

<b>Subject:</b>	<b>PSHCE (Core)</b>	<b>Year</b>	<b>8</b>	<b>Ability</b>	<b>All</b>
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Term / Date(s)	Unit 1	Unit 2	Unit 3
<b>Topic</b>	<b>Relationships</b>	<b>Emotional Wellbeing</b>	<b>Relationships</b>
<b>Students will learn...</b>	Students will learn about the laws and values surrounding marriage. They will understand the implications and impacts of being homeless and the different contexts this covers. They will discuss conflict and resolution strategies and how to overcome this. They will understand healthy and unhealthy relationships and how this can appear in different relationships. They will understand family conflict and where to find support.	Students will learn about mental and emotional well-being. They will learn how to understand and build relationships with their peers and how to deal with adversity and friendship problems. They will understand what healthy and unhealthy well-being looks like and how to cope and manage these and build resilience. They will understand how to use social media and the internet safely whilst also building digital resilience.	Students will learn about the characteristics of healthy, positive intimate sexual relationships. Pupils will learn how consent can be communicated and recognised and the choices they have within intimate relationships. Students will understand different forms of contraception and the religious attitudes towards these. They will understand the implications of unprotected sex, including sexual health and pregnancy. Students will understand the signs of domestic abuse and the laws surrounding this.
<b>Components</b>	<ul style="list-style-type: none"> <li>Students will understand about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering, so that they are aware of the diverse range of families.</li> <li>Students will understand about positive relationships in the home and ways to reduce homelessness amongst young people, this is to prevent relationship breakdown within the home.</li> <li>Students will understand about conflict and its causes in different contexts, and conflict resolution strategies. This is so they can resolve any conflict that arises in the future and to keep them safe.</li> <li>Students will understand how to manage relationship and family changes, including relationship breakdown, separation and divorce, to prepare themselves for future possibilities.</li> </ul>	<ul style="list-style-type: none"> <li>Students will understand and investigate the perception and attitudes towards mental health, this is so that they are able to challenge myths and stigma around it in the future.</li> <li>Students will investigate about daily wellbeing and how to manage emotions to help them understand their emotions and reactive actions from this.</li> <li>They will learn how to develop digital resilience to help protect themselves from negative experiences, also learning about healthy coping strategies to help them through difficult times.</li> <li>They will also learn about unhealthy coping strategies and where to gain support and help with these.</li> </ul>	<ul style="list-style-type: none"> <li>Students will recognise characteristics and positive aspects of healthy 1:1 intimate relationship and the factors that can affect them so that they know the importance of trust in intimate relationships and factors that can build and undermine trust.</li> <li>To clarify and develop personal values in love and intimate relationships so that they understand the qualities and behaviours they should expect and exhibit in intimate relationships</li> <li>Students will know how to make the choice to delay sex or enjoy intimacy without sex, understanding the law relating to consent, that consent is freely given; that being pressurised, manipulated or coerced to agree to something is not giving consent, and how to seek help in such circumstances, how people can communicate and recognise consent from others and when consent can be withdrawn in order to keep themselves safe.</li> <li>Students will understand about not providing material to others that they would not want shared further and not to share information to keep themselves safe.</li> <li>Students will understand what sexual harassment is and how to deal with it if it happens, and the services available to support healthy relationships and how to access them</li> <li>Students will understand the different forms of contraception available within the UK and the religious attitudes towards their use.</li> <li>Students will understand the implications of unprotected sex, including sexual diseases, infections and unplanned pregnancy.</li> <li>Students will understand the options surrounding unplanned pregnancy and the religious attitudes towards these.</li> </ul>

<p><b>What Students should already know (prior learning components)</b></p>	<p>Year 7 HT3  <ul style="list-style-type: none"> <li>•Diversity and discrimination within communities including prejudice, bullying, racism, religious discrimination, disability, sexism, homophobia and transphobia.</li> </ul>           Year 7 HT5  <ul style="list-style-type: none"> <li>•Identity and Building relationships including, self-worth, romance, relationship boundaries, sexual orientation, consent, 'sexting', and contraception.</li> </ul>           Y7 Unit 1 LFL - Emotional Wellbeing.</p>	<p>HTI Year 7 PSHCE lessons on Mental Health  <ul style="list-style-type: none"> <li>•how to manage challenges during adolescence</li> <li>•how to reframe negative thinking strategies to promote mental health and emotional wellbeing</li> <li>•about the signs of emotional or mental ill-health</li> <li>•how to access support and treatment</li> <li>•about the portrayal of mental health in the media</li> <li>•how to challenge stigma, stereotypes and misinformation</li> </ul>           Y7 Unit 1 LFL - Emotional Wellbeing.</p>	<p>Year 7 PSHCE HTI Building Relationships  <ul style="list-style-type: none"> <li>• Characteristics of positive and healthy friendships and family relationships and factors which can affect them</li> <li>• To clarify and develop personal values in friendships</li> <li>• The importance of trust in friendships and factors that can undermine or build trust</li> <li>• The qualities and behaviours they should expect and exhibit in friendship and family relationships</li> <li>• Respect from others</li> <li>• Consent- for online and friendships</li> <li>• Rights and responsibilities online-friendships</li> <li>• How to manage the breakdown of friendships</li> <li>• Conflict management skills</li> <li>• The ability to recognise when relationships are unhealthy</li> <li>• The ability to recognise sexual harassment and to be clear on how to report this</li> <li>• How consent can be communicated and recognised and how sexual pressure can be managed and choices to delay intimacy</li> <li>• Characteristics of healthy relationships</li> </ul> </p>
<p><b>Golden Knowledge</b></p>	<ul style="list-style-type: none"> <li>• Understand different types of family.</li> <li>• Understand the values of marriage.</li> <li>• Understand the Laws surrounding marriage within the UK.</li> <li>• Understand the impacts of homelessness.</li> <li>• Understand about conflict resolution strategies.</li> <li>• Understand how to manage relationship breakdown including separation and divorce.</li> <li>• Understand where to find support both internally and externally.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the impacts and perceptions of mental health.</li> <li>• Understand different types of mental health and their symptoms.</li> <li>• Understand how to improve self-esteem and wellbeing.</li> <li>• Understand how to manage emotions in a positive manner.</li> <li>• Understand that people need to develop resilience surrounding social and digital media.</li> <li>• Understand the healthy coping strategies to deal with difficulties.</li> <li>• Understand where to find support both internally and externally.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that relationships can have both positive and negative traits.</li> <li>• Understand that consent is freely given and there are laws to protect people from abuse.</li> <li>• Understand the laws surrounding the different forms of abuse.</li> <li>• Understand the values surrounding love in different types of relationships.</li> <li>• Understand that the UK has strict laws surrounding imagery shared digitally.</li> <li>• Understand where to find support both internally and externally.</li> </ul>
<p><b>Transferrable knowledge (skills)</b></p>	<ul style="list-style-type: none"> <li>• Tolerance and understanding of the different types of families and diversity of others identity and characteristics.</li> <li>• How to consider different points of view and be respectful about the different relationships.</li> <li>• An ability to apply an understanding of the law and British Values to relationship issues.</li> <li>• The ability to consider their own beliefs and opinions, reflect on what has influenced these and compare it to the beliefs and opinions of others</li> <li>• Real life awareness – understanding the real world and how to cope/deal with people that are different to themselves in the wider community.</li> </ul>	<ul style="list-style-type: none"> <li>• Tolerance and understanding of others' emotions and mental health.</li> <li>• How to consider different points of view and be respectful about other people's emotions and mental health problems.</li> <li>• An ability to apply an understanding of the law and British Values to daily well-being issues.</li> <li>• The ability to consider their own beliefs and opinions, reflect on what has influenced these and compare it to the beliefs and opinions of others</li> <li>• Real life awareness – understanding the real world and how to cope/deal with people that are different to themselves in the wider community.</li> </ul>	<ul style="list-style-type: none"> <li>• Tolerance and understanding of others' emotions and mental health.</li> <li>• How to consider different points of view and be respectful about other people's emotions and mental health problems.</li> <li>• An ability to apply an understanding of the law and British Values to daily well-being issues.</li> <li>• The ability to consider their own beliefs and opinions, reflect on what has influenced these and compare it to the beliefs and opinions of others</li> <li>• Real life awareness – understanding the real world and how to cope/deal with people that are different to themselves in the wider community.</li> </ul>
<p><b>Key vocabulary pupil will know and learn</b></p>	<p>Families            Parenting            Marriage,            Relationships            Conflict            Conflict resolution            Break-ups            Blended families,            Adoption,            Homelessness</p>	<p>Mental Health            Emotional health            Stigmas            Resilience            Coping Strategies            Negative Thinking            Wellbeing            Portrayal            Stereotypes            Misinformation</p>	<p>Respect            Tolerance            Disrespect            Conflict            Sexual Harassment            Consent            Healthy Relationships            British Values            Community            Contraception</p>

	Separation Divorce Anger		Sexual Health Sexually Transmitted Infections
<b>Assessment activities</b>	Recall and retention activities at the start of each lesson to deepen knowledge and understanding over time and address misconceptions. End of unit assessment.	Recall and retention activities at the start of each lesson to deepen knowledge and understanding over time and address misconceptions. End of unit assessment.	Recall and retention activities at the start of each lesson to deepen knowledge and understanding over time and address misconceptions. End of unit assessment.
<b>Notes</b> Why this topic is important <b>Why this topic is important...</b>	This topic gives students an understanding of the different types of families there are in communities. It also allows students to find ways of resolving conflict within relationships and families. This builds on students' knowledge about how to build healthy and secure relationships. It also reduces the future possibility of homelessness.	This topic is important as it build on the knowledge gained in year 7 about mental health. This topic allows students to investigate stigmas and challenge these about mental and emotional health issues. It will allow students to have a source of coping strategies and ways in which to build resilience.	This topic is important as it builds on the knowledge that students have gained of healthy and unhealthy family and friendship relationships in Y7.  Through this topic, pupils can apply their understanding of the Y7 topics to develop their understanding of characteristics of healthy sexual relationships and how to recognise when these relationships are unhealthy  This topic will enable pupils to build on this knowledge and understanding later in KS3 and 4 to look at further characteristics of unhealthy relationships.
Safeguarding signposts	Child Abuse Domestic Abuse LGBTQ+ Protected Characteristics Discrimination	Mental Health Emotional Health Wellbeing Unhealthy Coping Strategies Social Media/Online Safety	CSE Sexual Abuse Emotional Health Consent LGBTQ+ Contraception STI's Pregnancy
Links to Statutory Guidance	DFE Guidance PSHE Association OFSTED Guidance	DFE Guidance PSHE Association OFSTED Guidance	DFE Guidance PSHE Association OFSTED Guidance
Links to Faith and Cultures	Religious attitudes to Sexual Orientation		Religious attitudes to Contraception, Pregnancy and Family Life.