

TAA PSHE Curriculum Overview 2023/24

Year Group	Unit 1	Unit 2	Unit 3
7	<p style="text-align: center;"><u>Relationships</u></p> <p><i>Students learn about their own identity, develop personal skills, learn how to form positive relationships, deal with negative relationships (e.g. bullying) and learn about diverse identities and family types</i></p>	<p style="text-align: center;"><u>Keeping Safe</u></p> <p><i>Students learn about personal safety and risky behaviours, how to help others (Basic First Aid) and online safety, including encountering pornography online.</i></p>	<p style="text-align: center;"><u>Health & Wellbeing</u></p> <p><i>Students learn about the effects of puberty on their body and their mental health, personal hygiene, physical and mental wellbeing and the importance of sleep.</i></p>
8	<p style="text-align: center;"><u>Keeping Safe</u></p> <p><i>Students learn about how to stay safe online, including sensible use of social media, online trolls and their own digital footprint. Students also learn key indicators of poor mental/emotional wellbeing, as well as lifestyle choices such as drugs and alcohol.</i></p>	<p style="text-align: center;"><u>Health & Wellbeing</u></p> <p><i>Students learn about the science behind vaccinations, the impact of smoking and vaping, and a range of contributing factors to a healthy lifestyle such as diet, exercise, disconnecting from social media and managing difficult emotions such as anxiety</i></p>	<p style="text-align: center;"><u>Relationships</u></p> <p><i>Students learn about the harms of stereotyping in society, forming clear boundaries with regards to peer pressure and personal space, as well as how to speak up for others in society by learning about ableism and allyship.</i></p>
9	<p style="text-align: center;"><u>Relationships</u></p> <p><i>Students learn about respecting others in society, what healthy and unhealthy relationships look like and the impact of coercion in relationships. Students learn about intimacy in relationships, and when this may be a benefit to a relationship, but also the consequences of sex, both physical and psychological.</i></p>	<p style="text-align: center;"><u>Keeping Safe</u></p> <p><i>Students explore more deeply the effects of alcohol and drugs on a person's life, and consider safer lifestyle choices, in-person and online. Students also learn about how to manage their money, and understand how and why taxes, National Insurance etc. exist.</i></p>	<p style="text-align: center;"><u>Health & Wellbeing</u></p> <p><i>Students learn about the science of blood donation and why it is important, how to navigate through societal pressures/stereotypes, how to communicate emotions in a healthy, productive way and how to look out for the mental wellbeing of others.</i></p>
10	<p style="text-align: center;"><u>Relationships</u></p> <p><i>Students learn about different types of relationships, including professional relationships, and dealing with difficulties such as break-ups or issues at work. Students learn about intimate relationships, consent, contraception and how culture may influence views around sex.</i></p>	<p style="text-align: center;"><u>Health & Wellbeing</u></p> <p><i>Students learn about a range of contributing factors to a healthy life such as nutrition, sleep, managing stress and maintaining mental wellbeing. Students learn about mental disorders such as Anxiety and Depression, as well as body image.</i></p>	<p style="text-align: center;"><u>Keeping Safe</u></p> <p><i>Students learn about financial safety through savings accounts and avoiding debt, understand workers' rights and the roles of unions in protecting workers. Students also learn how to discern fake news from reliable news sources, and learn about other online and in-person risks such as grooming and sexual harassment.</i></p>

Each unit also features a Start and End of Unit Quiz to provide numerical data for student progress in these key areas.

The PSHE curriculum is supported throughout the year by other learning opportunities such as Operation Educ8 sessions and assemblies, the form time program which revisits many of these topics, celebration days during the year such as Black History Month and LGBTQ+ history month, and external visitors such as CPR training delivered to all Year 8 students.

Lesson by Lesson overview

Detailed on these pages are the lesson by lesson overviews of content taught to students in each year group throughout their time at Thomas Alleynes, correct as of September 2023. In addition to these lessons, students also have additional teaching and experiences as described above.

Year 7

Unit 1 - Relationships

Relationships	1	Who am I?	Students understand Qualities and Values. Students know where values come from. Students know how values can shape their life and the qualities they develop.
	2	How do I form meaningful relationships?	Students identify what they look for in a friend (qualities/values). Students reflect on how to make sure friends are equals even if they have different values. Students understand why equality in friendships is important.
	3	How can families support each other?	Students recognise different types of families that exist. Students consider how different families may work together. Students reflect on their own families and how they work together, and how they can overcome problems together.
	4	How can healthy relationships benefit my life?	Students understand what makes a healthy relationship. Students decide whether given examples are healthy or unhealthy using their judgement. Students discuss how to deal with unhealthy relationships.

	5	How do we deal with bad relationships?	Students learn how some relationships can turn bad and may need to be addressed. Students learn useful tips for recognising when a relationship is bad, and how they can address this and improve/end the relationship.
	6	How can we respect differences between people?	Students learn about differences in society and how to respect the beliefs of others. Students consider how/why others are different from them, and how this can be a positive thing for society.
	7	What is implicit bias?	Students learn about what implicit bias is, and the different areas of life that may influence our views. Students learn about different types of biases and how we can work to undo our biases
	8	How can I assert myself?	Students learn the benefits of assertive behaviour and how it can help them to speak up for themselves or speak out for others.

Unit 2 – Being Safe

Being Safe	1	How do rules keep us safe?	Students consider a range of rules in their life and why they are important. Students consider how rules change as they get older, and how not having rules or ignoring rules can be unsafe.
	2	What everyday dangers do I need to be aware of?	Students understand common risks in everyday life, what the consequences are of these risks and how they can keep themselves safe in a range of situations.
	3	How do I speak out about bullying?	Students identify different types of bullying and how it can be harmful to others. Students learn steps to take to speak out, why it is important to speak out and what it means to be a bystander.
	4	How can I stay safe online?	Students understand some risks of being online and steps they can take to minimise those risks to themselves.
	5	What are the dangers of pornography?	Students learn about the prevalence of pornography online and how it may impact young people and their perceptions of relationships
	6	Basic First Aid	Students learn about a range of injuries and the recommended methods to help treat those injuries, as advised by St John's Ambulance. Students also learn how to recognise when to call emergency services or contact a medical professional for treatment.

	7	Why are drugs harmful?	Students learn about both legal and illegal drugs, and the effects that each can have. Students learn about the negative consequences of using illegal drugs and consider the wide range of impacts these may have on a person's life
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Unit 3 – Health & Wellbeing

Health and Wellbeing	1	What can I expect with my changing body?	Students learn about puberty, periods and other bodily changes they will experience as they grow older. Students learn that a range of changes is normal and how they may manage some of these changes.
	2	Why is sleep important?	Students understand that sleep is important and how too little or too much sleep may affect them.
	3	Why is personal hygiene important?	Students learn about different aspects of personal hygiene and discuss daily activities to maintain good overall personal hygiene, especially during puberty
	4	What can I do to keep fit and healthy?	Students understand that both diet and exercise combine to create a healthy lifestyle and learn the benefits of a healthy lifestyle.
	5	How can I look after my smile?	Students learn about Dental health
	6	How can I learn to be more resilient?	Students understand what resilience is and how it can be important to their life. Students understand the benefits of being resilient and learn tips to improve their own resilience.

Lesson by Lesson overview

Year 8

Unit 1 – Being Safe

Being Safe	1	How do I use social media safely?	Students understand rules around social media use, age limits and how social media may be used inappropriately.
	2	How do I ensure social media doesn't define me?	Students learn how internet and social media use can impact their wellbeing, specifically their mental wellbeing. Students learn how the COVID-19 pandemic may have made this even worse.
	3	How do I look out for my own wellbeing and support others?	Students learn how to look out for others wellbeing, particularly their mental and emotional wellbeing. Students learn key indicators that someone may be struggling and the steps they can take to help them.

	4	What impacts could my lifestyle choices have on my health?	Students learn how to lead a healthy, active lifestyle including diet, exercise and sleep.
	5	What are the effects of drugs?	Students learn what is classified as a drug and some common drugs such as alcohol, nicotine and sugar. Students learn how these substances can be highly addictive, and the problems that may cause.
	6	Why are vaccinations important?	Students examine the evidence for effective vaccination and medication in disease prevention.
	7	Does sexism still exist in the UK?	Students learn the definitions of sexism, misogyny and misandry, and learn how stereotypes can be harmful to everyone in society. Students also learn how to speak out against sexism.

Unit 2 – Health & Wellbeing

Health & Wellbeing	1	How are bacteria and viruses spread?	Students learn how viruses spread, how antibiotics work and how to prevent infection.
	2	What are the dangers of smoking and vaping?	Students understand that smoking is addictive and learn the risks to health of smoking and vaping. Students also learn where to get help quitting, and the benefits of quitting.
	3	What exercise should I do for a healthy lifestyle?	Students learn to create an exercise plan to help them understand how a healthy lifestyle fits into a busy life.
	4	How does nutrition affect my health?	Students study the Eat Well plate and look at how proper nutrition and hydration will benefit their health. Students learn how poor diet may lead to tooth decay and cancer.
	5	How do I manage feelings of anxiety?	Students learn what is normal feelings of anxiety and how these can be overcome.

Unit 3- Relationships

Relationships	1	What is the problem with stereotypes?	Students identify a range of stereotypes and consider how that could impact on individuals. Students understand that stereotypes are not accurate and often not helpful.
	2	Why is Personal Space important?	Students learn what Personal Space is, why it matters and how it should be respected.
	3	What is Peer Pressure?	Students learn the term Peer Pressure and understand how it affects people's decisions and why it can be a negative thing.
	4	What are the risks associated with gangs?	Students learn what constitutes a gang, the realities of gang life and the dangers associated with gang membership. This is then linked to County Lines and students understand local risks, how gangs recruit and what to do to keep safe.
	5	How do we combat ableism in society?	Students understand the term "ableism" to mean discriminating against people with disabilities.

	6	Why should I speak out for others?	Students learn about being an ally and not a bystander. Students understand why it is important to speak out, and safe ways to do so.
	7	How could I secure myself a job?	Students learn what information goes onto a CV and how to present themselves in job interviews.

Year 9

Unit 1 – Relationships

Relationships	1	How can we respect differences between people?	Students understand inequality in society. Students analyse data and draw conclusions about UK society. Students learn how to be an ally to marginalised/minority groups.
	2	How can healthy relationships benefit my life?	Students understand what a healthy relationship looks like and how they can develop those qualities in their own relationships. Students understand the positive impact of healthy relationships on their life.
	3	What are the signs of an unhealthy relationship?	Students identify warning signs of unhealthy relationships. Students learn how to recognise and address issues in their own relationships, and understand the risks of unhealthy relationships.
	4	How does being assertive help me in my life?	Students learn the definition of assertive. Students understand how assertiveness is demonstrated in different scenarios and how this could benefit their own life.
	5	Who has control in relationships?	Students understand that relationships differ and not all relationships are equal status. Student identify and understand which relationships should be equal and how they can address inequality in those relationships.

	6	How can intimacy be significant in a loving relationship?	Students understand that sex is part of normal romantic relationships between adults. Students understand benefits of a healthy sexual relationship.
	7	What are the consequences of sex?	Students understand a range of consequences of sex, such as STIs, pregnancy and emotional consequences. Students understand that it is important to be ready before having sex
	8	What is the role of marriage?	Students learn different views on marriage. Students explore why marriage is important in some cultures around the world. Students understand the legal status of marriage in the UK.

Unit 2 – Being Safe

Being Safe	1	How does alcohol affect our bodies?	Students learn the specific effects alcohol can have and why. Students understand the risks of drinking alcohol.
	2	How can substance misuse affect people?	Students understand the risks of using a range of different substances, both prescribed and illegal, and the individual impacts of each one.
	3	How can I make safe lifestyle choices?	Students consider a range of choices they will face as they grow up, and consider which choices would contribute to a safe lifestyle.
	4	What are my responsibilities online?	Students learn responsible behaviour online and the effects of being irresponsible.
	5	How can I manage my money effectively?	Students learn about budgeting, including rules on tax, National Insurance and expected costs for rent, groceries etc. Students learn why budgeting is important.

Unit 3 – Health & Wellbeing

Health and Wellbeing	1	Why is blood donation necessary?	Students learn about the demand for blood in the UK, how it is used and who can donate.
	2	What societal pressures might we face in life?	Students learn about peer pressure, pressure from stereotyping and pressure from families.
	3	How does puberty affect me emotionally and physically?	Students learn about the range of impacts puberty will have on their bodies and their emotional states.
	4	How do I share my emotions appropriately?	Students learn how to express emotions in a healthy way, even if they are negative emotions. Students learn how social conditioning can prevent others from sharing emotions in a healthy way.
	5	How can Mental Health affect my life?	Students learn about a range of mental health conditions and how these may impact a person's life. Students learn strategies that can be useful in improving their mental health throughout their life.
	6	How can I support the wellbeing of others?	Students learn how to spot signs of poor mental health or other changes and how to support others. Students learn a range of options they can use to help others get the support they need.

Year 10

Unit 1 – Relationships

Relationships	1	Types of relationships	Students understand the different types of relationships they have/will have in their life. Students understand expectations and responsibilities of different types of relationships.
	2	Relationship cycles	Students learn that relationships have cycles and the various stages a relationship may progress through. Students understand how these cycles may impact their emotions and wellbeing, and learn how they might manage these stages.
	3	Healthy vs Unhealthy relationships	Students build on previous knowledge about relationships and learn about coercion in relationships. Students learn more about the laws surrounding unhealthy relationships.
	4	How do I enjoy healthy, intimate relationships?	Students learn how sex can play an important role in romantic/intimate relationships. Students learn about other forms of intimacy and how those are important in building a relationship.
	5	Sex, culture and the media	Students understand the different perspectives on sex around different cultures and explore how UK culture may affect their views of sex. Students learn that media portrayals of sex vary and may differ from reality.

	6	What is meant by the term consent?	Students understand clearly what consent is and how consent can be given/received. Students understand the laws around consent and the consequences of not having consent.
	7	What is "safe sex"?	Students revisit previous learning about STIs/pregnancy and learn about the range of contraception that can be used. Students also understand that different cultures/religions may have alternative views on use of contraception.
	8	What is Sexting and what are the laws?	Students understand the term sexting and what it includes. Students understand laws around sexting, especially regarding indecent images under age as well as consent/unsolicited pictures/videos/messages.
	9	What is Child Sexual Exploitation?	Students can define Child Sexual Exploitation and are able to describe patterns that indicate sexual exploitation is occurring. Students can give advice to keep safe in a range of different situations.

Unit 2 – Health & Wellbeing

Health and wellbeing	1	What constitutes a healthy lifestyle?	Students consider the dietary and physical needs required to maintain a healthy lifestyle.
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	2	Why is sleep important?	Students understand the impact of the right amount of sleep on individuals, specifically adolescents. Students understand how lack of sleep can impact mental health.
	3	How do I cope with stress in my life?	Students learn a range of ways to manage stress in their lives and consider situations which they may need to apply these strategies.
	4	How can I get support with mental health?	Students understand the roles different professionals can play in supporting those struggling with mental health issues.
	5	How can I express my emotions in a healthy way?	Students learn how to express emotions in a healthy way, even if they are negative emotions. Students learn how social conditioning can prevent others from sharing emotions in a healthy way.
	6	How does the online world shape our perceptions of our bodies?	Students look at a range of influences on body image from the media and society. Students consider different viewpoints about body image and how people should present themselves/judge others.

Unit 3 – Being Safe

Being Safe	1	How can I manage my finances effectively?	Students learn about interest rates, credit cards, savings accounts and other budgeting tips.
	2	What are my rights in the workplace?	Students learn about workplace culture and discrimination. Students identify what is acceptable behaviour in the world of work.
	3	Am I taking the right risks in life?	Students learn about appropriate risks and how to calculate whether risks are worth taking. Students understand the effects of not taking risks and taking too many risks.
	4	What constitutes sexual harassment?	Students learn the definition of sexual harassment and explore the statistics about sexual harassment in the UK and in particular, in schools.
	5	How do I know who to trust?	Students to learn about trustworthy sources of information and how to make good, informed decisions.