

# PSHE @ Deptford Green





Our pupils are growing up in a rapidly changing world that can be confusing and daunting. Personal Development equips pupils with the knowledge, understanding, skills and strategies required to live healthy, safe, productive, capable, responsible and balanced lives. It encourages them to be enterprising and supports them in making effective transitions, positive learning and career choices and in achieving economic wellbeing.

All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

## Teaching PSHE/RSHE at Deptford Green

- ✓ We believe in providing a modern, exciting, high quality and engaging curriculum for all students.
- ✓ Our lessons will enthuse, engage and inspire students allowing them differentiated access to new concepts, ideas and giving them a safe space to challenge societal expectations and perceptions.
- ✓ Our experienced teachers deliver GREAT lessons.

### Additional Info

- ❖ Parents are not able to withdraw their child from any aspect of Relationships education or Health education.
- ❖ Parents are able to withdraw their child (following discussion with the school) from any or all aspects of Sex education, other than those which are part of the science curriculum, up to and until three terms before the age of 16.
- ❖ Parents have the right to request to see the schemes of work and lesson materials for Relationships and Sex Education (RSE). Please put in writing to Mrs Pritchard at [jpritchard@deptfordgreen.co.uk](mailto:jpritchard@deptfordgreen.co.uk) your request.

## Votes for Schools

In addition to weekly PSHE lessons, we also take part in fortnightly Votes for Schools sessions. These provide students with weekly lessons on current affairs, fostering critical thinking, oracy, and confidence while building their understanding of democratic processes and British Values

### Benefits for Students

#### **Empowers young voices:**

The program allows students to express their opinions and participate in discussions on important social and political issues.

#### **Develops critical thinking:**

Students learn to discuss challenging topics, reflect on their values, and develop their own informed viewpoints.

#### **Improves communication skills:**

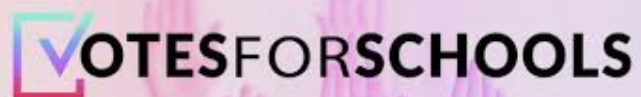
Weekly discussions and debates foster speaking and listening skills and build confidence in expressing viewpoints.

#### **Builds knowledge of current affairs:**

Students gain awareness of national and global issues and their relevance to their lives.

#### **Promotes active citizenship:**

Students learn about and participate in democratic processes, preparing them to be informed and engaged citizens.



# Year 7 Curriculum

## CHANGE and TRANSITION

- Life @ DG
- Adapting to secondary school
- Creating +ve school atmosphere
- Power of Kindness
- Being GREAT
- LORIC Behaviours
- Routines



## HEALTHY LIVING and FIRST AID

- Allergies
- Asthma
- Life Support
- Healthy Diet
- Fire Safety
- Street Safety
- Internet Safety



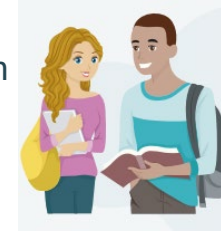
## PUPERTY

- Growing and Changing
- Puberty - What happens and to who
- Puberty and emotions
- Personal Hygiene
- Personal Hygiene Part 2
- Puberty Quiz



## FRIENDSHIPS & RESPECT

- Types of relationship
- What is bullying
- Harassment and discrimination
- Harmful behaviour
- Inclusion
- Safe spaces
- Offensive language



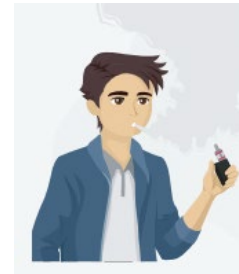
## RELATIONSHIPS

- Family Relationships
- Friendships
- Romantic Relationships
- Self Awareness
- Reflecting on Healthy Relationships



## DESERT ISLAND PROJECT, SAFETY and VAPING

- Landing on the Island
- Decision Making
- Making Laws
- Dilemmas
- Vaping
- Personal Safety



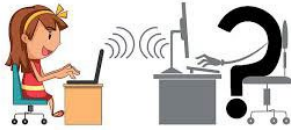
## STATUTORY RSE & HEALTH TOPICS COVERED

- ✓ Families
- ✓ Respectful relationships including friendships
- ✓ Being safe
- ✓ Romantic relationships
- ✓ Healthy eating
- ✓ Vaping
- ✓ Basic First Aid
- ✓ Changes to the adolescent body

# Year 8 Curriculum

## ONLINE SAFETY

- Online Content
- Online Identity
- Online Beauty
- Gaming and Influencers
- Images Pt 1
- Images Pt 2
- Online Safety Review



## BRITISH VALUES

- British Values
- Respect and Tolerance
- Tolerance
- Liberty
- Democracy
- Hate Crime



## ALCOHOL, DRUGS and ENERGY DRINKS

- Caffeine / Energy Drinks
- Tobacco
- Alcohol
- Vaping
- Drugs
- E Scooter safety



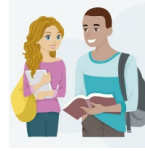
## BEHAVIOUR FOR SUCCESS

- Resilience
- Growth
- Self-Management
- Healthy Diet
- Healthy Diet on a Budget
- Summer Safety
- Self-Esteem



## RELATIONSHIPS and BODY IMAGE

- Healthy relationships
- Consent
- Abusive relationship
- Sexual Orientation
- Male Body Image
- Body Image + Media



## PROTECTED CHARACTERISTICS

- Ageism
- Sex Discrimination
- Crime and Criminality
- Pregnancy and Maternity
- Religion and Belief
- Physical Exercise



## STATUTORY RSE & HEALTH TOPICS COVERED

- ✓ Protected characteristics
- ✓ British Values
- ✓ Online and the Media
- ✓ Being safe
- ✓ Healthy eating
- ✓ Drugs, Alcohol and Tobacco
- ✓ Physical health and wellbeing
- ✓ Internet safety
- ✓ Mental wellbeing
- ✓ Respectful relationships including friendships



# Year 9 Curriculum

## CRIME and GANG CULTURE

- Unhealthy Friendship
- Pressure to join gang
- County Lines
- Knife Crime
- Knife Crime
- Preventing Crime



## CONTRACEPTION, SEXUAL HEALTH and PORNOGRAPHY

- Consent
- Contraception
- STIs
- Sex in the Media
- Pornography
- Vaping



## EXTREMISM, GROOMING and MEDIA

- Cause of extremism
- Influence
- Extremism in the UK
- Shadow Games Project



## WIDER WORLD

- FGM
- Honour Violence
- Summer Safety
- Online Safety



## WIDER WORLD

- Deep Fakes
- What is AI Generated Sexual Imagery
- Marriage and Civil Partnerships
- Legal status of Marriage
- Difficulties of Parenting
- Sleep Health
- Dealing with Grief and Loss



## STUDY SKILLS

- Brain Health
- Goals and Objectives
- Learning Styles
- Organisation



## MENTAL HEALTH

- Stigma
- Depression
- Resilience and Wellbeing
- Digital Resilience
- Coping Strategies
- Loneliness



## STATUTORY RSE & HEALTH TOPICS COVERED

- ✓ Protected characteristics
- ✓ Online and the Media
- ✓ Being safe
- ✓ Healthy eating
- ✓ Physical health and wellbeing
- ✓ Internet safety
- ✓ Mental wellbeing
- ✓ Intimate and sexual relationships
- ✓ Sexual health

# Year 10 Curriculum

## KS4 and EXAMS

- KS4 Timeline
- Resilience
- Organisation
- STEM Jobs
- Arts Jobs
- Revision Techniques



## ADDICTION

- Substance Use and Risk
- Addiction
- Drugs Help
- Drugs + the Law



## UNHEALTHY RELATIONSHIPS and CONFLICT RESOLUTION

- Relationships + Communication
- Unwanted Attention
- Abusive Relationships
- Sharing Sexual Images
- Healthy Relationships
- Forced Marriage



## HEALTHY FINANCES

- Banking
- Budgets
- Debt
- Online Fraud



## SEX ED and MISCONCEPTIONS

- Sex Ed Quiz
- Consent
- Fertility + Choices
- Parenthood
- Pregnancy Outcomes
- Pregnancy + Abortion



## WORK EXPERIENCE

- WEX
- WEX Skills
- WEX PREP
- WEX Reflection



## WIDER WORLD

- Cervical Cancer
- Breast Cancer
- Testicular Cancer
- Suicide prevention



## STATUTORY RSE & HEALTH TOPICS COVERED

- ✓ Being safe
- ✓ Healthy eating
- ✓ Physical health and wellbeing
- ✓ Mental wellbeing
- ✓ Intimate and sexual relationships
- ✓ Sexual health
- ✓ Families
- ✓ Respectful Relationships

# Year 11 Curriculum

## POST 16

- Post 16 Choices
- Local Providers
- Applying for College
- Local Providers
- Local Providers
- Writing a Personal Statement



## MENTAL HEALTH and EXAMS

- Memory and the Mind
- PPE Review
- Revision Techniques
- Science Revision
- English Revision



## DEMOCRACY

- Political Parties
- Voting Systems
- Voting at 16
- Democratic Countries



## RSE

- Consent
- Contraception
- STI's
- Sex and the Media
- Pornography



## STUDY SKILLS

- Memory Technique
- Revision Timetables
- Flashcards
- Cornell Notes
- Pyramid
- Dual Coding
- Memory Tricks
- Brain Dumps

## WIDER WORLD

- Womens Health
- Vaping
- Responsibilities in the work place



## STATUTORY RSE & HEALTH TOPICS COVERED

- ✓ Respectful relationships including friendships
- ✓ Being safe
- ✓ Romantic relationships
- ✓ Intimate and sexual relationships
- ✓ Sexual Health
- ✓ Physical health and wellbeing
- ✓ Drugs
- ✓ Health