

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.

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'	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
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? 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) Vulva/Vaginal hygiene (no necessity to buy special cleaning products)	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			CPR	<i>CPR</i> Purpose/principles
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	Typical cycle length Reasons for irregular cycles Variety of period products available	Defibrillator	Concepts (e.g. chest compressions, rescue breaths) Practical skills <i>Defibrillators (AEDs)</i> Definition/purpose Where to find/signage Instructions for use
Prior Domains: Relationships Education statutory at KS2 – healthy relationships and friendships Staying safe guidance from KS2		Prior Domains: Relationships Education statutory at KS2 Staying safe guidance from KS2 Science knowledge from Spring Term Y7 - reproduction		Prior Domains: Relationships Education statutory at KS2	
Interdisciplinary Links: Geography – local area		Interdisciplinary Links: Science – Year 7 – reproductive system Science – Year 10		Interdisciplinary Links: 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	Student voice	Good quality sleep	Breathing techniques Avoiding caffeine Effective routines	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>
Positive healthy relationships	Marriage Cohabitation Same-Sex (including Civil Partnership) Blended' and 'Step' families	Mental health	<i>Outward signs of mental wellbeing concerns</i> -Difficulty in concentrating -Behaviour and mood changes -Lack of self-care (appearance, hygiene etc.) and self-isolation	Staying safe – county lines, knife crime and gangs	Under knife/gun crime How to be safe
Child-on-child abuse	Bullying: definition and examples Types of bullying Unlawful discrimination and stereotyping				

Online safety Social networking – online risks	The types of discrimination that are against the law and the Equalities Act 2010. Online risks Screen time	Puberty and body image SRE – Menstrual health Healthy intimate relationships First sexual feelings	<i>Taking action to minimise mental wellbeing concerns in ourselves</i> -Importance of talking/sharing -Importance of physical activity, hobbies, connections Changes during puberty that affect self-perception Worth not being defined by looks <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>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.) Attraction (caused by sex hormones) Link to body image and social behaviour Beginning to masturbate as a common aspect of puberty	Personal safety – domestic abuse Careers education – I Explore Career Action Planning Self development	<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 Exploring career provision Target setting Preparing for the transition into Year 9
Prior Domains: - Recall of ethics and safer schools app knowledge from Y7 - Building on knowledge of healthy relationships and online safety from Y7 Autumn		Prior Domains: - Building on SRE knowledge from Y7 Spring - Building on mental health knowledge from Y7 Spring		Prior Domains: - Building on staying safe knowledge from Y7 Summer	

Interdisciplinary Links: IT – National e-safety day – sexting / apps	Interdisciplinary Links:	Interdisciplinary Links: MFL – Year 9 Science - respiratory
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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	<i>Controlling behaviour and coercive control</i> Definition Subtleties of abusive relationships being wrongly justified as love/care Importance of mutual respect in relationships	Keeping physically active	Scientific overview - what happens to our bodies when we exercise?	Grooming, exploitation and coercion	Retrieval of what grooming, exploitation and coercion involves
Consent and the law	<i>Sexual consent and the law</i> The concept of 'consent' The law around sexual consent How consent (including sexual and other kinds) can be communicated and withdrawn	Mental health – anxiety	<i>Anxiety</i> Definition Causes and symptoms Seeking help	County lines	What is meant by the term 'County Lines' How to recognise early signs of gang exploitation/coercion How to report or seek help in response to concerns
SRE – Intimacy	<i>Good communication within intimate relationships</i> Characteristics of good communication within relationships (e.g. expressing thoughts and feelings freely) Breaking up' in a healthy way Healthy discussions about sex, and choosing whether or not to have sex without pressure Intimacy without sex	Mental health – depression	<i>Depression</i> Definition Causes and symptoms Seeking help	Knife crime - serious violent crime	Personal safeguarding Links to contextual serious violent crime statistics
Bullying	<i>Boundaries, privacy and consent</i> Respecting privacy Respecting boundaries (physical and otherwise) Giving and withdrawing consent (e.g. changing one's mind)	Mental health and physical response	Body feelings when you are worried	Drugs and the law	Drug classifications and criminal punishments Effects of having a criminal drug conviction Common types Health risks (mental and physical) Social impact
Child-on-child abuse		Sex and health	Positives of intimate relationships (e.g. pleasure; human connection) Potential negatives arising from intimate relationships (e.g. regret, STIs, unwanted pregnancy) The link between first sexual experiences and future sexual health	Careers – I focus	Target setting Career opportunities Preparing for the transition into Year 10 Online presence
LGBTQ+	Exploration of diverse relationships Inclusivity	Intimacy and positive relationships	Characteristics of good communication within relationships (e.g. expressing thoughts and feelings freely) Breaking up' in a healthy way Healthy discussions about sex, and choosing whether or not to have sex without pressure Intimacy without sex	Goals and plans	
Online friendships	Safe friendships online CEOP platform and how to report concerns			My progress	
Online safety and the law	<i>Definition/clarification of the law</i> Definition of an 'indecent' image	Diversity within intimate relationships	Same sex and opposite sex intimate relationships	Self development	

	Criminality of taking/streaming/possessing indecent (sexual) images <i>Risks of unknown people online</i> Risks of sharing personal information and anything 'compromising' Risks of joining groups promoting extreme views or misinformation Risks associated with grooming and/or meeting people known only online in real life		Intimate relationships between people of shared or different religious beliefs or cultural backgrounds Committed relationships between those that do/do not have children Committed relationships between those who are/are not married Choosing to be single and the value of this		
Prior Domains: - Building on knowledge of healthy relationships from Y8 Autumn - Building on knowledge of online safety from Y8 Autumn		Prior Domains: - Building on knowledge of mental health from Y8 Spring - Building on knowledge of SRE from Y8 Spring		Prior Domains: - Building on knowledge of personal safety from Y8 Summer - Building on knowledge of careers from Y8 Summer	
Interdisciplinary links: Geography – Year 7 – diversity/inclusivity		Interdisciplinary links: Science – STIs, Hormones – Year 9 and 10 – however, Science don't include condom demonstration RE Year 10 - relationships		Interdisciplinary links: Science and impact on pregnancy Geography Year 8 – career opportunities IT – sharing information online; malware; radicalisation; exploitation RE Year 10 – crime and punishment	

Year 10

Topics	Core Knowledge and Skills	Topics	Core Knowledge and Skills	Topics	Core Knowledge and Skills
Mental health	Signs Symptoms Management Stigmas Support available	Internet safety	Cyber security	Prevent	Extremism Radicalisation Spotting the signs Keeping yourself safe
SRE – personal safety and risks	Sexual health and wellbeing Healthy relationships Consent	Drugs and alcohol	Recreational drug use The law Influences Health risks Social implications Support available	Health: self-care and awareness	Self-examination – what to look for Medical screening Smear tests
SRE – relationships and equality	Personal safety Risks Support available	SRE – pregnancy, choices and parenting	Early signs and symptoms of pregnancy Early support How pregnancy affects physical and mental wellbeing Pregnancy choices	Domestic abuse and controlling behaviour	Healthy relationships vs unhealthy relationships Coercive control and abuse relationships Support available
Online safety – dangers of viewing explicit material	Impact of viewing explicit material Reinforcing stereotypes Influencing attitudes Encouraging behaviours Damage to relationships				
Prior Domains: - Building on knowledge of healthy relationships from Y9 Autumn - Building on knowledge of SRE from Y9 Spring - Building on knowledge of mental health from Y9 Spring		Prior Domains: - Building on knowledge of drugs and alcohol from Y8 Summer - Building on knowledge of SRE from Y10 Autumn - Building on knowledge of online safety from Y10 Autumn		Prior Domains: - Building on knowledge of online safety from Y10 Spring - Building on knowledge of personal safety from Y9 Summer and domestic abuse from Y8 Summer	
Interdisciplinary links: RE relationships		Interdisciplinary links: Science – pregnancy / drugs and alcohol		Interdisciplinary links: Science – self-examination	

Year 11

Topics	Core Knowledge and Skills	Topics	Core Knowledge and Skills
Serious violent crime	Consequences of serious violent crime Gang-related crime 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
Mental health – signs, symptoms and management	Signs Symptoms Management	FGM	Definition of FGM Why FGM happens Effects of FGM Who is most at risk of FGM? Signs of FGM What to do if you are worried about FGM (worried for yourself or others) Support for young people
Prevent/exploitation	Extremism Radicalisation Spotting the signs Keeping yourself safe	Personal safety and informed consent	Reminder: The laws regarding sexual consent Definition of 'statutory rape' That the person seeking consent must have taken reasonable steps to gain consent (e.g. asking both before and during sex) The other person must have freedom to consent (freedom to say yes/no) and 'capacity' to consent (ability) How to seek help/support for issues around sexual consent What to expect if you do report concerns - your rights
Careers education	CV Workshop Interview skills Apprenticeships and T Levels UCAS	Positive mental health, confidence and self belief	Importance of communication and connection Stress Bucket' analogy Mental health, referrals and treatment
		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

		Online risks and gambling	Gambling – what it is, risks and responsible gambling Targeted advertising Influencer endorsements Risks of online financial lending
Prior Domains: - Building on knowledge of mental health from Y10 Autumn - Building on knowledge of Prevent from Y10 Summer - Building on knowledge of careers from Y10 collapsed day		Prior Domains: - Building on knowledge of healthy relationships and personal safety from Y10 - Building on knowledge of mental health from Y11 Autumn - Building on knowledge of serious violent crime from Y11 Autumn - Building on knowledge of alcohol and drugs from Y10 Spring	
Interdisciplinary links: Geography RE Year 10		Interdisciplinary links: Maths – financial literacy	