

<p><b>‘Being PRS’ in PSHE: our curriculum intent</b></p>	<p>Positive <b>Understanding</b></p>	<p>Responsible <b>Ownership</b></p>	<p>Successful <b>Impact</b></p>
<p><b>Self</b></p>	<ul style="list-style-type: none"> <li>- I know and value my unique self</li> <li>- I can understand and name different feelings</li> <li>- I can identify physical and mental health challenges</li> <li>- I understand how to live healthily</li> <li>- I understand the changes we go through at different stages in life</li> <li>- I know how to set SMART targets</li> <li>- I can say where to go for help if needed</li> <li>-resilience!!</li> </ul>	<ul style="list-style-type: none"> <li>- I follow and develop my interests and values</li> <li>- I regularly 'tune in' to my feelings</li> <li>- I regularly try self regulation strategies</li> <li>- I reflect on my own physical and mental state</li> <li>- I try strategies to help me manage the physical and emotional transition into adulthood</li> <li>- I set myself SMART targets to live better</li> <li>- I seek help from others when things are difficult</li> </ul>	<ul style="list-style-type: none"> <li>- I confidently pursue my personal growth and development</li> <li>- I know how I feel and can express myself</li> <li>- I can self regulate in a variety of situations</li> <li>- I embrace life's changes and thrive</li> <li>- I overcome setbacks</li> <li>- I live healthily and make wise choices</li> <li>- I use a variety of resources and people for support when needed</li> <li>- I am kind to myself</li> </ul>
<p><b>Others</b></p>	<ul style="list-style-type: none"> <li>- I understand a range of different relationships</li> <li>- I can identify healthy/unhealthy relationships including sexual relationships</li> <li>- I can describe how to set boundaries</li> <li>- I consider how my actions affect others</li> <li>- I know the steps of problem solving and conflict resolution</li> <li>- I can describe features of good communication such as active listening and understanding others' perspectives</li> </ul>	<ul style="list-style-type: none"> <li>- I work on my relationships</li> <li>- I set boundaries and show respect for others</li> <li>- I take responsibility for my actions</li> <li>- I actively seek to problem solve</li> <li>- I try to apologise, and forgive others</li> <li>- I try to listen actively and understand others' perspectives</li> </ul>	<ul style="list-style-type: none"> <li>- I build and maintain positive relationships in all aspects of my life</li> <li>- I have clear boundaries that keep me safe</li> <li>- I show empathy and kindness towards others in my community (not just my friends)</li> <li>- I am an upstander who actively promotes kindness and equality</li> <li>- I can restore rifts in relationships, and know when to move on</li> </ul>
<p><b>World</b></p>	<ul style="list-style-type: none"> <li>- I can describe risky behaviour, both online and in the 'real world'</li> <li>- I can explain how to stay safe</li> <li>- I can describe the law, rights and responsibilities and protected characteristics</li> <li>- I can explain the importance of inclusion and equality</li> <li>- I recognise the qualities needed to achieve success in working life</li> </ul>	<ul style="list-style-type: none"> <li>- I make careful choices and manage risk by considering and evaluating situations</li> <li>- I act legally and responsibly</li> <li>- I show respect for the rights of others, and seek to understand the perspective of those who are different from me</li> <li>- I develop the qualities needed to achieve success in working life</li> </ul>	<ul style="list-style-type: none"> <li>- I am safe</li> <li>- I am independent</li> <li>- I am a critical thinker</li> <li>- I contribute positively to my community</li> <li>- I actively promote diversity and include others who are different from me</li> <li>- I achieve success in working life</li> </ul>



# Year 7 PSHE overview



## Autumn Term

## Spring Term

## Summer Term

7.1 Coping with Change

7.2 Being PRS: homework

7.3 Puberty and Me

7.4 My Mind: Attention

7.5 My Mind: Steadying

7.6 My Mind: Thoughts

Reflection

7.7 Healthy Days

7.8 Healthy Nights

7.9 Healthy Feelings

7.10 Relationships & Belonging

7.11 Friends & Family

7.12 Standing Up for Others

Reflection

7.13 Social Media

7.14 What is Real?

7.15 Managing Risk

7.16 Boundaries

7.17 Sexual Relationships

7.18 Conflict Resolution

Reflection



# Year 8 PSHE overview



## Autumn Term

## Spring Term

## Summer Term

8.1 A Fresh Start

8.2 A Healthy Mind

8.3 My Body

8.4 Coping with Change

8.5 Who Am I?

8.6 Social Media and Me

Reflection

8.7 Healthy Living

8.8 Healthy Relationships

8.9 Forgiveness

8.10 Challenging Stereotypes

8.11 Overcoming Conflict

8.12 Being an Upstander

Reflection

8.13 Media Literacy

8.14 Staying Safe Online

8.15 Money and Mental Health

8.16 Smoking and Vaping

8.17 Alcohol and Drugs

8.18 TBC

Reflection



# Year 9 PSHE overview



## Autumn Term

## Spring Term

## Summer Term

9.1 A Fresh Start

9.2 A Healthy Mind

9.3 Safe Sex

9.4 Dealing with Discrimination

9.5 Exploring my Identity

9.6 Body Image

Reflection

9.7 Healthy Living

9.8 Health Services

9.9 Healthy Coping

9.10 Recognising Strengths

9.11 Relationships & Conflict

9.12 Making Choices

Reflection

9.13 Critical Thinking

9.14 Sex & Consent Online

9.15 Peer Pressure

9.16 Risky Behaviour

9.17 Drugs

9.18 TBC

Reflection



# Year 10 PSHE overview



## Autumn Term

## Spring Term

## Summer Term

10.1 A Fresh Start

10.2 Good Mental Health

10.3 Healthy Relationships

10.4 Understanding Pornography

10.5 Contraception & Pregnancy

10.6 Consent & Intimacy

Reflection

10.7 Religion and Philosophy

10.8 Religion and Philosophy

10.9 Religion and Philosophy

10.10 Sexuality & Identity

10.11 People's Perspectives

10.12 Developing My Identity

Reflection

10.13 Impact of Relationships

10.14 Changing Relationships

10.15 Navigating Conflict

10.16 Managing Risks

10.17 Gambling & Mental Health

10.18 TBC

Reflection