



## PSHE/Character Curriculum Map

### Unit 1

	British Value	Year 7	British Values	Year 8	British Values	Year 9	British Values	Year 10	British Values	Year 11
<b>Lesson 1</b>	D RL TCR MR IL	Me and my identity – Influences on identity What is it to be unique British identity and values	M R IL	Family Family's influence (parental rights) and expectations Managing expectations	MR IL	Relationships Friendships – Peer Approval Intimate relationships Accessing support and advice	D RL TC R M R IL	Human Rights and the Equality Act	RL TCR MR IL	Positive Relationships Social Influence and Equality Types of Commitment-marriage/civil partnership etc Benefits of relationships Values Parenting an Choices
<b>Lesson 2</b>	TCR MR IL	Peer Pressure and belonging	TC R M R	First impressions, Faiths and beliefs Britain as a multicultural society	MR IL	Self-identity/Social Groups Social Media/Risk Social risks – gangs, drugs, sex	M R	Grief and Loss Physical and mental responses to grief How to get support with grief	RL MR IL	Intimate Relationships Relationships and the law Unacceptable behaviours Coercive, DV, HBV,FM, honour based marriage, forced marriage Ending relationships and Consent and Coercion  Law and why age limits. Use of drugs in relationships Confusion between love and abuse
<b>Lesson 3</b>	RL IL MR	My Online Identity Online Safety - Rules	TC R M R	Race, Religion and Multicultural Britain Hate incidents/crimes Benefits of multiculturalism	MR IL RL	Positive/negative self-identity Positive identity and positive relationships Consent and the Law	RL M R IL	Risk in real life and online Online identity Netiquette Online data use The Laws - Online	RL	Contraception and Parenthood Having Children, Contraception, fertility, feelings about having children STI's and your health



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<b>Lesson 4</b>	D RL TCR MR IL	Understanding stereotypes (protected characteristics), prejudice and Discrimination	D RL	Social injustice and social Inequality Protected characteristics	RL TCR MR	Prejudice and discrimination Equalities Act Protected Characteristics	RL IL	Financial terms Equity in the workplace	IL	Emotional Health and Wellbeing Managing anxieties and lifestyle choices Recognising and managing stress levels Healthy Choices Positive Impact of healthy eating, sleep, Physical exercise
<b>Lesson 5</b>	TCR MR IL	Challenging discrimination and bullying	TC R M R	Bullying and how to combat it Self-Awareness Banter/positive language	RL TCR MR IL	Bullying and LGBTQ+	D RL TC R M R IL	Multiculturalism, society and inequality Benefits of multiculturalism Protected characteristics	MR IL	Personal Health and Safety Keeping yourself and others safe in an emergency situation Personal Hygiene and Health – STDs Self-examination
<b>Lesson 6</b>	D RL	The Structure of government	D RL	Understanding the cabinet Media How to identify fake news	RL	The Law and the justice system	M R	Different Relationships and impact Power/change in relationships Coercive control -Physical/Mental Resilience Consent	RL IL	Planning for the Future Applications or CVs Jobs and Aspirations Skills for the future Employment opportunities My Job Plan

**D = Democracy**

**RL = Rule of Law**

**TCR = Tolerance of different cultures and religions**

**MR = Mutual Respect**

**IL = Individual Liberty**



## PSHE/Character Curriculum Map

### Character Education programme (PHSE) - Unit 2

	British Value	Year 7	British Value	Year 8	British Value	Year 9	British Value	Year 10	British Value	Year 11
<b>Lesson 1</b>	IL	My Dreams and Goals	IL	My Long-Term Goals How these might change Digital footprint – Online identity can affect job/goals/dreams	IL	My Plans and Goals SMART Targets Living in the moment	IL	Mental/physical health Balance -Wheel of life Digital footprint – Online identity can affect job/goals/dreams	IL	Digital Literacy Being an internet citizen and the law Illegal online activity Consequences of viewing pornography
<b>Lesson 2</b>	MR IL	Coping Strategies Blame Managing setbacks	IL	Value of Money Different relationships and money Financial decisions Good debt/bad debt	MR IL	Mental Health, Self esteem What is mental Health? Resilience/help Factors/media manipulation Social Media & Mental Health	IL	Health MOT Checking your bits Detriments to health Protecting my health	TCR MR IL	Planning for the Future Applications or CVs Jobs and Aspirations Skills for the future Employment opportunities My Job Plan
<b>Lesson 3</b>	IL	Making Choices/influences Responsible/irresponsible Risks	IL	Money and Earnings Earning of people in the UK Budget management World Poverty	RL IL	Substances Substance use and misuse Law around substance misuse and possession Support plans for how to get help information	IL	Substances and the body Prescribed drugs Mental Health disorders Who can help Nature and Mental Health	IL	Planning for the Future Applications or CVs Jobs and Aspirations Skills for the future Employment opportunities My Job Plan
<b>Lesson 4</b>	IL	Managing emotions; Strategies to combat	MR IL	Managing stress Combat stressful situations	RL IL	Grooming and Exploitation – (Radicalisation, CCE) Knife crime	TCR MR IL	Diseases, Stem cell therapy Organ donation STDs Treatments	IL	Money Matters Finances- how to budget, avoid debt. Consequences of gambling and debt



## PSHE/Character Curriculum Map

<b>Lesson 5</b>	IL	Healthy Choices Positive Impact of healthy eating, sleep, Physical exercise What are vaccines Medication safety	IL	Me and My Health Dimensions of wellness Long term physical wellness Oral Hygiene Diseases/vaccinations/Antibiotics	RL IL	Taboo FGM, Breast Ironing and Honour Based Abuse	TCR MR IL	Sex – Consent, choice, pressure, support	RL MR IL	
<b>Lesson 6</b>	RL IL	Understanding Substances Harmful substances /drug classification Why people choose to use substances Law and substances	RL IL	Substance use and misuse Law around substance misuse and possession Role of substance misuse in CCE and county lines, money mulling Avoidance	D IL	Being a good citizen- Contributing to Society/First Aid including drug/alcohol poisoning	TCR MR IL	Being an adult, relationship Law, legal status and Law Unacceptable behaviours Coercive, DV, HBV,FM	TCR MR IL	



## PSHE/Character Curriculum Map

### Unit 3

	British Value	Year 7	British Value	Year 8	British Value	Year 9	British Value	Year 10
Lesson 1	IL	Puberty Changing body	RL	Puberty - continually changes in our body	MR IL	Mental Health and Emotions Stigma & Mental Health How to Support or access support	IL MR	Teen violence
Lesson 2	MR IL	Conflict & Discernment Managing conflict in friendship groups Discernment and the media	RL TCR MR IL	Personal Space and culture Using social media Safety and the Law	IL RL	CSE Online sexual grooming Sexting Where to access help	IL MR	Healthy Relationships & Connections Consent
Lesson 3	RL MR IL	Assertiveness in Relationships Aggressive, assertive, passive Consent to use social media Assertive action against sexting Storing data online	RL MR IL	Coercion in Relationships What is unhealthy, Power balance Where to access support Consent	RL IL	Contraception and consequences Sexual and reproductive Health Informed decisions/help	T MR IL	Gender & sexual identity Protected characteristics
Lesson 4	MR IL	Relationship & Changes How to build positive relationships Supportive relationships Consent	MR IL	Intimate relationships And feelings associated	IL	Change and Resilience Sleep – Facts Importance for mental/physical health	IL MR T RL	Pregnancy and Abortion alongside other options, Miscarriage
Lesson 5	RL	Understanding the Law - Justice system	IL	Relationships with yourself/social media Positive/ stable relationships	RL IL	Pornography/ Reality ideal bodies/low self esteem Law – Online & social Media	IL MR	Love and Loss
Lesson 6	IL	How media can impact Self-esteem/body image Strategies to build self esteem Emotional changes during puberty	RL MR IL	Pornography/Reality Risk behaviour specifically around alcohol -/sex The Law	RL IL MR	LawPower and Assertiveness Equality in relationships Understanding choice and saying “no” Assertiveness skills in a relationship Consent and Law	IL	Changes- Physical, Emotional & Society



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