PSHE/ SRE TOPICS AT CCR

Year 7

TOPIC	Content and what students will learn;
What is PSHE?	• The importance and value of PSHE lessons. • Highlight topics to be covered and why • Different areas of PSHE including mind, body, relationships, safety and dangers, career and future
Resilience	• What resilience is • How resilience can differ in people • The link between resilience and self esteem • Personal resilience quiz • Situations that could require resilience • How do you become resilient
Self esteem	• What self-esteem is • Recognising characteristics of high and low self-esteem. • Impact of low self-esteem on daily life • How others can impact your self esteem • Benefits of high self esteem • How to improve self-esteem.
Emotional wellbeing	• What is emotional wellbeing • Examples of good emotional wellbeing • Recognising positive and negative emotions • Factors that can affect your emotional wellbeing • Risks of unhealthy responses to negative emotions • Ways of managing emotional wellbeing
Expect respect	• Understand and recognise characteristics of positive relationships with friends, family, teachers • Importance of positive friendships • Social skills that help maintain friendships • Social skills that can damage friendships • Examples of behaviours from an unhealthy friendship • Expectations within family relationships • Resolving conflict and managing disagreements
Internet safety	• The possible risks online • Examples of cyberbullying and trolling and how to deal with them

	• Examples of inappropriate content- how to ensure you prevent and minimise exposure • Dangers of social media including grooming • Responsibility of online safety for school, parents and students
Road safety	• Facts about teenage road accidents • Why teenagers are more at risk of accidents • Distractions whilst out and about that can increase the risk of accidents including chatting, ear phones, texting , phone calls • How to follow pedestrian rules • How to use crossings correctly and safely • Cycling tips to stay safe • Recognise road signs • What young people can do to avoid accidents including improving their speed judgment.
Child Sexual Exploitation	• What are age appropriate relationships • What is sexual exploitation • How does grooming happen- understanding how young people can be approached online and the process. • Avoiding contact with strangers online • How to recognise signs of grooming and exploitation yourself or if a friend or family member. • Where to go for help if concerned.
Child Criminal Exploitation	• What is Criminal exploitation • Understand the term 'County Lines' • Understand what a gang is and different types of gangs • Why young people get involved in gangs • Identify what can make people more vulnerable • Know the dangers of criminal exploitation • Be able to spot the signs of CCE • Know how and where to report it if you are concerned about yourself or someone else.
British Values	• What are the 4 strands to British Values • How the 4 areas relate to life in Britain
Prevent	• What is the 'Prevent Strategy' • Understanding what radicalisation is and how it happens • Impact and dangers to vulnerable young people • Recognise extreme ideologies including ISIS and Far Right.

	• What is a hate crime and how young people's views can be distorted by the media • Consequences and risks of involvement in extremist violence • How to recognise signs of radicalisation • Where to get help if you think you or someone else is being targeted
Personal Hygiene	• What is personal hygiene • Hygiene in relation to disease prevention • The effect of poor hygiene on the body and health • Impact of poor hygiene on you socially • How to take responsibility for your own hygiene
Skills and Qualities	• What is a personal quality • How to evaluate your qualities and recognise when particular qualities are useful in daily life • What are skills and evaluating your skill strengths and areas for improvement • Gathering evidence of your personal skills for your future including involvement in hobbies, leadership opportunities, sporting activities.
Value of money	• What you will need money for in the future as an independent adult • Knowing the difference between necessary items and luxury. • Understanding spending and saving • Understanding ways you can pay for things • The cost of living including housing, bills, transport, food, clothing • Consideration of your future lifestyle and comfortable living • The link between spending, earnings and possible lifestyle
Job v Career	• Understanding the difference between a job and a career • How to earn money and understanding a wage and a salary • Examples of jobs and careers • Examples of different jobs and careers and their salaries • Reflection on your future career
What's out there- careers?	• Research a range of careers possible • Understanding there are thousands of different careers • Understanding that different careers require different skills, qualities and qualification

	• Reflection on thoughts about personal careers and suitability

Year 8

TOPIC	Content and what students will learn;
Self-Reflection	• Evaluation current skills and attitudes to school • Reflection on current participation in extracurricular activities and hobbies and building a profile for skills and qualities • Setting goals for success and improvement • Thinking about future careers based on strengths and interests
Healthy active lifestyles	• Understanding the variety of physical activity opportunities • The difference between Sport and exercise and how they can influence participation • The benefits of physical activity on physical and mental health and wellbeing • Recognise how a good fitness level will help you cope with everyday demands • Why people are living less active lifestyles including electronics, tv, transport • How participation can be influenced by friends, family, role models, kit/clothing, body image, cost • Taking responsibility for your own activity and fitness • Importance of sleep and consequences of too little sleep
Nutrition	• Understand how teenage growth and development requires particular nutrition. • Understand how nutrition is linked to exercise, diet, illness and disease prevention • What 7 nutrients we need and why • Where nutrients are found in foods • How eating patterns can be interrupted by daily life and cause missing meals, snacking, fast food. • Poor nutrition linked to various health problems including high blood pressure, heart disease, osteoporosis, tooth decay, high cholesterol

Alcohol	• Understanding the laws around alcohol and assess why they are there • Evaluate the impact of drinking alcohol on your life including aggression, decision making, spiked drink, losing personal belongings, drink driving, injury. • Understanding what 'fixed penalty' means and when these might occur • Understanding categories of alcohol and how strong they are • The immediate effects of alcohol on the body functions including nausea, poor coordination, slurred speech, memory loss, alcohol poisoning and more. • Understand the term 'Binge drinking' and what it is. • How to recognise alcohol poisoning symptoms • Long term effects of alcohol abuse (physical, mental and social) • Know how to stay safe when drinking alcohol
Body image	• What is body image • Evaluate the images in the media and recognise that they portray an unachievable body image. • Understand how media advertising is targeting young people • Understand the pressure felt by teenagers to achieve the 'perfect' body image.
Body Image 2	• Recognise that images are often photo shopped and are not real • Impact of body image and the media on mental health including links to depression, loss of self-esteem, unhealthy eating habits • Impact and consequences of undereating on the body and health • Risks of obesity and links to illness and disease • Causes of obesity and links to inactivity and lifestyle choices • Explore ways to improve body image
E Safety/ Risky Behaviours Online	• Understand what 'risky behaviours' are online • Evaluating the dangers of webcams and live streaming • The dangers of using location services on mobile phone apps • The dangers of online gaming and grooming

	• Explore 'Breck's last game' to highlight how grooming can happen on gaming • Tips for staying safe whilst gaming
Gaming addiction/ Dangers	• What does addiction mean • Understand how gaming can become addictive including the nature of the games and challenges • Evaluate how different games can become addictive • Recognising signs of gaming addiction including preoccupation, isolation, irritability, lying, headaches, poor personal hygiene, fatigue • Understand the consequences and impact of addiction on life and future • Discuss responsibility of gaming including personal, parental, schools, gaming industry.
Healthy relationships	• Understand how friendships can become unhealthy or abusive • Recognise controlling behaviours in both friendships and partners • The importance of personal values and expectations in relationships and examples • Recognising the possible pressures when dating
Anti-social behaviour	• What is anti-social behaviour • Recognising types of ASB including noisy rowdy behaviour, intimidation, harassment, hate crime, verbal abuse, littering, vandalism, animal nuisance • Understanding the meaning of guilty by association • Understanding where ASB can take place
Anti-social behaviour 2	• The laws and consequences of ASB • The impact ASB can have on people in the community • The impact ASB can have on future prospects including criminal record and jobs

First aid	• What the recovery position is and how to place someone in it. • Understand when to use the recovery position in relation to breathing and pulse check • Demonstrate and understand the use of CPR and chest compression • Understand how to treat minor injuries including burns, cuts and grazes, sprains. • Practice applying simple bandages and slings
Career aspirations	• Understanding the term 'aspiration' • Evaluate what makes a person aspire to be or do something • Relating own subjects and interests to careers • Evaluate what types of work skills you would be suited to • Research on the skills and qualities expected in different careers • Salary aspirations- link salary to lifestyle aspirations •
Gender Stereotypes	• Understanding what a stereotype is and the impact they have on aspirations and career goals • Explore examples of different stereotypes including gender, racial, hair colour • Discuss why stereotypes exist • What young people can do to tackle stereotyping
Equality & Diversity	• Recognise the KEY British Values • Understand the importance of LGBT equality and Laws about discrimination • Discuss personal identities and characteristics • Dispel myths and common negative attitudes in society • Understand and recognise stereotypes and the harm and negativity they can have on young people

Year 9

TOPIC	Content and what students will learn;
Your choice your future	• Understanding the importance of developing independence • How to develop independence including self-awareness, using initiative, perseverance

	• Acknowledging barriers to success • How to set goals including using short, medium- and long-term goals
Employability skills	• Understanding what employers are looking for • What are employability skills • How to develop and evidence employability skills through hobbies, achievements and interests • Create an evidence profile to build up
Financial Futures	• The importance of finances to future lifestyle • Understand what we need money for as an adult • Identifying essential and Luxury needs and their costs • Understanding how different careers and jobs have different salaries with examples • Financial aspirations – what you would like your future to look like • Understanding the link between poverty and lower mental health and stress
Types of Employment	• Understanding types of employment including employed, self-employed, full time, part time, casual. • Recognise characteristics of employment types including hours, contracts, pay . • Evaluate the pro's and con's of the different employment • Understanding employer responsibilities • Why do people not work- including lack of skills, qualifications, criminal records, redundancy, health/ illness/ disability, laziness • Impact of unemployment on finances, health, relationships and relation to poverty • Understanding access to support including income support, job seekers allowance, housing benefit,
Letter of application	• Producing a letter of application for a career of choice • Understanding the content in a letter • Use of hobbies, interests and participation in a variety of activities and qualifications to evidence your suitability to a position
POST 16 Options	• Understand the law around education POST 16 and the requirements with Maths and English • Why it important to think ahead – minimum requirements on courses, subject specific requirements, suitability, goals. • Develop a career timeline to help you plan a path and set goals • Recognise POST 16 qualifications available

	• Recognise local colleges and 6th forms • Understanding apprenticeships
Career Timelines	• Planning a career timeline including researching entry requirements for career, courses and university.
SRE- Abusive relationships	• Understanding the impact of romantic relationships both positive and negative • Understanding relationships require time investing and common values and expectations • Recognising unrealistic expectations in relationships • Recognising characteristics of healthy and unhealthy relationships • What is abuse and abusive behaviours • Different types of abuse including physical, emotional and sexual and looking at examples • Understanding why people chose to remain in abusive relationships • Understanding what Domestic Violence is • Recognising warning signs of abusive relationships • Signposting for where to get advice and support
SRE Consent	• Discuss where young people get information about sex • Evaluate accuracy of information and how to determine reliable sources of information • The importance of talking before sexual activity- including conversations about contraception and possibility of pregnancy • Recognise pressures you could experience and importance of delaying until ready. • Knowing about sex and the law- age of consent • What is consent and how can you tell if someone actively demonstrates it including the importance of body language • Impact of alcohol and drugs on someone's ability to consent. • Recognising examples and signs of sexual coercion.
SRE- CSE Exploited	• Understanding exploitation can take place face to face not just online including someone you may know and someone your own age. • 'Exploited' film about peer to peer exploitation- demonstrates how it can happen
SRE Pregnancy	• Understand pregnancy options • Evaluate choices of pregnancy and the impact on your future • Expectations of parenthood – recognise examples of successful parenting

	• Understanding abortion including why people might choose to go ahead with abortion and why people. Choose not to have abortion • What is a miscarriage • Signposting for support if pregnant
SRE Contraception	• Recognising and expelling myths around contraception • Importance of condoms in protecting against STI's • Evaluation of the variety of barrier and hormonal contraceptive methods and how they work • Know how to access FREE contraception including the emergency contraception and the C Card. • Discuss why young people sometime don't use condom (alcohol/ drugs, embarrassment, not sure how to use) • Demonstration and workshop on using a condom correctly
Drugs Education	• What are drugs • Understanding the difference between recreational and prescription • Dangers of prescribed drugs and importance of following medical advice including dose. • Recognising ways of taking recreational drugs • Discuss why people choose to take drugs including beliefs that they can help with personal problems • Drugs and the law- possession and supply including drugs classification • Evaluate the impact of a drugs offence on your future- including implications to career, driving and travel abroad • Recognise the warning sign of someone abusing drugs • Signpost for drug support
Drugs Education	• Recognise the 3 categories of drugs and the effects they have on the body • Recognise different drugs including appearance, and effects. • Understand the negative side effects of different drugs Long and short term. • The impact of drugs on mental health

Year 10

TOPIC	Content and what students will learn;
POST 16	• Re assessing POST 16 aspirations in anticipation of applications • Reminder of Levels of qualification, entry requirements • How to apply online for colleges and 6th forms

Writing a CV	• Understand the sections required on a CV • Understand the purpose of a CV • Evaluate the importance of updating your cv throughout life • Create CV
University- What's it about?	• What is higher education • Understand which careers would need a degree level qualification • Types of course available • Where you can study – pro's and con's of living at home or away • Entry requirements • Tuition fees- how much they are and types of financial support available to pay them • Understand the student living costs and access to the student maintenance loan to pay • Understanding the repayment process of student loans
Apprenticeships	• Evaluating suitability to apprenticeships • Exploring the pro's and cons of apprenticeships • Assessment of apprenticeships • How to apply for apprenticeships • Signposting to local apprenticeships
Protecting image- Digital footprints	• What does 'digital footprint' mean • Understand the impact of your online footprint including your presence on social media • The law on posting indecent images • Tips to ensure you have a positive digital footprint
Emotional & Mental Health	• Understand the importance of talking and learning about mental health • Expel the stigma attached to mental health • Understanding the importance of management of negative emotions in maintaining emotional well being •
Factors Affecting Mental health	• Understand the most common factors that affect young people including failure, bullying, body image, sexual pressures, employment/ career prospects • Evaluate methods to manage factors • Signpost for mental health support including online access
Anxiety	• Recognise triggers to anxiety • Recognising symptoms of anxiety • Understanding the difference between normal anxiety and abnormal anxiety

	• Understand how anxiety develops • Exercise on realistic thinking – CBT method to assess all aspects of a situation • Discuss ways to help reduce anxiety
Sexual Harassment	• Recognise what peer to peer sexual harassment is • Recognise online sexual harassment • The relation of harassment to consent • Understand the term' victim blaming' • Awareness of sexual harassment in the work place
Blood, organ and stem cell donation	• Understand the importance of donating blood for treatment of medical conditions, surgery, blood loss. • Understand the blood donation process • What is stem cell donation and why it is needed for medical treatment. • Understand the process of stem cell donation • Evaluate who can donate and who cannot • What is organ donation • How organ donation can help save a life • Lily's story (ex CCR student)
STI's	• Why it is important to learn about STI's • What are they and how common are they • Recognise symptoms of common STI's • Evaluation of online information- ensuring reliable and accurate information • STI' treatment information and where to get it • Prevention of STI's – better than cure • Reminder of access to free condoms and use of C Card.
Honour based abuse, forced marriage & FGM	• Understand the concept of Honour based violence. • Be able to recognise and spot the signs of someone who is a victim of HBV • Understand the motives behind HBV • To understand the difference between arranged and forced marriages. • To understand the Law and FM and to know who to report to. • Understand what FGM is and why it is carried out • Know where and how to report concerns of someone who is a victim of FGM.

Year 11

TOPIC	Content and what students will learn;

POST 16	• Re assessing POST 16 aspirations in anticipation of applications • Reminder of Levels of qualification, entry requirements • How to apply online for colleges and 6th forms
Research P16	• Understand how to use online website to research courses and qualification • Evaluate course and compare to one another to make an informed decision
Personal statement	• Writing a personal statement for application forms • Understanding what information will support your application • Importance of highlighting your personal suitability of the course including evidence of your passion
Career Timeline	• Updating career timelines • Understanding a clear path to achieve desired career • Understanding the necessary qualifications for their desired career
Exam Stress	• Understanding what stress is • Recognising examples of situations that can cause significant stress • Relating stress to mental health • Recognising the signs and symptoms of stress • Coping with exam stress and evaluating way to reduce it including planning, revision, self-talk. • Demonstrate the use of simple relaxation techniques
Revision timetables	• Understanding how to create a successful revision timetable • Recognising the need for structure when revising • Understanding the importance of timetabling social time and hobbies and rest period
Risks of Gambling	• What is gambling • Winning v's losing- understanding the likeliness of winning • Understanding why people gamble when they consistently lose • Look at ways of gambling and addiction • Discuss how people pay for gambling and how addiction can lead to financial debt • Recognising addiction to gambling • Recognising the impact of gambling addiction on friends, family and relationships. • Recognise the impact of gambling on mental health • Signposting to gambling support