

# **Braunton Academy PSHEE/RSE/Citizenship Programme**

**Key Stage 3**

**2021-22**

**Updated to adhere to 2020 Government Guidance**

# PSHEE/RSE Syllabus inc. Citizenship

## Year 7

### Autumn

#### PSHEE - Introduction to PSHEE

Students are introduced to PSHEE as a subject and what skills and qualities are important.

#### RSE - Growing Up

Students will learn about the changes associated with puberty, both physical and emotional.

#### PSHEE - Healthy Lifestyle

Students will learn about the necessary lifestyle to maintain a healthy body and healthy immune system as well as the effects of excessive screen time.

#### PSHEE - Online Stress and FOMO

Students will learn about the effects of social media and how it can introduce mental health issues through excessive use.

#### Cit. - Money and Me

Students will begin to think about saving and budgeting their money.

### Spring

#### Cit. - Government and Politics

Students will learn about different types of Government and what type the UK Government is.

#### PSHEE/RSE - Relationships

Students will consider the different types of relationships they have as well as what constitutes a healthy relationship.

#### Cit. - Money and Me

Students will consider what affects their spending habits as well as the benefits of saving.

#### PSHEE - Risk and Safety

Students will consider what is meant by 'risk' and how to properly analyse risky situations.

Students will learn about how good communication can mitigate risks and extend this to how to deal with bullying situations.

Students will learn about proper sun awareness and the harm that excessive exposure can cause to the skin.

### Summer

#### Cit. - Communities

Students will learn about the concept of 'community' and how members of a community can value one another.

Students will learn about what racism is and how it manifests.

PSHEE - *Planning for the Future*

Students will consider what their future will look like, what skills they possess and how to plan.

Cit. - *Voting and Democracy*

Students will learn about British Values and how the UK Government is formed to represent these values.

## Year 8

### Autumn

#### PSHEE - Emotional Wellbeing and Mental Health

Students will learn about what we mean by 'emotional wellbeing' and 'mental health' as well as what affects them.

#### Cit. - Make Your Mark (Tutor Activities)

Students will learn about and vote in the annual Youth Parliament elections.

#### Cit. - Careers

Students will consider what career paths they want to pursue after education but also compare that with what first jobs will be available.

#### Cit. - Democracy Week

Students will take part in activities that focus on the concept of 'Democracy'.

#### PSHEE - Alcohol, Tobacco and Other Drugs

Students will be introduced to what we mean by 'drug' and provide clarity on what the law says about drug use and distribution.

Students will learn about the dangers of smoking and alcohol as well what we mean by 'addiction.'

### Spring

#### Cit. - Law and Justice

Students will learn about how laws are formed in the UK as well as look at a famous case study of criminal law.

#### PSHEE - Identity

Students will consider who they are and how they fit into a family unit.

#### PSHEE - Risk and Safety

Students will learn about the dangers of gambling.

### Summer

#### PSHEE - Planning for the Future

Students will consider what opportunities there are in the world and how they can maximise their potential of seizing them.

#### Cit. - Communities

Students will consider what makes a successful community as well as disruptions to that, such as hate crime and prejudice.

## Year 9

### Autumn

#### *RSE - Relationships*

Students will discuss the importance of commitment as well as types of abuse in relationships.

#### *RSE - Identity*

Students will analyse and dissect stereotypes and prejudice as well as reflect on their own identity.

#### *PSHEE - Alcohol, Tobacco and Other Drugs*

Students will analyse the effects of drugs, peer pressure and addiction.

### Spring

#### *PSHEE - Risk and Safety*

Students will learn about basic First Aid techniques as well as sources of support for young people.

Students will learning about Female Genital Mutilation and the history of the practice.

#### *PSHEE - Current Events*

Students will learn about a major current event and its effects on the modern world.

2021-22 - the capturing of Afghanistan by the Taliban and its possible repercussions for its population.

#### *RSE - Human Rights*

Students will learn about the origin of Human Rights as well as contemporary issues surrounding LGBTQIA.

### Summer

#### *RSE - Sex, Sexuality and Sexual Health*

Students will learn about consent and the law.

Students will learn about types of contraception and the risks around STIs.

Students will learn about the dangers around sexting and pornography as well as the law surrounding it.

#### *PSHEE - Identity*

Students will learn about different gender identities and stereotypes.

Students will reflect on their personal and academic progress during Key Stage 3.