



YEAR 7 PSHCE ROAD MAP

2023 - 2024

KEY STAGE 2

Students should come with a wide range of experiences from PSHE but fundamentally have developed some core areas.

AUTUMN 1: HEALTH & WELLBEING

The first part of the PSHCE curriculum will use specific resources and sessions about their transition to secondary school before moving on to explore mental health and emotional well being using resources from Nurture UK, Rise above and Child net.



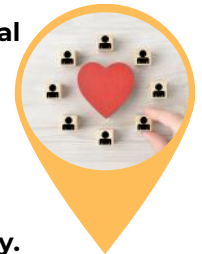
SPRING 1: THE WIDER WORLD

The key theme is developing skills and aspirations. Students will explore careers and develop key teamwork and enterprise skills whilst raising aspirations and challenging stereotypes. Students will use the PSHE association "Growing careers for positive change" resources alongside some Key Stage 3 activities from Media Smart and build their own smart profiles on Unifrog.



SUMMER 1: WIDER WORLD

Students in Year 7 requested more lessons about understanding money and making ethical financial decisions. Students will use accredited resources from EconoMe and Cifras to explore spending, saving, budgeting, evaluating value for money and weighing up risks and consequences of borrowing money.



AUTUMN 2: HEALTH & WELLBEING

Students will spend this half term covering the concepts of diversity, prejudice, cyberbullying and online safety. They will review their digital literacy skills and explore how to manage relationships both on and off line. Resources used are all PSHE accredited from Rise Above, Childnet and the NSPCC.



COTTESLOE
CAREERS

SPRING 2: RELATIONSHIPS

During this half term students will have lessons about sexuality and consent. There will be an introduction to contraception using the new kits purchased last academic year including the condom and the pill. The teachers will use a range of age and maturity appropriate resources from Medway and the accredited resources from the NSPCC.



SUMMER 2: RELATIONSHIPS

This half term students will be exploring discrimination in all its forms to include racism, religious discrimination, sexism and disability discrimination. They will use PSHE accredited resources called Remembering Srebrenica which takes a close look at identity and genocide and confronting hatred in society.





YEAR 8 PSHCE ROAD MAP

2023 - 2024

FROM YEAR 7

Students should come with a wide range of experiences from PSHE but fundamentally have developed some core areas such as building Healthy Relationships.

AUTUMN 1: HEALTH & WELLBEING

Mental Wellbeing is a subject that has been put to the forefront of the PSHE curriculum and continues to be an increasing factor in the local health data. In Year 8 students will use the Key Stage 3 PSHE association resources to address Mental Wellbeing, the impact of trauma, tackling stigma and strategies for coping with stress and anxiety at this time. There is a final lesson using accredited resources Winston's Wish which address the issue of grief and bereavement.



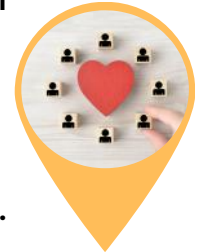
SPRING 1: THE WIDER WORLD

Students will explore the concept of equality of opportunity in careers and life choices, linking their own personal values to career choices and use Unifrog to begin reviewing different types and patterns of work. Other accredited resources used to meet Gatsby Benchmark criteria are unboxed resources.



SUMMER 1: WIDER WORLD

Students in year 7 requested more lessons about understanding money and making ethical financial decisions. Students will use accredited resources from EconoMe and Cifras to explore spending, saving, budgeting, evaluating value for money and weighing up risks and consequences of borrowing money.



AUTUMN 2: HEALTH & WELLBEING

During this half term students will have lessons about managing risk and peer pressure in relation to drugs and alcohol. Teachers will use a range of age and maturity appropriate resources from Rise Above, Drinkaware, the Thames Valley Police and some resources written by the PSHE Association.



COTTESLOE CAREERS

SPRING 2: RELATIONSHIPS

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SUMMER 2: RELATIONSHIPS

This half term students will be exploring discrimination in all its forms to include racism, religious discrimination, sexism and disability discrimination. They will use PSHE accredited resources called Remembering Srebrenica which takes a close look at identity and genocide and confronting hatred in society.



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YEAR 9 PSHCE ROAD MAP

2023 - 2024

FROM YEAR 8

Students should come with a wide range of experiences from PSHE but fundamentally have developed some core areas such as digital literacy and the options process.

AUTUMN 1: HEALTH & WELLBEING

Poor Mental Health is a rising issue with students clearly demonstrated by an increase in hospital admissions for students at this age range. Therefore Mental Wellbeing forms a vital part of our school's PSHE curriculum each year. This half term Year 9 will be addressing Mental Wellbeing, raising awareness and tackling stigma using resources PSHE accredited resources from Barnardos.



SPRING 1: THE WIDER WORLD

This half term will be focused on supporting students to make effective choices when selecting subjects to study further by exploring their own skills, strengths, and interests. They will use PSHE association resources, resources from Media Smart and Unifrog to build a personalised experience meeting the Gatsby Benchmark criteria.



SUMMER 1: WIDER WORLD

This half term students will consolidate their digital literacy knowledge and explore the concepts of disinformation and bias in the media using PSHE association accredited resourcing from "Be Internet Citizens".



AUTUMN 2: HEALTH & WELLBEING

The focus of this unit of work is to help students manage conflict at home and understand the dangers of running away. The ChiMatt data suggests that students of this age are the most vulnerable to running away and dealing with the consequences of being alone and on the streets. Homelessness data would suggest that people on the streets are getting younger and younger. This then develops into tackling homophobia, transphobia and sexism as highlighted as areas of concern from TVP and the student survey highlighted wanting to know more about the LGBTQ community. Resources include accredited Crossing The Line resources.



SPRING 2: RELATIONSHIPS

The key concepts for this unit of work learning basic First Aid skill to include CPR, Asthma attacks, choking, bleeding and head injuries. Students will use PSHE association accredited resourcing from the St. John Ambulance.



SUMMER 2: RELATIONSHIPS

The key concepts for this unit of work are tackling relationship myths and expectations and exploring how to cope with romantic relationship challenges including intimacy and break ups. Teachers will use a range of age and maturity level appropriate resources including Medway, Crossing the line and Brook all of which are PSHE association accredited.





YEAR 10 PSHCE ROAD MAP

2023 - 2024
FROM YEAR 9

Students have fundamentally developed some core areas in the last academic year, in particular they had high quality RSE during the Summer Term and covered peer pressure and risk management in relation to drugs and alcohol.

AUTUMN 1: HEALTH & WELLBEING

Mental Wellbeing was highlighted in the internal surveys completed by staff and students and the local health data. Local health data suggests that hospital admissions for this age group are increasing due to poor Mental Health and poor coping strategies. In Year 10 students will use the Key Stage 4 PSHE association resources to address mental wellbeing, the impact of trauma, tackling stigma and strategies for coping with stress and anxiety at this time.



SPRING 1: HEALTH & WELLBEING

The key concepts for this section of the PSHE curriculum are exploring the influence of peer pressure, gangs, role models and the media when managing risk. This concept is firstly explored using knife crime as an example with resources from Medway and then moves onto to discuss the influence of the media and role models using resources written by Public Health England called "Health: From Here to Where". This links to our review of local health data and the TVP newsletter which highlighted this as a concern for students in this area of this age.



SUMMER 1: WIDER WORLD

The key theme is Work Experience. Students will need to be completing their Work Experience applications and ensure that they are prepared for their placements. Resources from The PSHE Association will be used along with Unifrog applications which needs to be completed as apart of this process.



AUTUMN 2: RELATIONSHIPS

In line with the statutory requirements for Relationships and Sex education the students in Year 10 will spend time developing values for Cottesloe Healthy Relationships. They will use Home Office resources entitled Disrespect NO Body and accredited resourcing from the University of Exeter - Working out Relationships. They will discuss relationships and sex expectations, myths, challenges, including the impact of the media and pornography.



SPRING 2: WIDER WORLD

The key theme is financial decision making and exploring the impact of financial decisions, debt, gambling and the impact of advertising on financial choices. Students will use PSHE Association gambling resources and resources from accredited sources such as Gambleaware - resilience to gambling and exploring cybercrime from the National Crime Agency.



**SUMMER 2:
RELATIONSHIPS**
During this half term students will use Medway resources and to explore the concepts of community cohesion, challenging extremism and radicalisation.

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YEAR 11 PSHCE ROAD MAP

2023 - 2024

FROM YEAR 10

Students should come with a wide range of experiences from PSHCE but fundamentally have developed some core areas such as managing risks and challenging extremism.

AUTUMN 1: RELATIONSHIPS

Students in Year 11 will spend the first half term using PSHE Association accredited resources to develop their personal values and assertive communication skills (including in relation to contraception and sexual health), relationship challenges and abuse. Examples of resources used are those from the Alice Ruggles Trust, Think U Know and the Home Office Disrespect NObody teaching pack.



SPRING 1: RELATIONSHIPS

In accordance with our policy students in Year 11 revisit lessons about romantic relationships, sex expectations, myths, pleasure and challenges, consent and contraception choices using PSHE Association accredited resourcing from Durex "Do".



SUMMER 1: HEALTH & WELLBEING

During this half term students explore the concepts of personal safety, with reference to terrorism and self care. They will be taught some basic first aid using PSHE association accredited resources from the British Red Cross, British Heart Foundation and the St. John Ambulance

AUTUMN 2: WIDER WORLD

This half term students will use PSHE association accredited resources to cover the concepts of work-life balance, stress management and learning revision skills to maximise potential. Time will also be spent on the application process for plans beyond school. A talk with our Careers Consultant and the Head of Sixth Form are also booked in to explain a wide range of opportunities and pathways available beyond Year 11.



SPRING 2: RELATIONSHIPS

In line with new statutory guidance students will spend this half term using PSHE Association resources to explore family life, marriage, pregnancy and fertility choices as well as reviewing learning about forced marriage and bereavement and loss. The last two concepts use PSHE accredited resourcing from Freedom Charity and Winston's Wish.



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