

## Ringwood School PSHE Curriculum Overview 2023/2024

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	off timetable event
<b>Year 7</b>	<b>Transition and Safety</b> Transition to secondary school Friendship Personal safety First aid	<b>Diversity and Community</b> Citizenship Diversity and inclusion Prejudice and bullying Protected characteristics	<b>Health and Puberty</b> Healthy routines Influences on health Self-care Puberty	<b>Developing Skills and Aspirations</b> Personal skills and qualities Teamwork Raising aspirations	<b>Building Relationships</b> Emotional literacy Self-worth Romance and friendships (including online) Relationship boundaries	<b>Personal Finance</b> Saving and borrowing Budgeting Making financial choices	<b>18th October</b> Citizenship Day
<b>year 8</b>	<b>Discrimination</b> Equality Act 2010 Protected Characteristics British Values Anti -Bullying	<b>Emotional Wellbeing and Puberty</b> Body image and confidence Healthy and unhealthy relationships Puberty	<b>Digital Literacy</b> Online safety Digital literacy Fake news Pornography	<b>Drugs, Smoking and Alcohol</b> Alcohol and drug misuse including vaping Peer influence and pressure	<b>Financial Decision Making</b> Risk associated with gaming and gambling including peer influence	<b>Identity and Relationships</b> Gender identity Sexual orientation Consent and boundaries 'Sexting'	<b>16th November</b> Law and Safety Day
<b>year 9</b>	<b>Healthy Lifestyle</b> Diet and exercise Lifestyle balance Healthy choices	<b>Sustainability</b> Water and energy Plastic and fast fashion Endangered animals	<b>Setting Goals</b> Learning strengths Career options and goal setting as part of the GCSE options process	<b>Peer Influence, Knife crime and Gangs</b> Assertiveness and exploitation Gang culture Anti - Bullying	<b>Respectful Relationships</b> Human Rights Gender equality FGM	<b>Substance Misuse</b> Alcohol and drug misuse and pressure/impact relating to drug use	<b>17th July</b> Health and Well-Being Day
<b>year 10</b>	<b>Personal Skill Development</b> Volunteering Employability skills Building a CV Enterprise	<b>Positive Coping Strategies</b> Coping strategies in changing relationships Lifestyle choices and accessing support	<b>Respectful Relationships</b> Families and Parenting skills Conflict resolution Domestic abuse awareness	<b>Addressing Extremism and Radicalisation</b> Diversity and Inclusion Communities and belonging Challenging extremism	<b>Developing Skills</b> Coping with pressure Supporting others Exam preparedness Interview skills	<b>Staying safe</b> Identify risk Manage personal safety Responding in an emergency	<b>11th January</b> Personal Finance Day
<b>year 11</b>	<b>Self Care</b> Monitoring health, self screening and how to access health support Cosmetic and aesthetic procedures Blood and organ donation	<b>Cultural Awareness</b> Understanding differences Marriage and relationships Challenging prejudice and discrimination	<b>Digital literacy</b> Online safety including harrasment Pornography and sharing personal images	<b>Sexual Health and Families</b> Contraception Response to unintended pregnancy Adoption and fostering	<b>Staying safe</b> Personal safety and healthy choices Addiction		