

All Saints PSHCE Curriculum Overview

	Autumn	Spring	Summer
	Health and Wellbeing	Relationships/ Ten Ten RSE Curriculum	Health and Wellbeing Relationships
7	What is PSHCE? Dealing with change Personal strengths Home Office Abuse Disclosure – what to do if you don't feel safe Basic First Aid	Puberty Self esteem Human reproduction and fertility Friendships and family structures Online safety Social responsibility in the wider world Female Genital Mutilation	Attitudes to mental health Emotional wellbeing Digital resilience Unhealthy and healthy coping strategies Change, loss, and grief Recognising and getting help
8	Ground rules and respecting opinions Understanding drugs, alcohol, and tobacco Risks associated with energy drinks Risks associated with vaping	Identity and differences Managing sexual feelings Life in the womb and how lifestyle can affect this Tolerance, kindness and forgiveness Online safety – image sharing Discrimination in the wider world	National Crime Agency: My values Being a positive bystander Rights in relationships Gender stereotypes Dove – 'Confident me' Body Image in a Digital World
9	Ground rules and respecting opinions Attitudes towards drugs and alcohol The law and managing risk Alcohol and cannabis Managing Influence Home Office - organised crime: unsafe and coercive friendships	Objectification including pornography Choices and consequences relating to sex Fertility and contraception Marriage and different types of relationships Consent Human rights and responsibilities including sexual exploitation	National Crime Agency: Listening, understanding and communicating Principles of healthy relationships Principles of healthy sexual experiences Sexual content online United Nations Convention of the Rights of the Child

Tutor time:

Careers and labour market information
 Safeguarding in school
 British Values and Protected Characteristics
 Bullying not banter
 Prevent and Extremism
 LGBTQ+ Inclusivity
 Vaccines and their impact

PSHCE drop down days 23/24

Autumn	Spring	Summer
NSPCC – Changing Friendships Home Office Organised crime lesson 1 Keeping unhealthy secrets Mental health and personal strengths Police Talk – cybercrime	Healthy Relationships Film – Wonder Bullying or Banter Prejudice and Discrimination	Careers Fair Mental Health - Anxiety TenTen – Facts of Life Online Safety Home Office organised crime: unsafe and coercive friendships
Mental health National Crime Agency - Sexting College Fair Police Talk – cybercrime Barriers to a healthy lifestyle	What is domestic violence? Disability discrimination Diversity Role Models Fitness and healthy lifestyles LCC – Gender, Power and Equality	TenTen – ‘The trouble with max’ ELCAS – mental health/ worry management NSPCC – sexualised media NSPCC – safer online relationships Youth Intervention Team – conflict management
Expect Respect – Domestic Violence Little Mix documentary on bullying College Fair Home office – preventing serious and organised crime: County Lines Police Talk – cybercrime	Knife Free Rossendale Defibs - CPR Careers/ Options Future U- Pathways mapping College Talks	TenTen – Love, Honour and Cherish Future U – personal development and careers, world of work NSPCC – sexual harassment and harmful sexual behaviour NSPCC – choices and consequences
Police Talk – cybercrime ELCAS – Food and Mood SRE – Consent SRE – Respectful relationships Future U – future prospects	SRE – sexual health Work experience preparation Future U writing workshops College talks	RSE – Coercion RSE- Pornography LCC – Gender, Power and Equality College Fair We Are With You – Influence and Drugs Future U – work readiness and professional skills
Applications and personal statements Careers Fair Police Talk – cybercrime SRE – sexual health SRE – long term commitments and relationships	RSE – STI’s and self-examination RSE - Pregnancy ELCAS – managing exam stress.	Exams