

**SUTTON COLDFIELD GRAMMAR SCHOOL FOR GIRLS PSHE MAP YEARS 7-13**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>7</b>	<p><b>3 Lessons: (1 as part of induction) FRIENDSHIPS</b>                      What makes a good friend?                      Healthy/respectful Friendships, Friendship rules and how to make good friends, Happiness and being connected to others, <b>COMP HEd</b> Anti bullying, the impact of bullying, bystander responsibility <b>COMP RSE</b></p> <p><b>1 lesson: Physical Wellbeing – SLEEP</b>                      Sleep and the impact it has on physical/mental wellbeing, describe healthy sleep patterns and identify factors which lower sleep quality, Strategies to establish healthy sleep patterns <b>COMP HEd</b></p> <p><b>(Natural High Visitor :</b>                      Positive messages about avoiding drugs/'artificial highs' and how to live so that you can experience 'natural highs' <b>COMP HEd)</b></p>	<p><b>4 Lessons: 1/2/3 SELF ESTEEM:</b> Self-image, high/low self esteem, how to boost self esteem, (See Y8 Summer 2 resources to combine?) Choosing friends, Stereotypes, <b>COMP RSE</b>                      Media manipulation of images and impact on body image, Appearance Ideals <b>COMP HEd</b>                      (USE DOVE and ASOS RESOURCES)</p> <p><b>4) Positive Wellbeing</b>                      Work Life balance, Evaluating the impact of activities on mental health, <b>COMP HEd</b>                      Challenging negative thoughts, Relaxation and wellbeing techniques <b>COMP HEd</b></p>	<p><b>3 Lessons: Lessons 1/2 PUBERTY &amp; MY BODY</b>                      Personal Hygiene, dental health <b>COMP HEd</b>                      Key facts about puberty, the changing adolescent body – males and females: Managing Physical and Emotional Changes, Menstrual wellbeing and managing practicality of periods <b>COMP HEd</b>  <b>Lesson 3: 'FORWARD' LESSON ON FGM</b> <b>COMP HEd</b></p>	<p><b>3 Lessons: MONEY MANAGEMENT</b>                      Spending and budgeting. Choosing a bank account, savings, credit &amp; debit cards, Debt, Online Gambling <b>COMP HEd</b></p>	<p><b>3 lessons: LIFE ONLINE</b>                      Rights, Responsibilities and opportunities online, behaviour expectations online, online risks, sharing material, not to share personal details, how to report problems, the impact of viewing harmful content, Social media and its impact <b>COMP HEd</b></p> <p><b>In Registrations: Exam Preparation:</b> What are the rules about exams? How do I organise my revision?</p>	<p><b>3 lessons: PHYSICAL WELLBEING</b>                      Peer pressure, Tobacco: Harms from smoking: link to lung cancer, the benefits of quitting and how to access support, Alcohol: the physical and psychological risks associated with alcohol consumption, what constitutes low risk alcohol consumption in adulthood, Physical and psychological consequences of alcohol dependency. Cancer Awareness, Different types of cancer, signs and symptoms, when to seek medical advice <b>COMP HEd</b></p> <p><b>1 Lesson: Preparation for Residential</b>                      Residential</p>

<p><b>8</b></p>	<p><b>3 Lessons: <u>FIRST AID</u></b>  Basic treatment for common injuries, Lifesaving skills, including how to administer CPR, The purpose of defibrillators and when one might be needed. <b>COMP HEd</b></p>	<p><b>4 Lessons : <u>POSITIVE RELATIONSHIPS</u></b>  1) Arguments and how to resolve them, characteristics of healthy/unhealthy friendships, how to end a relationship that has gone wrong. <b>COMP RSE</b>  2) Bullying, harassment/sexual harrassment, coercive control, warning signs of unsafe relationships <b>COMP RSE</b>  3) Cyberbullying, the law and how to seek help <b>COMP RSE</b>  4) Screen Time and its impact on relationships and mental health <b>COMP RSE COMP HEd</b></p>	<p><b>3 Lessons: <u>1/2) COMMITTED RELATIONSHIPS</u></b>  Different types of committed, stable relationships and how they contribute to our happiness <b>COMP RSE</b>  <b>Marriage and the law/Forced Marriage</b>  The roles and responsibilities of parents <b>COMP RSE</b>  The importance of a committed relationship as a basis for bringing up children <b>COMP RSE</b>  <b>3) <u>HEALTHY LIFESTYLE FOR NOW &amp; THE FUTURE</u></b>  The importance of a healthy diet, regular exercise, time outdoors, social connections, community links and good quality sleep <b>COMP HEd</b>  The link between good physical health and good mental wellbeing <b>COMP HEd</b></p>	<p><b>3 Lessons <u>POSITIVE MENTAL WELLBEING</u></b>  The power of positive self talk  Growth mindset <b>COMP HEd</b>  Goal setting  Connecting with others <b>COMP HEd</b>  What does success mean to you/ How will you achieve it?  What is your dream life?  Journaling <b>COMP HEd</b></p>	<p><b>4 Lessons: <u>GANGS AND EXPLOITATION</u></b>  Gangs, County Lines/Criminal Exploitation, Knife Crime &amp; Weapons  The concepts of, and laws relating to sexual exploitation/CSE abuse, grooming, Avoiding risky situations  Seeking help and support <b>COMP RSE</b></p>	<p><b>2 (maybe 3 Lessons): <u>FINANCIAL EDUCATION</u></b>  1. Being in control of money, Payslips, retirement.  2. Fraud and scams, Consumer Rights  3. Money and wellbeing</p>
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	<b>October</b>		<b>March</b>		<b>June</b>
<b>9</b>	<p><b>PSHE DAY 1</b></p> <p><b>Careers:</b> Intro to Unifrog – Activities done and skills for Careers gained <b>GATSBY BENCHMARKS</b></p> <p><b>Drugs/Legal Highs Awareness:</b> Why do people take drugs? What effects do they have on us socially/emotionally/physically? What does the law say about different types of drugs? <b>COMP HEd</b></p> <p><b>Diversity/LGBT:</b> Equality, diversity and the law, raising awareness of LGBT issues, challenging stereotypes <b>COMP RSE</b></p> <p><b>Bereavement:</b> How do people cope with bereavement? Strategies, How can I help my friend? <b>COMP HEd</b></p> <p><b>Sexting &amp; Relationships :</b> Legal rules on sexting, emotional consequences, digital footprint, When is the right time for sex? How to handle pressure to start a sexual relationship, consequences of early sexual relationships, the law. <b>COMP RSE</b></p>		<p><b>PSHE DAY 2</b></p> <p><b>STIs/Contraception/Healthy Relationships:</b> Pros and cons of different contraceptive methods, symptoms of STIs, Healthy Relationships, where to seek help <b>COMP RSE</b></p> <p><b>Mental Health Awareness and Strategies Part 1:</b> Emotional health, managing feelings, perfectionism/eating disorders, anxiety, where to seek help <b>COMP HEd</b></p> <p><b>Careers:</b> Personality Quiz, Activities and Competencies and how they link to workplace skills, Introduction to Careers Adviser in school <b>GATSBY BENCHMARKS</b></p> <p><b>Money Management:</b> Budgeting, Housing, mortgages, renting (The Money Charity Visit)</p>		<p><b>PSHE DAY 3</b></p> <p><b>Politics</b> – Government for the morning: What is democracy? British Values, How is the UK parliament set up? Voting and elections, Role of MPs and the Prime Minister, different parties, Role play of the cabinet discussing and making decisions on current political issues.</p> <p><b>Grooming/CSE Awareness:</b> Loudmouth Theatre Company – Working for Marcus performance and workshop <b>COMP RSE</b></p> <p><b>Healthy Relationships, Sex Education</b> <b>COMP RSE</b></p>
	<b>November</b>		<b>March</b>		
<b>10</b>	<p><b>PSHE DAY 1</b></p> <p><b>Mental Health Awareness and Strategies Part 2:</b> Exam stress, low mood, unhelpful thinking styles, mental wellbeing, strategies and how to seek help <b>COMP HEd</b></p> <p><b>Healthy Relationships/Consent</b> Building on work done last year on how to build and maintain healthy relationships, Consent, abuse in teenage relationships and where to seek help <b>COMP RSE</b></p> <p><b>Careers:</b> Introduction to School Careers Adviser and update Unifrog – Activities done and skills for Careers gained – update online portfolio <b>GATSBY BENCHMARKS</b></p> <p><b>Finance Education:</b> Tax, pensions, National Insurance, being paid (The Money Charity Visit)</p>		<p><b>PSHE DAY 2</b></p> <p><b>Grooming/CSE Awareness:</b> Loudmouth Theatre Company – Working for Marcus performance and workshop <b>COMP RSE</b></p> <p><b>British Values/Diversity and Equality</b></p> <p><b>Politics</b> – Government for the morning: What is democracy? British Values, How is the UK parliament set up? Voting and elections, Role of MPs and the Prime Minister, different parties, Role play of the cabinet discussing and making decisions on current political issues.</p>		

	<b>Ethical Thinking Workshop:</b> Input from Religious Studies department on how to make ethical decisions, ethical theories and their application to real life issues					
	<b>September</b>		<b>December</b>			
<b>11</b>	<b>PSHE DAY 1</b> <b>Careers:</b> Introduction to School Careers Adviser, update Unifrog profile <b>GATSBY BENCHMARKS</b> <b>Careers:</b> A Level Workshop <b>GATSBY BENCHMARKS</b> <b>Dementia/Alzheimer's Awareness:</b> Symptoms, impact on family, how to help and support, Dementia Friends Campaign <u><b>Online Blackmail – CEOP Resources</b></u> <b>Pregnancy Options –</b> Session to include adoption, abortion, keep the baby, miscarriage <b>COMP RSE</b>		<b>PSHE DAY 2</b> <b>Loudmouth Safe and Sound Performance and Workshop:</b> Risky situations, healthy relationships, staying safe <b>COMP RSE</b> <b>Pornography and Body Image:</b> The fantasy V reality of pornography and sexualised images Body image in relation to sexualised images and celebrity culture/airbrushing Some of the laws around sexualised images, pornography and sex Values of a real relationship in relation to what is often in the media Boundaries, consent and respect <b>COMP RSE</b> <b>Leadership/Communication Skills (Careers):</b> Public speaking, self-confidence, how to get your message across, interview skills <b>GATSBY BENCHMARKS</b>			
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>12</b>	<u><b>Careers/Next Steps:</b></u> Intro to VI Form life, What support is available, baseline test results, time management <u><b>Health and Wellbeing:</b></u> Getting to know each other, transition to VI Form, Anxiety and strategies to cope	<u><b>Careers/Next Steps:</b></u> Post 18 Options, Oxbridge, Super curricular, Different pathways, Summer schools and their value <u><b>Health and Wellbeing:</b></u> Compulsive behaviours and strategies to cope	<u><b>Careers/Next Steps:</b></u> Planning for mid year exams <u><b>Health and Wellbeing:</b></u> Breathing techniques, activities for mindfulness (e.g. Origami), Wellbeing Week Activity <u><b>Living in the Wider World:</b></u> Social Media and 'Sharenting', Fraud	<u><b>Careers/Next Steps:</b></u> Research skills, Synthesis, Critical Analysis, Referencing, <u><b>Health and Wellbeing:</b></u> Disordered eating and strategies to cope/help others <u><b>Living in the Wider World:</b></u> Payslips, tax and National Insurance,	<u><b>Careers/Next Steps:</b></u> Post 18 options, Personal statements and UCAS <u><b>Health and Wellbeing:</b></u> Food/exercise, alcohol, drugs <u><b>Relationships:</b></u> Sexting	<u><b>Careers/Next Steps:</b></u> Open Days, Personal statements and UCAS, End of Year results and what to do next, plans for the Summer <u><b>Health and Wellbeing:</b></u> First Aid – Burns, choking, wounds, sling, how to recognise and

		<u>Living in the Wider World</u> : Sign Language, Digital Footprints		Good/bad credit, Credit Scores, Fraud, Savings, ISAs <u>Relationships</u> : Online strangers		treat shock, Media and stereotypes <u>Living in the Wider World</u> : Positive use of social media (E.g. LinkedIn)
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
13	<u>Careers/Next Steps</u> : Transition into Y13, Interviews, Competency questions, CVs, In-tray exercise, Personal Statements, targets for the year, UCAS, Apprenticeships <u>Health and Wellbeing</u> : Routine and sleep, spiking drinks, travelling alone <u>Living in the Wider World</u> : Social media, skew news	<u>Careers/Next Steps</u> : Planning for mocks, interviews, Multi Mini Interviews (MMIs) <u>Health and Wellbeing</u> : Compulsive behaviours and strategies to cope <u>Living in the Wider World</u> : Sign language, Boundaries with privacy	<u>Careers/Next Steps</u> : Student finance and budgeting, <u>Health and Wellbeing</u> : Colouring activity <u>Living in the Wider World</u> : Radicalisation	<u>Health and Wellbeing</u> : New situations and strategies to cope, eating healthily on a budget, calculating risk, <u>Living in the Wider World</u> : Mortgages, bank accounts, Car running costs, Work permits, House and Travel insurance, Pensions, Trading Standards	<u>Careers/Next Steps</u> : What to expect at university, expulsions from university <u>Health and Wellbeing</u> : Travelling abroad safely, Freshers' flu, meningitis, Breast awareness and self-check	In Addition During the Year: PSHE Day for Y13: Teenage Cancer Trust Police power to search Escape Room Mental Health

**Colour Code (Based on: PSHE Association Programme of Study)**

**PURPLE = Health and Wellbeing**

**BLUE= Relationships**

**GREEN: Living in the Wider World**