



KS3 Curriculum: PSHE

The content of PSHE at CCHS follows the statutory Relationships and Sex Education (RSE) curriculum guidelines which has been compulsory in all schools since September 2020.

These statutory guidelines include the following themes:

- Different types of relationships, including friendships, family relationships, dealing with strangers and, at secondary school, intimate relationships.
- How to recognise, understand and build healthy relationships, including self-respect and respect for others, commitment, tolerance, boundaries and consent, and how to manage conflict, and also how to recognise unhealthy relationships.
- Factual knowledge, at secondary school, around sex, sexual health, and sexuality.
- How online pornography may affect health and wellbeing, including mental health and relationships.

Curriculum Profile

Years 7 to 11 are taught by tutors for one hour per week in a 'rolling' period superimposed on the timetable. Lessons encourage students to participate in group work, class discussions and role play to allow them to experience social issues in a safe environment. These lessons also help students to foster and develop attitudes of tolerance towards the religious, cultural and moral values of others whilst ensuring students are confident regarding their growing maturity and personal health.

At CCHS we are sensitive to the changing needs of our students and the world they live in; therefore, the syllabus is reviewed and potentially modified on a yearly basis. Topics such as Black Lives Matters, LGBTQ issues, personal safety and consent are at the forefront of the syllabus currently.

PSHE also has extensive relationships with external agencies who bring their own expertise and unique perspective to some of the content being taught. Students have access to the Samaritans, Fire officers and are taught self-defence. Several charities work with the school such as Teenage Cancer Trust and Coppafeel to ensure all the students are self-aware of health issues and where to turn for help.

Older students also assist in teaching year 9 students about consent, contraception and sexual transmitted diseases in a specific morning in the Spring Term. The feedback from the year 9 students is always positive and they enjoy being taught by their peers and feel more comfortable asking them questions.

Year 7

Autumn Term 1	Autumn Term 2
<ul style="list-style-type: none">• Introduction to PSHE• Personal safety• First Aid• Learner profile	<ul style="list-style-type: none">• Friendship and relationships• Fire officer• TA1 review

Spring Term 1	Spring Term 2
<ul style="list-style-type: none">• Body image• Puberty• Peer pressure• Self esteem• Vaping	No PSHE in this term

Summer Term 1	Summer Term 2
<ul style="list-style-type: none">• Courage to fail• Healthy eating• Personal hygiene• Sleep	<ul style="list-style-type: none">• Careers• Mental health• Bullying• Cyberbullying

Year 8

Autumn Term 1	Autumn Term 2
<ul style="list-style-type: none">• FOMO and online safety• Privacy on Social media• Filter bubbles• Fake news.	<ul style="list-style-type: none">• Run, Hide and Tell• Discrimination• Stereotyping and extremism• TA1 discussions.

Spring Term 1	Spring Term 2
<ul style="list-style-type: none">• FGM talk• Homophobia• Disability• Sign language• HPV vaccine information• Fire officer.	No PSHE in this term

Summer Term 1	Summer Term 2
<ul style="list-style-type: none"> • Unhealthy thoughts • Worry tree. • Stress buckets • Looking after your mental health. • Careers 	<ul style="list-style-type: none"> • Being yourself • Conflict and teenagers • Parliament.

Year 9

Autumn Term 1	Autumn Term 2
<ul style="list-style-type: none"> • Introduction to drugs • Alcohol • Smoking • Vaping 	<ul style="list-style-type: none"> • Financial studies <ul style="list-style-type: none"> ○ Influences ○ Credit and debit cards ○ Borrowing money ○ Scams ○ Deets and squares • Self-defence.

Spring Term 1	Spring Term 2
<ul style="list-style-type: none"> • Risk taking • Careers • Relationships and consent • Pornography and saying No • Options talk • Feeling about sharing nudes. 	<p>No PSHE in this term</p>

Summer Term 1	Summer Term 2
<ul style="list-style-type: none"> • Ending relationships • Contraception • Sexual health • Parenting and marriage • Revision techniques 	<p>Year 9 exams Grief and bereavement Gambling.</p>