# PSHE

## Skills

### Mastery in Year 11
- Awareness of stress management strategies, including maintaining healthy sleep habits, effective revision techniques and strategies.
- Informed on post 16 options career pathways.
- Informed on rights, responsibilities and challenges in relation to working part time while studying.
- Awareness of gender identity, gender expression and sexual orientation.
- Awareness of different types of families and changing family structures.
- How to evaluate readiness for parenthood and positive parenting qualities.
- Informed on fertility, pregnancy, birth and miscarriage.
- About unplanned pregnancy options, including abortion.
- About adoption and fostering.
- About 'honour based' violence and forced marriage and how to safely access support.

### Mastery in Year 10
- Informed on assumptions, misconceptions and social norms about sex, gender and relationships.
- Informed on opportunities and risks of forming and conducting relationships online.
- Itemise the impact of the media and pornography on sexual attitudes, expectations and behaviours.
- Awareness of the impact of drugs and alcohol individuals, personal safety, families and wider communities.
- Informed on the equality act, diversity and values.
- Strategies for overcoming challenges or adversity.
- Awareness of responsibilities in the workplace.

### Mastery in Year 9
- Knowledge of transferable skills, abilities and interests, different types of employment and career pathways.
- How to manage feelings relating to future employment.
- How to work towards aspirations and set meaningful, realistic goals for the future.
- Informed on GCSE for 16 options.
- Informed on facts and misconceptions relating to consent.
- Knowledge of the continuous right to withdraw consent and capacity to consent about young peoples employment rights and responsibilities.
- Skills for enterprise in employability.
- How to give and act upon constructive feedback.
- Strategies to promote mental health and emotional wellbeing.

### Mastery in Year 8
- How to manage influences on beliefs and decisions.
- How to develop self-worth and confidence.
- Awareness of gender identity, transphobia and gender-based discrimination.
- How to recognise and challenge all forms of discrimination.
- Other attitudes towards mental health.
- How to change misconception stigma.
- Informed on positive daily well-being.
- How to develop digital resilience.
- Awareness of unhealthy coping strategies.

### Mastery in Year 7
- How to identify, express and manage their emotions in a constructive way
- How to manage the challenges of moving to a new school
- How to establish and manage friendships
- How to develop self-worth and self efficacy
- How to challenge unwanted contact
- How to recognise and challenge unhealthy behaviour

## Knowledge

**Y11**
- **GCSE Preparation** – Independent revision for KS4 examinations
- **Social Issues** – Active Citizenship in practice
- **RSHE** – Healthy Lives - Health Screening
- **Wider World** – Politics and Active Citizenship
- **Wider World** – Careers - Post-16 Pathways
- **Wider World** – Careers - Work experience reflection; Big Interview

**Y10**
- **Wider World** – Careers - Work experience preparation
- **RSHE** – Intimate relationships - expectations
- **RSHE** – Pregnancy & Parenthood
- **Wider World** – Citizenship and Politics, pressure groups
- **Influences** – Risk-taking - knife crime, County Lines

**Y9**
- **Living in the Wider World** – Careers, Employability
- **Wider World** – Careers - learning strengths and goal setting
- **RSHE** – Relationships, Staying healthy in relationships
- **Health and Wellbeing** – Personal Development Day, Body confidence, healthy & unhealthy relationships
- **Living in the Wider World** – Personal security online

**Y8**
- **Wider World** – Careers - exploring professions
- **Wider World** – Finance - managing money and budgeting
- **RSHE** – Growing up in the modern world - contraception
- **RSHE** – The Equality Act
- **Drugs and Alcohol** – Impact of substances on health
- **Wider World** – Financial decision making, Budgeting and making financial choices

**Y7**
- **Wider World** – Routes to careers
- **Creative Learning Skills** – Developing iPad skills. Introduction to Creativity & iPad for learning, including an Introduction to AI
- **RSHE** – Puberty and boundaries
- **RSHE** – Diversity, prejudice and bullying
- **Transition** – Getting to know Tomlinscote and independence