

Year 7 PSHE Curriculum

How do I begin my journey at Paignton Academy?

- School rules and routines
- Who am I?
- Staying safe
- Making the most of my education

Health and Wellbeing



What keeps us healthy?

- Puberty and personal hygiene
- Reproduction and birth
- Staying healthy
- Dental health
- Managing emotions

Health and Wellbeing



How do I ensure success in the future?

- What is work?
- Diversity at work
- Creativity at work

Living in the Wider World



Why does my money matter?

- Saving, spending and budgeting
- Choices when we buy
- Gambling safety

Living in the Wider World



What is prejudice and how do I challenge it?

- Prejudice
- Challenging discrimination
- Bullying
- Gender
- Protected characteristics

Relationships



How do I value myself and others?

- Appropriate contact
- A good friend
- Social media safety
- Romantic relationships
- Accessing help

Relationships



How does an effective society function?

- Needs and wants
- Leadership and politics
- Law and punishment
- Spending money
- Charity and helping others

Citizenship



Year 8 PSHE Curriculum

How can I manage my own mental health?

- What is mental health?
- Digital age
- Managing emotions
- Healthy coping strategies
- Eating disorders/self harm

Health and Wellbeing



How do we choose a responsible lifestyle?

- Alcohol
- Drugs
- Vaping
- Cigarette smoking
- Gambling addiction

Health and Wellbeing



What do I need to think about when choosing a job?

- Influences on my career
- Costs of working
- Employment/self employment and volunteering

Living in the Wider World



How do I stay safe in the digital world?

- Media and self image
- Radicalisation and grooming
- Social media dangers
- Fake news

Living in the Wider World



How do I understand myself in relation to others?

- Digital relationships
- Sexuality
- Healthy relationships
- Sending inappropriate images
- Consent

Relationships



How do we all live together in harmony?

- Transphobia and gender discrimination
- Sexism
- Religious discrimination

Relationships



What values are important in our society?

- British values
- Democracy
- Laws and justice
- Diversity and tolerance

Citizenship



How can I save a life?

- Recovery position
- Treating minor injuries
- Treating bleeds

Health and Wellbeing



Year 9 PSHE Curriculum

How do I make good choices?

- Dealing with influences
- Communicating true feelings (peer pressure)
- Knife crime
- Alcohol and drugs

Health and Wellbeing



How do I take care of myself?

- Link between mental and physical health
- Sleep and exercise
- Body image
- Checking for lumps

Health and Wellbeing



What makes me employable?

- Skills for employment
- Planning my future
- Personal strengths

Living in the Wider World



What makes me employable?

- Aspirations
- Employment rights
- Personal brand (real life and online)

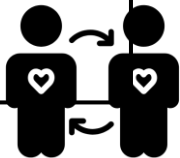
Living in the Wider World



How can I maintain healthy relationships?

- Family types and homelessness
- Sending inappropriate images
- Strangers
- Online gaming risks

Relationships



How do we manage the risks associated with sex?

- Exploitation
- STIs
- Consent
- Dangers of pornography
- Contraception

Relationships



How do Government and citizens enact change?

- Parliament
- Making laws
- Refugees and asylum
- NGOs and pressure groups

Citizenship



How do I manage my money?

- Managing money and using a bank account
- Risks of borrowing money

Living in the Wider World



Year 10 PSHE Curriculum

How do I take care of my mental health?

- Recognising mental health issues
- Coping with mental health
- Mental health stigma
- World Mental Day 2024

Health and Wellbeing



What are the influences around me?

- Gang culture
- Knife crime
- Drugs
- Alcohol
- Domestic violence

Health and Wellbeing



How much does adult life cost?

- Driving/household costs
- Borrowing money
- Gambling dangers
- Online influences/advertising

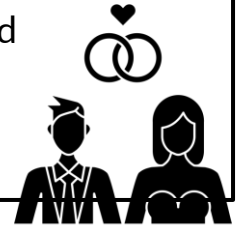
Living in the Wider World



Are the ways we treat people fair?

- Marriage and parenting
- Misogyny and sexism
- Homophobia
- Extremism and radicalisation

Relationships



What does a healthy relationship look like?

- Healthy relationships
- Intimacy
- Pornography dangers
- Consent
- Pressure and Coercion

Relationships



What are the current issues happening in the world?

- Modern Pirates
- Modern Slavery
- Death penalty
- Migration
- Abortion debate

Citizenship



How can I increase my chances of getting a job?

- Changing job market
- Writing a CV
- Applying for a job
- Interview preparation and techniques

Living in the Wider World



Year 11 PSHE Curriculum

How do I manage myself?

- Stress
- Sleep
- Online Management
- Gambling awareness and prevention

Health and Wellbeing



What are my new concerns as I become an adult?

- Helping your local community
- Wages, tax and national insurance
- Borrowing money safely

Living in the Wider World



What will happen when I leave Paignton Academy?

- Personality and careers
- Post 16 options
- Applying for post 16
- Apprenticeships
- Interview techniques

Living in the Wider World



Communicating effectively in my relationships

- Romantic relationships
- Is everyone having sex?
- Dangers of pornography
- When is the right time?
- STIs
- Revenge porn

Relationships



How can I be independent and manage my own health?

- Cancer
- Cosmetic alterations
- Donating blood, organs and stem cell research

Health and Wellbeing



Why are families important?

- Responsibilities of parents
- Dealing with bereavement
- Honour based violence

Relationships

