



## PSHE PROGRAMME 2023/24

Year	Drop 1	Drop 2	Drop 3	Drop 4	Drop 5	Drop 6
7	What do we mean by a 'healthy lifestyle'  <b>9a</b>	What is Female Genital Mutilation (FGM)?  <b>4a</b>	How can we keep good mental health and be resilient?  <b>6a, 6b, 6e, 6f, 8a</b>	How can I successfully manage my money? The importance of budgeting	How can I successfully manage my money? Using the right financial products for you	Artificial Intelligence, Robots, Automation, and cyborgs  <b>7a, 3h</b>
	Why must we be careful with social media?  <b>3a, 3b, 3c, 3d</b>	Prevent: Extremism and Radicalisation	How can we prevent online bullying?  <b>7a, 7b</b>	Puberty: What can I expect, what's normal, and why does it happen?  <b>13a, 13b</b>	What does it mean to be a British Citizen? Researching and presenting our multiple personal identities.  <b>2h</b>	RSHE update  <b>4a, 4b</b>
	Families – what are the different types, and does it matter what kind of family I have?  <b>1a, 1b, 1f, 1g</b>	Maintaining genuine friendships and avoiding toxic ones  <b>2a, 2b, 2d</b>	Emotional literacy – How can I control my anger?  <b>6a, 6b, 6f, 8a</b>	Romance, love, new feelings, and teen relationships  <b>2a, 2b, 2d, 5a</b>	Teamwork – why is this an essential life skill and what are the benefits?  <b>2a, 2b</b>	Something's not right.  <b>4a, 4b</b>
	Prejudice and Discrimination: Racism and stereotyping	How can we keep safe and positive relationships?	Bullying or banter – what is and what isn't acceptable?	Periods, the menstrual cycle, and PMS – what do I need to know?	Personal hygiene and dental hygiene	Alcohol and risk  <b>10c, 10d</b>



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		2c, 2e	2a, 2d, 2e, 7b	13a, 13b	11a, 11b	
8	How can I improve on my skills and behaviour? Analysing and planning my personal development  6a, 6b, 6c, 6e, 6f	What is Female Genital Mutilation (FGM)?  4a	Online abuse update – keeping safe online.  3a, 3b, 3c, 3d, 3h	What exactly is cancer? Is there anything we can do to prevent it?  8b, 9a	How can we keep good mental health and a positive body image?  6c, 6d, 6e, 6f, 8a, 8b, 9a, 13a, 13b	RSHE update  4a, 4b, 5a, 5b
	What is consent and why is it so important to learn about?  4a, 4b	Prevent: Extremism and Radicalisation  3e, 7b	What are STIs? How can we keep good sexual health?  5i, 5j	How are disabled people portrayed in the media?  2c, 2d	Alcohol – Short-term and long-term health effects  10a, 10c, 10d	The dangers of toxic masculinity
	What are LGBTQ+ rights like across the world?	Smoking and vaping – is smoking really that bad and is vaping ok?  10f	Teenage pregnancy – what issues do young parents face?  5g, 5h	The environment – how is it changing, should we worry, and what can be done?	How dangerous are drugs and what are the different types?  10a, 10b, 10e	Income and expenditure: credit and debit
	How is the media prejudice towards teenagers and what impact could this have?	Sexual orientation and gender identity  1e, 2c, 2h	Why are xenophobia, racism, and extreme nationalism so dangerous to Britain?  2d, 2h	What do we need to know about personal safety and first aid? (CPR workshop)  12a, 12b, 12c	Peer-on-peer abuse  2f, 2g, 2h	How can I support my own mental and physical health (external workshop)





						6c, 6d, 6e, 6f, 8a, 8b, 9a
9	Drugs, risks, and legal classifications  10a, 10b, 10e	What is Female Genital Mutilation (FGM)?  4a	Human trafficking and modern slavery – how are these things still happening?	How can we keep good mental health and cope successfully with anxiety?  6a, 6b, 6c, 6d	Work skills, enterprise skills and the work environment	RSHE update  4a, 4b, 5a, 5b
	Identity: Being my authentic self in 21 <sup>st</sup> century Britain (external workshop)	Prevent: Extremism and Radicalisation	Can you have British Values and religious views that aren't Christian?	Inclusion, belonging, and addressing extremism	Why is pornography so dangerous?  3f, 3g	Career pilot: Skills and job roles
	Democracy, voting, and elections. How does the system work?	How can we recognise Child Sexual Exploitation and how easily can this happen?  4a, 4b	What is self-harm and why do people do it?  12a	How can we keep good mental health and cope successfully with stress?  6a, 6b, 6c, 6d	Sexual consent and capacity to consent (update)  4a, 4b, 5e	British Values – the state of the UK today
	Trans and gender issues  5a, 5b, 5d, 5k	What is 'sexting' and why should I be bothered about it?  3e, 3f, 3g	Employability and work skills – Introduction	Who are UNICEF and how do they help around the world (charity/volunteer focus – external)	Peer-on-peer abuse  2a, 2b, 2d, 2e, 2f, 2g	My mental health and emotional wellbeing (external workshop)



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						6a, 6b, 6c, 6d, 6e, 6f
<b>10</b>	Binge drinking – what is it and is it really bad for you?  10c, 10d	Prevent: Extremism and Radicalisation	What is overt and covert racism and why is it wrong	Why is it important we learn about sex, gender, and trans identity?	What is money laundering and why is it an issue?	Fertility, contraception, and routes to parenthood  5f, 5g, 5h
	Why do some people have same-sex relationships and what is it like to be in one?	County Lines – what is and how are people being exploited?	Sexism and gender prejudice – what is it and why is it still such an issue today?	Working towards rewarding careers: How can English and STEM subjects help?	Being a new parent – what is this like and why can it be so challenging?  5e, 5f, 5g, 5h	The risks involved with borrowing money
	Do we need to worry about body piercings and tattoos?  11a	What is ‘revenge porn’? Social media, image sharing, and the law  2g, 3e, 3f, 3g	Social media: the pressures of life online and keeping up with other people.  3a, 3b, 3c, 3d, 3h	Suicide – why do people do this and what are the warning signs?  6a, 6c, 6d, 6e	How can we live more sustainably and reduce our carbon footprint?	Alcohol, drugs, and decision making.  10a, 10b, 10c, 10d, 10e, 10f
	Anti-social behaviour: why do people do it and what are the consequences?  1a, 1b, 1c, 1d, 1e	Forced and arranged marriages: what do we need to know?	Stalking and harassment: what are these? How does the law protect us?	The great PSHE debate – how to argue successfully!	How does the criminal justice system work?	Y10: Getting ready for post-16 options



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11	Revision skills and tips  6a, 6e, 6f	Prevent: Extremism and Radicalisation	Exam stress and relaxation  6a, 6e, 6f	What is CPR? How do we perform this and find sources of life-saving help?  12a, 12b, 12c	Consent, rape, and sexual harassment – how can we establish clear sexual boundaries?  4a, 4b, 5a, 5b	
	Employability: Nailing the job interview!	What do we mean when we talk about 'safe sex' and what is 'chem sex'?  5a, 5b, 5d, 5e, 5k, 5l	What makes 'good sex' and is it best to wait for someone you care about?  5a, 5b, 5d, 5e, 5k, 5l	How can we manage break-ups amicably and get over a broken heart?  2a, 2b, 2d, 2f, 2g	Animal Rights: Sustainability, health, and the environmental impact of meat	
	What do we need to know about fertility and our reproductive health?  5g, 5h, 5i, 5j	What is 'privilege' and how does it affect our lives?	How can we celebrate diversity? Exploring our unique identities	What is globalisation and does it impact our lives?	So, you've left school...what next?	
	What is multiculturalism and what do we gain from this?	How can I successfully revise and prepare for my exams?	Internet safety: How can we protect ourselves from fraudsters and scams?  3a, 3b, 3c, 3d, 3h	Contraception: the condom lesson  5i, 5j, 5k, 5l	PSHE graduation/celebration ceremony	



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Tutor time activities	Topic
Drop 2: Year 7, 8 and 9	What's sleep got to do with it? The benefit of a good night's sleep 11e
Drop 3: Year 7, 8 and 9	Maintaining good oral health (Colgate toothpaste) 9a
Drop 3: Year 10 and 11	Reproductive health – fertility and the menopause 5c, 5l
Drop 4: Year 9	Science focus: immunisation and vaccination 11d
Drop 4: Year 11	Self-examination and screening 11c
Drop 5: Year 10	Online safety and possible harm update 7a, 7b
Drop 5: Year 11	Blood, organ & stem cell donation 8c

## I. Families

Matrix	Statutory Content	7	8	9	10	11
1a	that there are different types of committed, stable relationships.					
1b	how these relationships might contribute to human happiness and their importance for bringing up children.					
1c	what marriage is, including their legal status e.g., that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.					
1d	why marriage is an important relationship choice for many couples and why it must be freely entered into.					
1e	the characteristics and legal status of other types of long-term relationships.					
1f	the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.					
1g	how to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.					



**WEST GRANTHAM**

Church of England Secondary Academy



## 2. Respectful relationships including friendships

Matrix	Statutory Content	7	8	9	10	11
2a	the characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.					
2b	practical steps they can take in a range of different contexts to improve or support respectful relationships.					
2c	how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g., how they might normalise non-consensual behaviour or encourage prejudice).					
2d	that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs					
2e	about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.					
2f	that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.					
2g	what constitutes sexual harassment and sexual violence and why these are always unacceptable.					
2h	the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.					



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### 3. Online and the Media

Matrix	Statutory Content	7	8	9	10	11
3a	their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.					
3b	about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.					
3c	not to provide material to others that they would not want shared further and not to share personal material which is sent to them.					
3d	what to do and where to get support to report material or manage issues online.					
3e	the impact of viewing harmful content.					
3f	that specifically sexually explicit material e.g., pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.					
3g	that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail and sexual violence and why these are always unacceptable.					
3h	how information and data is generated, collected, shared and used online.					

### 4. Being Safe

Matrix	Statutory Content	7	8	9	10	11
4a	the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced					



**WEST GRANTHAM**

Church of England Secondary Academy





	marriage, honour-based violence and FGM, and how these can affect current and future relationships.					
4b	how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online).					

## 5. Intimate and sexual relationships, including sexual health

Matrix	Statutory Content	7	8	9	10	11
5a	how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.					
5b	that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g., physical, emotional, mental, sexual and reproductive health and wellbeing.					
5c	the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and the menopause					
5d	that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.					
5e	that they have a choice to delay sex or to enjoy intimacy without sex.					
5f	the facts about the full range of contraceptive choices, efficacy and options available.					
5g	the facts around pregnancy including miscarriage.					
5h	that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).					
5i	how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.					





5j	about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.					
5k	how the use of alcohol and drugs can lead to risky sexual behaviour.					
5l	how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.					

## 6. Mental Wellbeing

Matrix	Statutory Content	7	8	9	10	11
6a	how to talk about their emotions accurately and sensitively, using appropriate vocabulary.					
6b	that happiness is linked to being connected to others.					
6c	how to recognise the early signs of mental wellbeing concerns.					
6d	common types of mental ill health (e.g., anxiety and depression).					
6e	how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.					
6f	the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service- based activities on mental wellbeing and happiness.					

## 7. Internet Safety and Harms

Matrix	Statutory Content	7	8	9	10	11
7a	the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image, how people may curate a specific image of their life online, over-reliance on online relationships					





	including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.					
7b	how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.					

## 8. Physical Health and Fitness

Matrix	Statutory Content	7	8	9	10	11
8a	the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.					
8b	the characteristics and evidence a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health					
8c	about the science relating to blood, organ and stem cell donation.					

## 9. Healthy Eating

Matrix	Statutory Content	7	8	9	10	11
9a	how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.					



**WEST GRANTHAM**

Church of England Secondary Academy



## 10. Drugs, Alcohol and Tobacco

Matrix	Statutory Content	7	8	9	10	11
10a	the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.					
10b	the law relating to the supply and possession of illegal substances.					
10c	the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.					
10d	the physical and psychological consequences of addiction, including alcohol dependency.					
10e	awareness of the dangers of drugs which are prescribed but still present serious health risks.					
10f	the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.					

## 11. Health and Prevention

Matrix	Statutory Content	7	8	9	10	11
11a	about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.					
11b	about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check- ups at the dentist.					
11c	(late secondary) the benefits of regular self-examination and screening					
11d	the facts and science relating to immunisation and vaccination.					
11e	the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.					



**WEST GRANTHAM**

Church of England Secondary Academy



## 12. Basic First Aid

Matrix	Statutory Content	7	8	9	10	11
12a	basic treatment for common injuries.					
12b	life-saving skills, including how to administer CPR.					
12c	the purpose of defibrillators and when one might be needed.					

## 13. Changing Adolescent Body

Matrix	Statutory Content	7	8	9	10	11
13a	key facts about puberty, the changing adolescent body and menstrual wellbeing.					
13b	the main changes which take place in males and females, and the implications for emotional and physical health.					



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