

Personal, Social, Health and Citizenship Year 10

We follow guidance from the NYCC PSHE and Citizenship Entitlement Framework Key Stage 3 - 4 and The PSHE association

Careers is taught over 3 sessions in Summer 1 alongside our careers advisor this will include a 1-1 session

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Body image in the digital age	Stereotypes,	Mental Health	Relationships	Sexting - sharing sexual images, Pornography	British values
Key learning aims- knowledge and skills	Can recognise and manage my feelings about body image and the media's portrayal of idealized and artificial body shapes and understand the health risk and issues related to this, including cosmetic surgery	They are able to have further considered the terms associated with sex, gender identify and sexual orientation (lesbian, gay, bisexual or trans) and are aware of accepted terminology and the expectations	That they have strategies for managing a range of emotional and mental health issues including accessing a range of sources of support and help, this includes talking to a trusted adult either within or outside of school	To be able recognise when a relationship is unhealthy (abuse or exploitation) both on and offline and have strategies to seek help To understand the importance of using contraception and I have the skills to	Recognise the portrayal and impact of sex in the media and social media (which might include music videos, advertising and sexual images shared between young people, the unrealistic portrayal of relationships and	Know the key elements of the UK constitution including the power of government, the role of citizens and analyse how Parliament holds those in power to account Understand how laws are made by Parliament and enforced by the

		of the Equality Act 2010. I can recognise when a relationship is unhealthy (abuse or exploitation) and have strategies to seek help	Are able to deal with change including managing strong feelings and emotions Develop an understanding of what 'being resilient' means to me and I can demonstrate a range of positive coping strategies to keep myself emotionally healthy	communicate which contraception we will use to protect against STIs', including HIV/AIDs	sex in pornography) and its impact on views of a healthy sexual relationship	judiciary and Police
Assessment	Self assessment sheet	LGBTQ+ disply	Mental health disply	Help leaflet on where to get help with access contraception and help	Self assessment sheet	Self assessment sheet

Personal, Social, Health and Citizenship Year 11

We follow guidance from the NYCC PSHE and Citizenship Entitlement Framework Key Stage 3 - 4 and The PSHE association

Careers is taught over 3 sessions in Summer 1 alongside our careers advisor this will include a 1-1 session

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Relationship	British values, and the Rules of law	Money	Bad habits	Getting a job	
Key learning aims- knowledge and skills	To have an awareness of exploitation, bullying, harassment and abusive relationships and how to respond so I am not in a unhealthy relationship whether that is with a partner, friend or work colleague To Develop an awareness of the impact of	Explore the diverse national, regional, religious and ethnic identities in the UK and understand the need for tolerance, mutual respect and understanding. To Understand the legal system in the UK, different sources of law and explored a topical issue	To understand the financial implications of my post 16 plans and longer term ambitions and aspirations To be able to know how to access financial support for further study and training Explore the pros and cons of planned debt eg university, car loan, mortgage	To understand how my own and others use of substances, alcohol or tobacco can seriously affect my ability to keep myself and others safe and I have practiced a variety of strategies to keep myself safe	To be well prepared for interviews and selection methods used by employers, colleges and training providers and have practiced interview and selection skills I know how to complete application forms, letters of application and	

	<p>domestic abuse and know how to access support and help To be able to recognise the skills and qualities required for parenthood (including the implications of young parenthood) To be able to understand the characteristics and benefits of positive, strong, supportive, equal relationships and how to manage the end of a relationship that is not right for me I know that living together, marriage and</p>	<p>which demonstrates how the law helps society deal with complex problems Develop an understanding around some of the ideologies behind some extremist groups and know how to challenge them with a counter-narrative Explore issues in relation to human rights and international law and have considered the needs for checks and balances in relation to freedom of speech in the context of</p>	<p>on my future lifestyle aspirations</p>		<p>have developed a curriculum vitae</p>	
--	---	--	---	--	--	--

	civil partnerships are ways that people freely and without coercion, demonstrate their commitment to each other	radicalisation and extremism				
Assessment	What are the signs handout	What do I know handout	Self assessment sheet	Self assessment sheet	C.V and covering letter	