marriages</li> <li>- Online gambling</li> <li>- Social media validation</li> <li>- Keeping data safe</li> <li>- Modern day slavery</li> <li>- Preventing knife crime</li> </ul>	<ul style="list-style-type: none"> <li>- International organisations</li> <li>- Brexit</li> <li>- Aid supporting other countries</li> <li>- Fair trade</li> <li>- Peace, war &amp; conflict</li> <li>- Women's rights &amp; equality</li> <li>- #Metoo movement &amp; Time's up</li> </ul>



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Year 11	Adult Health and Looking after yourself	Sexual Health	Your Future & Beyond	Staying Safe	REVISION FOR GCSE EXAMS	
	<ul style="list-style-type: none"> <li>- Organ donation &amp; donating blood</li> <li>- Teenage pregnancy choices</li> <li>- Abortion (morals, law &amp; thoughts)</li> <li>- Testicular &amp; prostate cancer</li> <li>- Cervical, breast &amp; ovarian cancer</li> <li>- Parenthood</li> <li>- Love &amp; abuse are not the same</li> </ul>	<ul style="list-style-type: none"> <li>- Peer on peer bullying</li> <li>- Fertility &amp; what impacts it</li> <li>- Alcohol and bad choices</li> <li>- Importance of sexual health</li> <li>- Revisiting contraception</li> <li>- Revisiting STIs</li> <li>- Respect &amp; relationship</li> </ul>	<ul style="list-style-type: none"> <li>- Time management</li> <li>- LGBTQ rights across the word</li> <li>- Dealing with exam stress &amp; anxiety</li> <li>- Instagram life vs real life</li> <li>- Writing a personal statement</li> <li>- Writing a CV</li> </ul>	<ul style="list-style-type: none"> <li>- Virtual reality &amp; live streaming</li> <li>- New psychoactive drugs (NPS)</li> <li>- Festivals &amp; drugs</li> <li>- Cosmetic &amp; Aesthetic procedures</li> <li>- Drug substance addiction</li> <li>- Online reputation &amp; digital footprints</li> </ul>	<ul style="list-style-type: none"> <li>- Revision for GCSE exams</li> </ul>	

