

## BRAKENHALE Subjects at a Glance

### PSHE

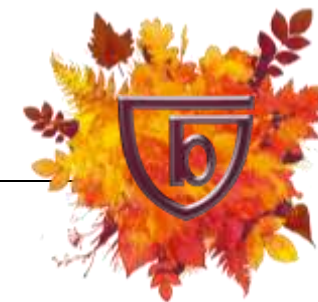
	Autumn Term		Spring Term		Summer Term	
	British Values	Lesson	British Values	Lesson	British Values	Lesson
Year 7	D RL TCR MR IL	Me and my identity – Influences on identity What is it to be unique British identity and values	IL	My Dreams and Goals Risk/strategy	MR IL	Relationship & Changes How to build positive relationships Supportive relationships
	TCR MR IL	Peer Pressure and belonging	MR IL	Coping Strategies Blame Managing setbacks	MR IL	Conflict & Discernment Managing conflict in friendship groups Discernment and the media
	RL IL MR	My Online Identity Online Safety - Rules	IL	Making Choices/influences Responsible/irresponsible Risks - Gambling	RL MR IL	Assertiveness in Relationships Aggressive, assertive, passive Consent to use social media Assertive action against sexting
	D RL TCR MR IL	Understanding stereotypes, prejudice and Discrimination	IL	Anxiety and Stress Signs Strategies to combat	IL	Puberty Changing body



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	TCR MR IL	Challenging discrimination and bullying	IL	Healthy Choices Positive Impact of healthy eating, sleep, Physical exercise What are vaccines Medication safety	IL	Having a baby Conception and development Feelings and choices around having a baby Babies and responsibilities
	D RL	The Structure of government	RL IL	Understanding Substances Harmful substances /drug classification Why people choose to use substances Law and substances	IL	How media can impact Self-esteem/body image Strategies to build self esteem Emotional changes during puberty

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Year 8	MR IL	Family Family's influence and expectations Managing expectations	IL	My Long-Term Goals How these might change Digital footprint – Online identity can affect job/ goals/dreams	IL	Relationships with yourself/social media Positive/ stable relationships
	TCR MR	First impressions, Faiths and beliefs Britain as a multicultural society	IL	Value of Money Different relationships and money Financial decisions Good debt/bad debt	RL TCR MR IL	Personal Space and culture Using social media Safety and the Law



## BRAKENHALE Subjects at a Glance

	TCR MR	Race, Religion and Multicultural Britain Hate incidents/crimes Benefits of multiculturalism	IL	Money and Earnings Earning of people in the UK Budget management World Poverty	RL MR IL	Coercion in Relationships What is unhealthy, Power balance Where to access support
	D RL	Social injustice and social Inequality	MR IL	Managing stress Combat stressful situations	MR IL	Intimate relationships And feelings associated
	TCR MR	Bullying and how to combat it Self-Awareness Banter/positive language	IL	Me and My Health Dimensions of wellness Long term physical wellness Oral Hygiene Diseases/vaccinations/Antibiotics	MR IL	Romantic relationships Positive Behaviours in relationships Feelings and attraction Sexuality and feelings
	D RL	Understanding the cabinet Media How to identify fake news	RL IL	Substance use and misuse Law around substance misuse and possession Role of substance misuse in CCE and county lines, money mulling Avoidance	RL MR IL	Pornography/Reality Risk behaviour specifically around alcohol -/sex The Law

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Year 9	MR IL	Relationships Friendships – Peer Approval Intimate relationships Accessing support and advice	IL	My Plans and Goals SMART Targets Living in the moment	MR IL	Mental Health and Emotions Stigma & Mental Health How to Support or access support



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	MR IL	Self-identity/Social Groups Social Media/Risk Social risks – gangs, drugs, sex	MR IL	Mental Health, Self esteem What is mental Health? Resilience/help Factors/media manipulation Social Media & Mental Health	IL	Change and Resilience Sleep – Facts Importance for mental/physical health
	MR IL RL	Positive/negative self- identity Positive identity and positive relationships Consent and the Law	RL IL	Substances Substance use and misuse Law around substance misuse and possession Support plans for how to get help information	RL MR IL	Power and Assertiveness Equality in relationships Understanding choice and saying “no” Assertiveness skills in a relationship Consent and Law
	RL TCR MR	Prejudice and discrimination Equalities Act	RL IL	Grooming and Exploitation – (Radicalisation, CCE) Knife crime	RL IL	CSE Online sexual grooming Sexting Where to access help
	RL TCR MR IL	Bullying and LBGTO+	RL IL	Taboo FGM, Breast Ironing and Honour Based Abuse	RL IL	Pornography/ Reality ideal bodies/low self esteem Law – Online & social Media
	RL	The Law and the justice system	D IL	Being a good citizen- Contributing to Society/First Aid including drug/alcohol poisoning	RL IL	Contraception and consequences Sexual Health Informed decisions/help Law



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Year 10	D RL TCR MR IL	Human Rights and the Equality Act	IL	Mental/physical health Balance -Wheel of life Digital footprint – Online identity can affect job/ goals/dreams	D RL IL MR IL	Relationships with Peers Teen violence Gangs Anti-social Behaviour
	MR	Grief and Loss Physical and mental responses to grief How to get support with grief	IL	Health MOT Checking your bits Detriments to health Protecting my health	RL MR IL	Healthy Relationships & Connections Love and how this portrayed in the media and society Love and Loss
	RL MR IL	Risk in real life and online Online identity Netiquette On line data use The Laws - Online	IL	Substances and the body Prescribed drugs Mental Health disorders Who can help Nature and Mental Health	MR IL	Different types and stages of relationships Ending a romantic relationship and consequences
	RL IL	Financial terms Financial risk and how to mitigate Financial Fraud – (Money mulling) Equity in the workplace Equalities Act	TCR MR IL	Diseases, Stem cell therapy Organ donation STI's & Treatments	D RL IL	Change, society and how this affects us How change is reflected in the media Climate change
	D RL TCR MR IL	Multiculturalism, society and inequality Benefits of multiculturalism	TCR MR IL	Sex – Consent, choice, pressure, support	D RL MR IL TCR	Sexuality and gender Gender stereotypes Pregnancy and Abortion Gender & sexual identity



## BRAKENHALE Subjects at a Glance

	MR	Different Relationships and impact Power/change in relationships Coercive control - Physical/Mental Resilience	TCR MR IL	Being an adult, relationship Law, legal status and Law Unacceptable behaviours Coercive, DV, HBV,FM	RL MR IL	Changes- Physical, Emotional How to manage change
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Year 11	RL TCR MR IL	Relationships and the law Unacceptable behaviours Coercive, DV, HBV,FM	IL	Jobs and Aspirations Skills for the future Employment opportunities My Job Plan	RL MR IL	Intimate Relationships - Relationship stages The role the media plays in unrealistic expectations of sex and relationships Safe sexual relationships
	RL MR IL	Law and why age limits. Use of drugs in relationships Confusion between love and abuse	TCR MR IL	Relationships, Parenting when and why	MR IL	Diverse relationships Challenges involved in "coming out" Media - stereotyping people and relationships
	RL	Being an internet citizen and the law Illegal online activity Consequences of viewing pornography	IL	Recognising and managing stress levels Healthy Choices Positive Impact of healthy eating, sleep, Physical exercise	RI ML IL	Power and relationships Identifying when a relationship is not balanced in power How to manage or end unsafe relationships



## BRAKENHALE Subjects at a Glance

	IL	Keeping yourself and others safe in an emergency situation	IL	Personal Hygiene and Health – STI's Self-examination	D RL TCR MR IL	FGM- Honour based violence, forced marriage What is a hate crime Hates crimes within LGBT& Communities
	MR IL	Managing anxieties and lifestyle choices	RL MR IL	Dealing with Pressure in Relationships, coercion consent, Rape Consent Law		
	RL IL	Finances- how to budget, avoid debt. Consequences of gambling and debt	TCR MR IL	Having Children, Contraception, fertility, feelings about having children		

### British Values Key

- D = Democracy
- RL = Rule of Law
- TCR = Tolerance of different cultures and religions
- MR = Mutual Respect
- IL = Individual Liberty