

## **PSHE: Statement of Intent**

PSHE (Personal, Social and Health education) is a popular and well-respected subject within Bristnall Hall Academy. Our curriculum enables students to become independent, confident, healthy and responsible members of society.

We are committed to creating a positive, safe and nurturing environment where all members of our academy community are respected and valued. We prepare students for living and working in a modern multi-cultural society, to respect and understand diversity in faith and practice.

Students are empowered and understand how to protect themselves, make safe, positive decisions and refute unsafe activities with conviction.

Resilience, self-esteem and empathy underpins our offer and improves the life chances of our children. With guidance, knowledge and empathy, we nurture a community that encourages, each other to grow, flourish and to be the very best we can be.

Our PSHE is built into the curriculum, with time dedicated to fostering positive relationships with students and staff so that everyone feels comfortable to discuss difficult topics and ask difficult questions. Our PSHE team are dedicated to teaching the subject year-on-year, handling topics with expertise, skill and sensitivity.

**Key Stage 3 Curriculum Overview**

Year 7					
Autumn Term		Spring Term		Summer Term	
TOPIC TITLE: Relationship Education and Online Safety		TOPIC TITLE: SRE, Physical and Mental Wellbeing		TOPIC TITLE: Staying safe and first-aid	
Topics	Core Knowledge and Skills	Topics	Core Knowledge and Skills	Topics	Core Knowledge and Skills
Introduction to Ethics	Student voice Introduction to PSHE	Principles of healthy eating	<i>Principles of healthy eating</i> Basic nutrition and balanced meals Healthy choices/'swaps' Eating disorders	Drugs and alcohol	<i>Introduction - alcohol and tobacco</i> Definition of drugs Stimulants and depressants General overview of alcohol and tobacco (what they are, effects etc.)
Transition	Identify potential worries associated with starting secondary school Know they're not alone if they are feeling worried Talk to a trusted adult or friend if they have any concerns Identify solutions and strategies for looking after their mental health, including self-care	Healthy lifestyles	<i>Scientific effects of physical activity</i> Recommended amount of physical activity Benefits of a healthy lifestyle Impact of a sedentary lifestyle	Staying safe – exploitation	<i>Grooming, exploitation and coercion</i> The definition of 'grooming', 'exploitation' and 'coercion' Specific laws relating to these terms Seeking support and reporting concerns in response to grooming, exploitation and coercion Financial sexual exploitation
Positive friendships	Features of healthy friendships (including online) Typical behaviour within respectful relationships What to do if a friendship/relationship causes unhappiness	Mental health and physical activity	<i>Physical activity and mental wellbeing</i> The link between physical activity and positive mental wellbeing Approaches to maintaining positive mental health through physical activity	FGM	What is FGM? What are the laws around FGM? Virginity testing and hymenoplasty How do we report concerns?
Respecting difference	Importance of freedom of speech Harms of 'Cancel Culture' Harms of censorship and 'no platforming'	SRE – exploring puberty	<i>Exploring puberty</i> Signs of puberty in boys and girls Key definitions (e.g. period, intersex, ovaries, testes etc.) Understanding the penis and vulva/vagina (size, appearance, key parts etc.)	Online safety – social media	<i>Maintaining a healthy relationship with social media</i> Managing time spent on social media Realistic expectations and understanding of the content we see Healthy balance between social media presence and friendships, and real life friendships
Child-on-child abuse	How conflict and disagreement within friendships/relationships can be resolved Benefits of successfully resolved conflict	SRE – puberty and the brain	<i>The brain during puberty</i> Neuron growth and 'rewiring' leading to emotional changes The learning spurt	First-aid – assessing the casualty	<i>Assessing a casualty</i> Airways Breathing Circulation
Bullying		SRE – hygiene	<i>Hygiene</i> Importance of regular washing Penis hygiene (smegma)	Recovery position	Step-by-step procedure
Online safety	<i>How the online world is different to real life</i> Similarity and differences Opportunities online - curating the information we present				
Online safety and mental Health	<i>How does time online impact our mental wellbeing?</i>				

	Rationing/limiting screen time (including mobile phones) to aid positive mental wellbeing Negative effects of too much time online for mental wellbeing	SRE – Menstrual Health	Vulva/Vaginal hygiene (no necessity to buy special cleaning products)  Typical cycle length Reasons for irregular cycles Variety of period products available	CPR   Defibrillator	<i>CPR</i> Purpose/principles Concepts (e.g. chest compressions, rescue breaths) Practical skills  <i>Defibrillators (AEDs)</i> Definition/purpose Where to find/signage Instructions for use
<b>Prior Domains:</b> Relationships Education statutory at KS2 – healthy relationships and friendships Staying safe guidance from KS2		<b>Prior Domains:</b> Relationships Education statutory at KS2 Staying safe guidance from KS2 Science knowledge from Spring Term Y7 - reproduction		<b>Prior Domains:</b> Relationships Education statutory at KS2	
<b>Interdisciplinary Links:</b> Geography – local area		<b>Interdisciplinary Links:</b> Science – Year 7 – reproductive system Science – Year 10		<b>Interdisciplinary Links:</b> MFL – Impact of legal and illegal addiction IT- cyberbullying; reporting concerns; social networking; passwords	

Year 8					
Autumn Term		Spring Term		Summer Term	
TOPIC TITLE: Positive healthy relationships and online safety		TOPIC TITLE: Mental health, healthy lifestyles and SRE		TOPIC TITLE: Personal safety and careers education	
Topics	Core Knowledge and Skills	Topics	Core Knowledge and Skills	Topics	Core Knowledge and Skills
Introduction to Ethics  Positive healthy relationships	Student voice  Marriage Cohabitation Same-Sex (including Civil Partnership) Blended' and 'Step' families	Good quality sleep  Mental health	Breathing techniques Avoiding caffeine Effective routines  <i>Outward signs of mental wellbeing concerns</i> -Difficulty in concentrating	Harmful effects of tobacco	<i>Links to serious health problems (e.g. lung cancer)</i> <i>Risks of other types of tobacco use (e.g. chewing tobacco)</i> <i>Vaping and E-Cigarettes</i>  Under knife/gun crime

<p>Child-on-child abuse</p> <p>Online safety Social networking – online risks</p> <p>Online safety Distributing content</p> <p>Online safety Deepfakes</p> <p>Revenge porn and upskirting</p>	<p>Bullying: definition and examples Types of bullying Unlawful discrimination and stereotyping The types of discrimination that are against the law and the Equalities Act 2010.</p> <p>Online risks Screen time</p> <p>Explicit information online The risks of sending materials to others The law How to report</p> <p>What is artificial intelligence? What are deepfakes? How can I identify deepfakes? How can I protect myself from deepfakes?</p> <p>What is revenge porn? The law and ethics What is upskirting? The law and ethics Victim blaming challenged</p>	<p>Grief and bereavement</p> <p>Puberty and body image</p> <p>SRE – Menstrual health</p> <p>Healthy intimate relationships</p> <p>First sexual feelings</p>	<p>-Behaviour and mood changes -Lack of self-care (appearance, hygiene etc.) and self-isolation Self-harm and pathways to support</p> <p><i>Taking action to minimise mental wellbeing concerns in ourselves</i> -Importance of talking/sharing -Importance of physical activity, hobbies, connections</p> <p>What is grief? What is bereavement? How can they affect us? Pathways to support</p> <p>Changes during puberty that affect self-perception Worth not being defined by looks</p> <p><i>Heavy bleeding (and what constitutes this)</i> <i>Managing menstrual cramps</i> <i>Why patterns of bleeding may change</i> <i>When it may be necessary to seek help</i> <i>PCSO and endometriosis</i></p> <p><i>What is a healthy intimate relationship?</i> Definition of an 'intimate' relationship Characteristics of a healthy intimate relationship (e.g. mutual respect, consent, shared interests and values etc.)</p> <p>Attraction (caused by sex hormones) Link to body image and social behaviour Beginning to masturbate as a common aspect of puberty</p>	<p>Staying safe – county lines, knife crime and gangs</p> <p>Personal safety – domestic abuse</p> <p>Careers education – I Explore</p> <p>Career Action Planning</p> <p>Self development</p>	<p>How to be safe</p> <p><i>Domestic violence</i> Definition, the law and statistics Examples of different aspects of domestic violence within different kinds of relationship How to recognise domestic violence situations Seeking help and support</p> <p>Exploring career provision Target setting Preparing for the transition into Year 9</p>
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<p><b>Prior Domains:</b></p> <ul style="list-style-type: none"> <li>- Recall of ethics and safer schools app knowledge from Y7</li> <li>- Building on knowledge of healthy relationships and online safety from Y7 Autumn</li> </ul>	<p><b>Prior Domains:</b></p> <ul style="list-style-type: none"> <li>- Building on SRE knowledge from Y7 Spring</li> <li>- Building on mental health knowledge from Y7 Spring</li> </ul>	<p><b>Prior Domains:</b></p> <ul style="list-style-type: none"> <li>- Building on staying safe knowledge from Y7 Summer</li> </ul>
<p><b>Interdisciplinary Links:</b></p> <p>IT – National e-safety day – sexting / apps</p>	<p><b>Interdisciplinary Links:</b></p>	<p><b>Interdisciplinary Links:</b></p> <p>MFL – Year 9 Science – respiratory</p>

Year 9

Autumn Term		Spring Term		Summer Term	
TOPIC TITLE: Healthy relationships, consent and bullying		TOPIC TITLE: Mental health, healthy lifestyles and SRE		TOPIC TITLE: Personal safety and careers education	
Topics	Core Knowledge and Skills	Topics	Core Knowledge and Skills	Topics	Core Knowledge and Skills
Healthy relationships	<p><i>Controlling behaviour and coercive control</i></p> <p>Definition</p> <p>Subtleties of abusive relationships being wrongly justified as love/care</p> <p>Importance of mutual respect in relationships</p>	Keeping physically active	<p>Scientific overview - what happens to our bodies when we exercise?</p>	Grooming, exploitation and coercion	<p>Retrieval of what grooming, exploitation and coercion involves</p> <p>Financial sexual exploitation</p>
Consent and the law	<p><i>Sexual consent and the law</i></p> <p>The concept of 'consent'</p> <p>The law around sexual consent</p> <p>How consent (including sexual and other kinds) can be communicated and withdrawn</p>	Mental health – anxiety	<p><i>Anxiety</i></p> <p>Definition</p> <p>Causes and symptoms</p> <p>Seeking help</p> <p>Suicide prevention</p>	County lines	<p>What is meant by the term 'County Lines'</p> <p>How to recognise early signs of gang exploitation/coercion</p> <p>How to report or seek help in response to concerns</p>
	<p><i>Boundaries, privacy and consent</i></p> <p>Respecting privacy</p> <p>Respecting boundaries (physical and otherwise)</p> <p>Giving and withdrawing consent (e.g. changing one's mind)</p>	Mental health – depression	<p><i>Depression</i></p> <p>Definition</p> <p>Causes and symptoms</p> <p>Seeking help</p> <p>Suicide prevention</p>	Knife crime - serious violent crime	<p>Personal safeguarding</p> <p>Links to contextual serious violent crime statistics</p>
LGBTQ+	<p>Discrimination</p> <p>Protected characteristics</p> <p>Biological sex and gender reassignment</p> <p>Facts and the law</p>	Sex and health	<p>Positives of intimate relationships (e.g. pleasure; human connection)</p> <p>Potential negatives arising from intimate relationships (e.g. regret, STIs, unwanted pregnancy)</p> <p>The link between first sexual experiences and future sexual health</p>	Drugs and the law	<p>Drug classifications and criminal punishments</p> <p>Effects of having a criminal drug conviction</p> <p>Common types</p> <p>Health risks (mental and physical)</p> <p>Social impact</p>
Online friendships	<p>Safe friendships online</p> <p>CEOP platform and how to report concerns</p>	Intimacy and positive relationships	<p>Characteristics of good communication within relationships (e.g. expressing thoughts and feelings freely)</p> <p>Breaking up' in a healthy way</p> <p>Healthy discussions about sex, and choosing whether or not to have sex without pressure</p> <p>Intimacy without sex</p>	Careers – I focus	<p>Target setting</p> <p>Career opportunities</p> <p>Preparing for the transition into Year 10</p>
Online safety and the law	<p>Explicit content online</p> <p>Online pornography</p> <p><i>Risks of unknown people online</i></p> <p>Risks of sharing personal information and anything 'compromising'</p> <p>Risks of joining groups promoting extreme views or misinformation</p>	Diversity within relationships	<p>Same sex and opposite sex intimate relationships</p>	Goals and plans	<p>Preparing for the transition into Year 10</p>
				My progress	<p>Online presence</p>
				Self development	

<p>Progressive masculinity</p>	<p>Risks associated with grooming and/or meeting people known only online in real life</p> <p>Toxic vs. progressive masculinity What is means to be a great man</p>		<p>Intimate relationships between people of shared or different religious beliefs or cultural backgrounds</p> <p>Committed relationships between those that do/do not have children</p> <p>Committed relationships between those who are/are not married</p> <p>Choosing to be single and the value of this</p>		
<p><b>Prior Domains:</b></p> <ul style="list-style-type: none"> <li>- Building on knowledge of healthy relationships from Y8 Autumn</li> <li>- Building on knowledge of online safety from Y8 Autumn</li> </ul>		<p><b>Prior Domains:</b></p> <ul style="list-style-type: none"> <li>- Building on knowledge of mental health from Y8 Spring</li> <li>- Building on knowledge of SRE from Y8 Spring</li> </ul>		<p><b>Prior Domains:</b></p> <ul style="list-style-type: none"> <li>- Building on knowledge of personal safety from Y8 Summer</li> <li>- Building on knowledge of careers from Y8 Summer</li> </ul>	
<p><b>Interdisciplinary links:</b></p> <p>Geography – Year 7 – diversity/inclusivity</p>		<p><b>Interdisciplinary links:</b></p> <p>Science – STIs, Hormones – Year 9 and 10 – however, Science don't include condom demonstration</p> <p>RE Year 10 - relationships</p>		<p><b>Interdisciplinary links:</b></p> <p>Science and impact on pregnancy</p> <p>Geography Year 8 – career opportunities</p> <p>IT – sharing information online; malware; radicalisation; exploitation</p> <p>RE Year 10 – crime and punishment</p>	

Year 10

Year 10					
Topics	Core Knowledge and Skills	Topics	Core Knowledge and Skills	Topics	Core Knowledge and Skills
<p>Mental health</p> <p>SRE – personal safety and risks</p> <p>SRE – relationships and equality</p> <p>Online safety – dangers of viewing explicit material</p>	<p>Signs Symptoms Management Stigmas Support available</p> <p>Sexual health and wellbeing Healthy relationships Consent Personal safety Risks Support available</p> <p>Impact of viewing explicit material Reinforcing stereotypes Influencing attitudes Encouraging behaviours Damage to relationships</p>	<p>Internet safety</p> <p>Drugs and alcohol</p> <p>SRE – pregnancy, choices and parenting</p>	<p>Cyber security</p> <p>Recreational drug use The law Influences Health risks Social implications Support available</p> <p>Early signs and symptoms of pregnancy Early support How pregnancy affects physical and mental wellbeing Pregnancy choices</p>	<p>Prevent</p> <p>Health: self-care and awareness</p> <p>Domestic abuse and controlling behaviour</p>	<p>Extremism Radicalisation Spotting the signs Keeping yourself safe</p> <p>Self-examination – what to look for Medical screening Smear tests</p> <p>Healthy relationships vs unhealthy relationships Coercive control and abuse relationships Support available</p>
<p><b>Prior Domains:</b></p> <ul style="list-style-type: none"> <li>- Building on knowledge of healthy relationships from Y9 Autumn</li> <li>- Building on knowledge of SRE from Y9 Spring</li> <li>- Building on knowledge of mental health from Y9 Spring</li> </ul>		<p><b>Prior Domains:</b></p> <ul style="list-style-type: none"> <li>- Building on knowledge of drugs and alcohol from Y8 Summer</li> <li>- Building on knowledge of SRE from Y10 Autumn</li> <li>- Building on knowledge of online safety from Y10 Autumn</li> </ul>		<p><b>Prior Domains:</b></p> <ul style="list-style-type: none"> <li>- Building on knowledge of online safety from Y10 Spring</li> <li>- Building on knowledge of personal safety from Y9 Summer and domestic abuse from Y8 Summer</li> </ul>	
<p><b>Interdisciplinary links:</b></p> <p>RE relationships</p>		<p><b>Interdisciplinary links:</b></p> <p>Science – pregnancy / drugs and alcohol</p>		<p><b>Interdisciplinary links:</b></p> <p>Science – self-examination</p>	

Year 11

Year 11			
Topics	Core Knowledge and Skills	Topics	Core Knowledge and Skills
Serious violent crime	Consequences of serious violent crime Gang-related crime Exploitation Online criminal activity Financial sexual exploitation	Honour-based violence and forced marriage	Clear definition of honour based violence Different forms and examples of honour based violence Motives for honour based violence What to do if you suspect, or feel like you are vulnerable, honour based violence Clear definition of forced marriage Distinction between 'arranged' and 'forced' marriage What to do if you suspect, or feel like you are vulnerable to, forced marriage
Online safety	The serious risks of viewing online content that promotes self-harm, suicide or violence, including how to safely report this material and how to access support after viewing it	FGM	Definition of FGM Why FGM happens Effects of FGM Signs of FGM What to do if you are worried about FGM (worried for yourself or others) Virginity testing and hymenoplasty Support for young people
Pornography and Harmful Sexual Behaviour	What is sexual ethics? Why is it important to understand? What are the risks when watching pornography? What constitutes as harmful sexual behaviours?		
Parenting and early years brain development	Parenting and early years brain development		
Mental health	Exam stress – delivered through external company	Personal safety and consent	Reminder: The laws regarding sexual consent Definition of 'statutory rape' Stalking Public sexual harassment Victim-blaming challenged
Careers education	CV Workshop Interview skills Apprenticeships and T Levels UCAS - Delivered through external companies	Intimate relationships and the impact of alcohol and drugs	Impact on decision making ('clouding' thinking and 'lowering inhibitions') Giving consent Risks (emotional) and physical (e.g. injury)
Financial capability	Consumer rights and responsibilities The wider implications of finance - Delivered through external company	Online risks and gambling	Gambling – what it is, risks and responsible gambling Targeted advertising Influencer endorsements

<p><b>Prior Domains:</b></p> <ul style="list-style-type: none"> <li>- Building on knowledge of mental health from Y10 Autumn</li> <li>- Building on knowledge of careers from Y10 collapsed day</li> </ul>	<p><b>Prior Domains:</b></p> <ul style="list-style-type: none"> <li>- Building on knowledge of healthy relationships and personal safety from Y10</li> <li>- Building on knowledge of mental health from Y11 Autumn</li> <li>- Building on knowledge of serious violent crime from Y11 Autumn</li> <li>- Building on knowledge of alcohol and drugs from Y10 Spring</li> </ul>
<p><b>Interdisciplinary links:</b></p> <p>Geography RE Year 10</p>	<p><b>Interdisciplinary links:</b></p> <p>Maths – financial literacy</p>