

NSG PSHE Programme 2019 / 2020

	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
TERM 1 (6.5 weeks)	<u>Health & Wellbeing</u> (Mental wellbeing) Welcome to NSG <ol style="list-style-type: none"> 1. Personal identify; who am I 2. The school ethos: what does it mean? 3. Circle Time 4. Time Capsule 5. Form Captain debate / selection 6. Best piece of Work <p>In this term the students will also be introduced to girls on board.</p>	<u>Living in the wider world</u> <ol style="list-style-type: none"> 1. Personal values 2. Strengths & Weaknesses 3. Self-reflection & goal setting 	<u>Living in the wider world</u> <ol style="list-style-type: none"> 1. People of diversity 2. People of diversity 3. People of influence 	<u>Relationships & Sex Education</u> <u>(Online & Media)</u> <ol style="list-style-type: none"> 1. Kayleigh's love story 2. Personal safety – CSE 3. Under age sex / consent <u>(Being Safe)</u> <ol style="list-style-type: none"> 4. FGM 5. Relationship abuse 6. Honour based violence & forced marriage 7. Catch up lesson or topical discussion 	<u>Relationship & Sex Education</u> <u>(Intimate & Sexual relationships)</u> <ol style="list-style-type: none"> 1. Reproductive Health 2. Pregnancy & Miscarriage 3. Pregnancy choices – Abortion & Adoption 4. Alcohol and risky behaviour 5. Drugs and risky sexual behaviour 6. Catch Up Lesson or Topical Discussion
		<u>Health and Wellbeing</u> (Basic First Aid) <ol style="list-style-type: none"> 4. Basic treatment for common injuries 5. CPR and defibrillator 6. Immunisations 	<u>Health and wellbeing</u> (Drugs, alcohol and tobacco) <ol style="list-style-type: none"> 1. Health impacts 2. Legal implications of drugs & alcohol 	<u>Living in the wider world</u> (Careers) (2 weeks) Students will look at creating a CV and covering letter and consider their options at post 16.	
TERM 2 (8 weeks)	<u>Living in the wider world</u> (Finance) In this term the students will be taught by a number of different tutors – each teacher will deliver the same session over 5 weeks to the different tutor groups in Oak or Elm.	<u>Health and Wellbeing</u> (Changing adolescent body) <ol style="list-style-type: none"> 1. Puberty Lesson 1 & 2 – what is happening to my body? 2. Puberty Lesson 1 & 2 – what is 	<u>Living in the wider world</u> (Careers – 4 weeks) Students will look at different personality types, future aspirations and applying personal information when looking at careers.	<u>Relationship & Sex Education</u> <u>(Intimate and sexual relationships)</u> <ol style="list-style-type: none"> 1. Behaviours in relationships 2. STI's – facts and testing 3. Contraception 	<u>Careers</u> (2 / 3 weeks) Students will look at creating a CV and covering letter and consider their options at post 16.

		<p>happening to my body?</p> <ol style="list-style-type: none"> 3. Puberty Lesson 3 – Survival guide 4. Puberty Lesson 4 – Period protection 5. Lesson 5 – Body confidence 6. Catch up or topical discussion 		<p>(Respectful relationships)</p> <ol style="list-style-type: none"> 4. LGBTQ <p>(Online and Media)</p> <ol style="list-style-type: none"> 5. Pornography <p><u>Living in the wider world</u></p> <ol style="list-style-type: none"> 6. Radicalisation & Extremism 7. Catch up and topical discussion 	<p><u>Relationship & Sex Education</u> (Families)</p> <ol style="list-style-type: none"> 3. Marriage and legal rights 4. Roles & responsibilities of parents – raising children <p>(Online & Media)</p> <ol style="list-style-type: none"> 5. Sharing & viewing indecent images 6. Information and data
			<p><u>Health and Wellbeing</u> (Internet safety and harms)</p> <ol style="list-style-type: none"> 1. Cyber bullying 2. Is it safe to post pictures? 3. Case studies 4. Catch up or topical discussion 		<ol style="list-style-type: none"> 7. PPEs 8. PPEs
TERM 3 (6 weeks)	<p><u>Health & Wellbeing</u> (Changing adolescent body – Health & prevention)</p> <p>Personal hygiene, shaving, periods, tampons, towels etc</p> <ol style="list-style-type: none"> 1. Betty lesson 1 2. Betty lesson 2 	<p><u>Health and Wellbeing</u> (Physical health and fitness)</p> <ol style="list-style-type: none"> 1. Healthy lifestyles (Healthy eating) 2. Healthy eating <p><u>Relationship and Sex Education</u> (Respectful relationships, including friendships)</p> <ol style="list-style-type: none"> 3. Sex & relationships 4. Sex & law quiz 5. Where do I fit in? LGBTQ 	<p><u>Relationship and Sex Education</u></p>	<p><u>Living in the wider world</u> (Financial Future)</p> <p>In this term the students will be taught by a number of different tutors – each teacher will deliver the same session over 5 weeks to the different tutor groups in Oak or Elm.</p>	<p><u>Health and Wellbeing</u> (Health and prevention)</p> <ol style="list-style-type: none"> 1. Cervical Screening 2. Breast Awareness 3. Immunisation and vaccination <p>(Healthy Eating)</p> <ol style="list-style-type: none"> 4. Impacts of diet on health <p>(Mental Wellbeing)</p> <ol style="list-style-type: none"> 5. Blood, organ and stem cell donation 6. Catch up or topical discussion
	<p><u>Relationship and Sex Education</u> (Families)</p> <ol style="list-style-type: none"> 1. Loss & bereavement (Respectful relationships) 2. Appropriate relationships 3. New relationships 		<p><u>Health and wellbeing</u> (Internet safety and harms)</p> <ol style="list-style-type: none"> 1. Influence of media 2. Media portrayal of young people & body image 3. Misleading media 		

TERM 4 (6 weeks)	<u>Relationship and Sex Education</u> (Online and Media) <ol style="list-style-type: none"> Bullying (NSG against bullying) E-safety questionnaire What is Esafety? What are the other risks of internet use? Cyber bullying task 	<u>Health and Wellbeing</u> (Internet safety and harms) <ol style="list-style-type: none"> Intro to the internet Cyberbullying & quiz Quiz & dilemmas Safer internet activities <u>Relationship and Sex Education</u> (Online and Media) <ol style="list-style-type: none"> Sexting Catch up or topical discussion 	<u>Relationship and Sex Education</u> (Intimate and sexual relationships) <ol style="list-style-type: none"> Ways we mistreat our bodies Avoiding mistreatment <u>Health and Wellbeing</u> (Mental Wellbeing) <ol style="list-style-type: none"> Self-awareness Symptoms Catch up and topical discussion 	<u>Living in the wider world</u> (Careers) <p>This term will focus on what salary jobs pay and take home pay. What qualifications are needed and what salary you can expect.</p>	<u>Health & Wellbeing</u> (Mental Wellbeing) <ol style="list-style-type: none"> Mindfulness Mindfulness (Drugs, alcohol and tobacco) <ol style="list-style-type: none"> Health Drugs Alcohol (Internet safety and harms) <ol style="list-style-type: none"> Gambling and accumulation of debt
TERM 5 (4.5 weeks)	<u>Relationship and Sex Education</u> (Respectful relationships) <ol style="list-style-type: none"> Diversity in Britain Diversity in Britain Diversity in Britain Disabilities Sexual identity – LGBTQ 	<u>Living in the wider world</u> (Careers) <p>This will introduce the students to a variety of skills that would be useful in the workplace.</p>	<u>Relationships and sex education</u> (Intimate and sexual relationships) <ol style="list-style-type: none"> Contraception Consent STI's Condom demo (Online and media) <ol style="list-style-type: none"> Provocative dress Media influence on provocative dress 	<u>Health and Wellbeing</u> (Mental well-being) <ol style="list-style-type: none"> Anxiety Depression Self-harm (Healthy eating) <ol style="list-style-type: none"> Eating disorders (health risks with diet) Legal and illegal drugs – link to mental health (legal highs) 	<u>Revision</u> <p>Students can use this time to revise and prepare for their exams. Subject intervention may take place too.</p>
TERM 6 (7.5 weeks)	<u>Health and Wellbeing</u> (Health eating) <ol style="list-style-type: none"> Nutrition & Diet (Health and prevention) My Body & sleep Exercise & Body health Self-esteem & eating disorders 	<u>Health and Wellbeing</u> (Mental Wellbeing) <ol style="list-style-type: none"> Mindfulness – 3/4 weeks (Health and Prevention) <ol style="list-style-type: none"> Dental health Personal hygiene – infection, antibiotics Catch up or topical discussion 	<u>Sex and Relationship Education</u> (Being safe) <ol style="list-style-type: none"> Feeling safe What is consent Healthy relationships / sexual exploitation <u>Health and Wellbeing</u> (Changing adolescent body) <ol style="list-style-type: none"> Key facts about female changes Key facts about male changes Catch up or topical discussion 	<u>Living in the wider world</u> <ol style="list-style-type: none"> Revision PPEs PPEs <u>Health and Wellbeing</u> (Basic first aid) <ol style="list-style-type: none"> CPR Common injuries and defibrillators Catch up or topical discussion 	<u>No Year 11 students</u>

KEY TO COLOURS

Living in the wider world	Health and Wellbeing	Relationship and Sex Education
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