

Overview:

During the 30 minute tutorial lesson, a structured programme will take place ensuring that students are engaged and participating in meaningful activities alongside their peers in their own year group. Each year group will have a different programme, with bespoke Careers and PSHE content. Each lesson will be delivered via a voice over PowerPoint to ensure consistency and resources will be provided weekly by the HOH team.

PSE	Weeks					
Year Group	Week 1-7	Week 8=14	Week 15-21	Week 22-26	Week 27-30	Week 33-36
Y7	INDUCTION- NEW SCHOOL, NEW FRIENDS	RELATIONSHIPS AND RESLIENCE	CAREERS	COMMUNICATION AND FAMILIES	INTERNET SAFETY AND HARM - INTERNET IS AN INTEGRAL PART OF LIFE - BENEFIT	CHANGING ADOLESCENT BODIES, HEALTH AND PREVENTION.
Y8	RESPECTFUL RELATIONSHIPS INCLUDING FRIENDSHIPS	NETWORKING IN CAREERS	CELEBRATING DIFFERENCES	INTIMATE AND SEXUAL RELATIONSHIPS / BEING SAFE	WELL BEING AND COMMUNICATION	ONLINE MEDIA
Y9	FAMILIES	MENTAL WELLBEING	INTIMATE AND SEXUAL RELATIONSHIP INCLUDING SEXUAL HEALTH AND BEING SAFE	REVISION STRATEGIES	CAREERS - PURSUING CAREERS	ONLINE AND MEDIA - SEXUAL HARRASSMENT AND PORNOGRAPHY
Y10	LEADERSHIP- PIXL LORIC	SEXUAL HEALTH - JIGSAW	SEXUAL HEALTH - CONT.	CAREERS - REALISING AMBITION	DREAMS AND GOALS - JIGSAW	CAREERS - WORK EXPERIENCE
Y11	INTIMATE RELATIONSHIPS/ GENDER DIVERSITY	COLLEGE APPLICATIONS	CONSENT/MANAGING STRESS	PREGNANCY/ RELATIONSHIPS	EXAMS	EXAMS/FINISHED

PSE	Weeks					
Year Group	Week	Week 1-7	Week 8-14	Week 15-21	Week 22-26	Week 27-30
Y7		<b>New beginnings</b>	<b>Relationships and Resilience</b>	<b>Careers</b>	<b>Communication and Families</b>	<b>Internet safety and harm</b>
		Induction- new school, new friends	Respectful relationships including friendships - characteristics of a respectful relationships including friendships - practical steps to	Careers - Starting Out	What is communication and what makes it effective.	Internet is an integral part of life - benefits
		Coping with change, growthmind set (resilience)	social resilience friendship/ relationship	Goals and values	Different forms of communication and communication in school	Why is it important to restrict screen time? im pact on mental health and wellbeing.
		Resilience - being organised at school	bullying has a negative/lasting impact	Learning about careers	Families - determine if children, adults and information is safe and trustworthy	why are some social media, computer games and online games age restricted ? where and how to raise concerns
		Mental wellbeing is part of normal life		Opportunities	different types of committed, stable relationship.	<b>Assessment and Recall Quiz</b>
		Isolation and loneliness can affect children.	LGBTQ+ intro	Decision Making	<b>Assessment and Recall Quiz/ PDP</b>	
		mental wellbeing - how to recognise and talk about emotions and seek support	Non binary and binary identity.	Making things happen		
		<b>Assessment and Recall</b>	<b>Assessment and Recall Quiz/ PDP</b>	<b>Assessment and Recall Quiz/ PDP</b>		
	<b>Tuesday/Thursday assembly</b>	<b>Gender Stereotypes - Assembly</b>				
Y8		<b>Respectful relationships including friendships</b>	<b>Networking in Careers</b>	<b>Celebrating differences</b>	<b>Intimate and sexual relationships / being safe</b>	<b>Well being and communication</b>
		What is friendship and respect	TBC	Does my family influence me?	What is a relationship? intimate - causal etc	different emotions and how to communicate them
		respect towards people within school and society	Hidden Jobs	Perception of others	Sexual relationships positive and negatives	• How can emotions link to wellbeing positive and negatively?
		Types of Bullying including Prejudice	Skills	Stereotypes - based on sex and gender / Stereotyping in families	drugs and alcohol leading to risky sexual relationships.	communication / loss bereavement / who to speak to in school and outside agencies for help
		different types of cyberbullying / impact of bullying / responsibilities of bystanders to reporting bullying/cyberbullying and who to report it too.	Social media +/-	Sexism and Homophobia	recognise characteristics of positive aspects of healthy 1-2-1 intimate relationships.	<b>Assessment and Recall</b>
		friendships within different religions and respecting each other	Gender Stereotyping	Positive and Negative Language	<b>Assessment and Recall</b>	
		stereotyping of people with disabilities	TBC	prison me no way / drink drugs		
		<b>Assessment and Recall</b>	<b>Assessment and Recall</b>	<b>Assessment and Recall</b>		
	<b>Tuesday/Thursday assembly</b>		<b>Social media and online risks - LAW and criminal offences</b>			<b>LAW - violence and exploitation by gangs, extremism/radicalisation, criminal exploitation</b>
Y9		<b>FAMILIES</b>	<b>MENTAL WELLBEING</b>	<b>INTIMATE AND SEXUAL RELATIONSHIP INCLUDING SEXUAL HEALTH AND BEING SAFE</b>	<b>REVISION STRATEGIES</b>	<b>Careers - Pursuing careers</b>
		Marriage laws and other relationships	Recap on what it means by good mental health?	<b>Intimate relationships and sexual consent</b>		Goals and values/How we make a career decision
		Why marriage is an important relationship choice that you should be free to decide?	Support of the family network and outside agencies	<b>Intimate relationships and sexual consent</b>	Creating a revision timetable and getting organised (work/life balance)	Learning about careers
		Roles and responsibilities of parents - raising children	Depression and Self harm	Identifying and managing sexual pressure including peer pressure, peer on peer abuse	Revision strategies -using sounds and words to improve memory	Opportunities
		Same sex marriage and civil partnerships	Suicide	Pregnancy and miscarriage	Revision strategies -subject based and online	Decision making/Making things happen
		What makes a happy relationship? Awareness of violence against women	Eating disorders	IVF	<b>Assessment and Recall quiz</b>	
		Support of the family network and outside agencies.	Helping others around you	Pregnancy including impartial information on all options such as keeping the baby, abortion, adoption		
		<b>Assessment and Recall Quiz</b>	<b>Assessment and Recall Quiz</b>	<b>Assessment and recall quiz</b>		
	<b>Tuesday/Thursday assembly</b>	<b>Sexual harassment/Sexual violence - will not be tolerated</b>		<b>Cornerhouse/MESMAC sessions</b>		

Y10	Leadership- pixl Loric	Sexual Health - JIGSAW	Sexual Health - cont.	Careers - Realising Ambition	Dreams and Goals - JIGSAW	Careers - Work experience
	Initiative	Healthy attitudes on sexual relationships including; body image, choices and consequences.	MESMAC - Sex ed STI's	Why work experience?	Dreams for myself and the world; balance and perspective, relationships and community.	Contingency planning/ resilience
	character	Communication about relationships, sex and sexual health	MESMAC - Sex ed contraception	Choosing a placement	Jobs - legislation around work for young people	Assessment & recall quiz
	Leaders	Individuality in relationships	Assessment. & recall quiz	Finding a placement	Managing setbacks/ resilience building	Work Experience
	Online media - data	Respect and equality in relationships (recognising conflicts and power-based relationships)	Pixl -LORIC Oracy 1	Preparing for Work Experience	Planning for success	Pixl LORIC Respect 1
	Online Media support	Physical health; screening, vaccination, personal hygiene. Health MOT STI's	Oracy 2	Workplace Communication		Respect 2
	Online media positive uses	Stages of relationships + Sexual relationship checklist	Oracy 3			Respect 3
	Assessment. & recall quiz	Assessment and Recall Quiz/ PDP	Assessment. & recall quiz			Assessment & recall quiz PDP
Y11	RSE Part 1 - Intimate relationships	RSE Part 4- Who holds all the card (consent) - Relationships and the law, consent, coercive control, peer on peer abuse, domestic abuse, honour- based, violence, arranged and forced marriages The Equality Act 2010.	RSE Part 7— how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice)	Revision	Exams	
	RSE Part 1 - Intimate relationships	RSE Part 4- Who holds all the card (consent) - Relationships and the law, consent, coercive control, peer on peer abuse, domestic abuse, honour- based, violence, arranged and forced marriages The Equality Act 2010.	RSE Part 8— that some types of behaviour within relationships are criminal, including violent behaviour and coercive control	Revision	Exams	
	RSE Part 2 - Gender diversity and sexuality	RSE Part 5 - Anxiety, solution focused thinking, sleep, relaxation.	RSE Part 9— That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners	Revision	Exams	
	RSE Part 3 - Coming out as LGBT+	RSE Part 6 - Managing anxiety and stress, exam pressure, concentration strategies, work-life balance.	RSE Part 10— The facts around pregnancy including miscarriage	Revision	Exams	
	Careers - Following goals	Mock Exam Countdown	RSE Part 11 - Expectations in relationships pregnancy facts and myths, pregnancy choices including adoption, abortion, bringing up a baby, financial implications	Revision	Exams	
	LOMO completion	Revision	RSE Part 11 - Expectations in relationships pregnancy facts and myths, pregnancy choices including adoption, abortion, bringing up a baby, financial implications	Revision	Exams	
	LOMO completion	Revision	RSE Part 12 - Forded marriage, honour based violence, FGM, Hate crime and support services	Revision	Exams	
	LOMO completion	Revision	RSE Part 12 - Forded marriage, honour based violence, FGM, Hate crime and support services	Revision	Exams	