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# PSHE

## Curriculum Leader: Ms. P Blackmore

Personal, social, health and careers education (PSHE) and citizenship enables children to become healthy, independent and responsible members of society. We encourage our pupils to play a positive role in contributing to the life of the school and the wider community. In so doing we help develop their sense of self-worth. We teach them how society is organised and governed. We ensure that they experience the process of democracy in school through the school student voice. We teach them about rights and responsibilities. They learn to appreciate what it means to be a positive member of a diverse multicultural society. **Sex and Relationship Education** There is a full programme of Sex and Relationship at LDA, with a focus on self-esteem and developing healthy relationships. Parents/Guardians are informed of the course content prior to its' delivery. **Homework:** PSHE homework is set on a weekly basis as an extension of the curriculum.

### Year 7 Topics of Study This Year:

½ Term	Lessons per week	Unit	Objectives
Autumn 1	1	Keeping Healthy	<ul style="list-style-type: none"><li>• What is PSHE?</li><li>• Awareness of the health implications eating junk food can give you</li><li>• Nutritional information of a typical McDonalds meal</li><li>• Different types of exercise and its value</li><li>• Basic rules for safe internet use</li></ul>
Autumn 2	1	Drugs	<ul style="list-style-type: none"><li>• Students will gain an understanding of the effects of smoking</li><li>• Understand that drug users come from all sectors of society</li></ul>
Spring 1	1	First Aid Basics/government/ Human Rights	<ul style="list-style-type: none"><li>• Understanding basic first aid</li><li>• Understanding different types of government/elections</li><li>• Understanding the importance of Human Rights</li></ul>
Spring 2	1	Religious Education	<ul style="list-style-type: none"><li>• Understanding aspects of the six major religions</li></ul>
Summer 1	1	Mental Health Issues	<ul style="list-style-type: none"><li>• What is mental health?</li><li>• How are people with learning disabilities discriminated against?</li></ul>
Summer 2	1	Keeping Safe	<ul style="list-style-type: none"><li>• Understanding relationships</li><li>• Dealing with bullying</li><li>• Dangers of too much sun</li><li>• Respecting each other</li></ul>

## Year 8 Topics of Study This Year:

½ Term	Lessons per week	Unit	Objectives
Autumn 1	1	Keeping Healthy	<ul style="list-style-type: none"> <li>The negative effects on your body by poor mental health</li> <li>Understand that an eating disorder is a <b>psychological</b> disorder, characterized by an abnormal relationship with food</li> </ul>
Autumn 2	1	Drugs	<ul style="list-style-type: none"> <li>Students will gain an understanding of the effects of smoking</li> <li>Awareness of underage drinking</li> </ul>
Spring 1	1	Global Issues/Human Rights	<ul style="list-style-type: none"> <li>Understanding the importance of Human Rights</li> <li>Children's rights</li> <li>Child labour</li> </ul>
Spring 2	1	Local Government/ Keeping safe	<ul style="list-style-type: none"> <li>Understand different types of government</li> <li>Bullying/internet safety</li> </ul>
Summer 1	1	Relationships	<ul style="list-style-type: none"> <li>Identify how to manage feelings and emotions when discussing the issues surrounding relationships</li> <li>Explore attitudes towards sex and how to resist unwanted pressure</li> </ul>
Summer 2	1	Careers	<ul style="list-style-type: none"> <li>Raising awareness of interpersonal skill</li> <li>Employability</li> <li>How to manage time efficiently</li> </ul>

## Homework:

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## Year 9 Topics of Study This Year:

½ Term	Lessons per week	Unit	Objectives
Autumn 1	1	Drugs	<ul style="list-style-type: none"> <li>The effects of alcohol and how it affects the way we behave</li> <li>The risks associated with alcohol consumption</li> <li>Awareness of the dangers of drugs</li> </ul>
Autumn 2	1	Sex, Love and Relationships	<ul style="list-style-type: none"> <li>To increase our knowledge and understanding about key issues relating to the idea of 'love' and 'virginity'</li> <li>Understand the notion of 'emotional blackmail.'</li> <li>Gained knowledge and understanding of the social context behind teenage pregnancy</li> <li>Importance of using contraception</li> </ul>
Spring 1	1	Anti-Social Behaviour	<ul style="list-style-type: none"> <li>The effects and consequences of knife crime</li> <li>The consequences of knife crime</li> <li>What is seen as Anti – Social Behaviour</li> </ul>
Spring 2	1	Keeping Safe	<ul style="list-style-type: none"> <li>Awareness of different types of bullying</li> <li>To highlight misconceptions surrounding the topic of homophobia</li> <li>To raise awareness of the potential effects of homophobic bullying</li> </ul>
Summer 1	1	Finances	<ul style="list-style-type: none"> <li>Understand the importance of budgeting</li> <li>Savings and loans</li> <li>Prodigals reality of living away from home</li> </ul>
Summer 2	1	Careers	<ul style="list-style-type: none"> <li>How to prepare a curriculum vitae</li> <li>Employability</li> </ul>

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