THE BARLOW RC HIGH SCHOOL

SERVE · PRAY · ACHIEVE · RESPECT

Rise up, take courage, and do it.

Programme of Study

Subject: PSHCE

KS2 Underpinning Concepts	Term	Year 7	Year 8	Year 9	Year 10	Year 11	KS5 & CEIAG Opportunities	Links to SMSC
PSHE, RSE and Citizenship at KS2 support pupils to develop the knowledge, skills and attributes needed to become healthy, safe, respectful and responsible members of society. Learning is centred on three key themes: Health and Wellbeing, Relationships, and Living in the Wider World, enabling children to understand themselves, build positive relationships, manage risks, appreciate diversity, and participate positively in their communities. Statutory RSE develops understanding of healthy relationships, personal safety,	***Autumn***	• Starting Secondary School – managing transition. • Mental Health & recognizing emotions – Understand • Personal Safety – Stay safe in school and the community, manage risks, basic first aid. • Puberty & the Brain – Understand physical and emotional changes during puberty. • Hygiene & Oral Health • Goal Setting – Identifying strengths	• Smoking & Vaping • Healthy Lifestyles • Personal Safety • Using NHS Services • Digital Wellbeing • Strengths & Careers	• Mental Health Support • Drugs & Alcohol • Gambling Risks • Gangs & Weapons • County Lines & Exploitation • GCSE Options	• Mental Health Continuum and Accessing Support • Anxiety and Low Mood • Substance Misuse and Mental Health • HIV, AIDS, Stigma and Treatment • Sexual Health • Reproductive Health	• Fertility and Pregnancy Choices • Relationships, Marriage and Family Life • Incel Culture and Echo Chambers • Managing Exams and Exam Stress • Personal Safety in Adult Contexts • Digital Footprint and Reputation	**KS5 Pathways:** ✓ A Levels, T Levels, Apprenticeships, Supported Internships and Vocational Qualifications. All pathways are explored. ✓ Labour Market Information and future employment trends. To help with decision making, and understanding roles of the future. ✓ Work experience, volunteering and community leadership opportunities. **Links to courses**: A Level Psychology, A Level Sociology, A Level Politics, A Level Law, Level 3 Health & Social Care, T level Education and Early Years **Supports students career pathways:** Social Worker, Youth Worker, Mental Health Practitioner, Nurse, Police Officer, Civil Servant, Politician, Solicitor, Barrister or Teacher	**Spiritual Development** ✓ Reflection on identity, values, beliefs and aspirations. ✓ Understanding emotional wellbeing, resilience and self-worth. ✓ Exploring meaning, purpose and personal responsibility. **Moral Development** ✓ Exploring right and wrong, consent, justice and the rule of law. ✓ Challenging prejudice, discrimination and harmful behaviours. ✓ Ethical decision-making in relationships, politics and digital environments. **Social Development** ✓ Building positive relationships and communication skills. ✓ Promoting active citizenship, democracy and participation.
	Spring	• Jobs & Careers • Needs vs Wants • Rules & Laws • FGM Awareness • Diversity & Respect • Democracy & Voting	• Careers & Stereotypes • Money & Budgeting • Political Parties • Equality & Protected Characteristics • Sustainability Green Careers	• Labour Market Information • GCSE Choices & Careers • Rights & Responsibilities • Criminal Justice System • Creating a Fair Society	• Careers and Employability • Wellbeing and Equality at Work • Work Experience Preparation • Power, Politics and Participation • Structure of Government	• Volunteering and Paid Work • Financial Independence • Apprenticeships vs Higher Education • The UK Economy and Me		

boundaries, respect and growing up, while Citizenship promotes awareness of rights, responsibilities, democracy, equality and active citizenship				Ethical Consumerism	• Voting Systems and Elections	• Immigration, Refugees and Asylum Seekers • Politics and Media Bias	PSHE and Citizenship develops strong communication, interpersonal and presentation skills alongside critical thinking, problem-solving and decision-making abilities. Students learn to work collaboratively, conduct research, evaluate information, build positive relationships, and demonstrate leadership, empathy and cultural awareness.	✓ Developing teamwork, leadership and community engagement. **Cultural Development** ✓ Respecting diversity, equality and protected characteristics. ✓ Understanding different identities, communities and cultures. ✓ Appreciating the contribution of diverse groups within modern Britain.
	Summer	• Families & Relationships • Change, Loss & Grief • Friendships • Personal Boundaries • Online Safety and Anti-Bullying	• Healthy Relationships • Sexual Orientation & Respect • Introduction to Consent • Online Relationships • Coercion & Control • Misinformation & Social Media	• Exploitation in Relationships • Consent – freedom and capacity • Sexual Harassment • Child Sexual Exploitation • Image Sharing, AI & Deepfakes • Radicalisation & Extremism	• Healthy Relationships- Communication, respect and trust. • Domestic Abuse and Controlling Relationships • Honour-Based Abuse and Forced Marriage • Consent, Intimacy and Coercion – sexual ethics • Online Misogyny, Deepfakes and AI Content • Sexual Harassment			