

Beacon Hill Academy Personal Development Programme



Relationships & Sex Education (RSE), Relationships Education, Relationships and Health Education (PSHE) Curriculum Overview

DAT Aims		High Quality Inspirational Education		Instil ambition and desire, equipping learners to succeed in a challenging world							Open their minds and widen their horizons																	
Core Values	Dreaming Big		Rewarding Effort			Leading Together			Respecting each other and the world				Learning that Inspires															
Term 1								Term 2						Term 3														
Relationships and Sex Education & E-Safety								Health and Wellbeing						Living in the Wider World														
Bullying	Sexual consent	Relationships & Managing Friendships	Forced Marriage	Racism, Radicalisation and Extremism	Respect	Parenthood & Teenage Pregnancy	Online/ Safety	Personal Hygiene	Emotional Health	Healthy Eating	Diet and Exercise	Drug Awareness	Ill Health	Media Influence		Mutual Respect and Human Rights	Equality, Diversity and Religion	Law	Faiths and Beliefs	Democracy and Right to Vote	Liberty	Economic Wellbeing	Growth Mindset and Resilience	Rights, Rules and Responsibilities				
Year 7 (LEVEL 1)	Careers (CIEAG)								Careers (CIEAG)						Careers (CIEAG)						Level 1 Certificate							
	What is bullying. Can I recognise behaviour that is bullying	Puberty, physical changes as you grow, ways to manage these changes	How feelings change as we grow	What is Racism	How to get on and how to get to know other children in my class	E-Safety and benefits of the internet	What is personal Hygiene	What happens when we feel down	What is a healthy diet	Why is varied and balanced diet important	What are drugs - and what happens when they enter my body.	What causes ill health	Why is school important to my career	How can I show respect for different views, lifestyles and beliefs	Ethics and Morals	Why do we have laws in our country	Different religions	What are the basic rights of children and adults in the UK	What is Growth Mindset	Learners learn about their own identity								
	How does bullying make someone feel. Do I know what to do if I am being bullied.	Human Reproduction	Ways to build confidence to cope with changes	What to do if you see, hear or experience racism	How can I make someone feel welcome	Cyberbullying and sexting	How do I keep my body clean	What can contribute to mental health - positive and negative	Facts about different foods	How can I achieve a healthy energy balance	What makes drugs illegal, how do they make people feel and what do they do	Common illnesses	What role does school play in my career	Diversity and communities	Are there places or times when I have to behave differently	Celebrating diversity and learning about different cultures and customs	What does a Democratic society mean	What is Resilience	What makes up my identity and that of other people									
	How can you stop bullying and what does my school do to help me keep safe and have positive relationships.	Body shapes	Boys and Girls- what's the difference, Equal respect	How can I help other people feel better	How can I stay safe online.	When am I in charge of my actions and my body	What do we mean by mental health	How am I responsible for a healthy lifestyle	How does physical activity help me	What is addiction - physical and mental	Roles of medical professionals	LMI	What are the similarities between me and others	What are votes and why are they important	The benefits of being ambitious and enterprise at school	What are the different identities locally and in the UK	Skills and qualities required to engage in enterprise, including seeing opportunity.	Why do we need rules at home and at school										
	Why do some people get bullied - can I understand the reasons	Similarities and differences between genders	Consider a range of situations related to gender and stereotypes	What do I know about how to solve problems	Social media	How can I stop common illnesses and diseases from spreading	What does being healthy mean and what are the benefits	Who takes drugs, what sorts of drugs, Where do users get the drugs from and does this link to crime	What do I understand about my culture and beliefs and those of other people.	How does democracy work in our school, community and in our country	What do councils and councillors, parliament and MPs do	How do we care for animals	How do we care for the school environment	To identify stereotype, examples and how this can cause damage led to discrimination against certain people	How do we make democratic decisions in the UK	To recognise failure as part of life long learning and know ways of managing resilience	What are my responsibilities at home and at school											
	Where might bullying happen in school	LGBTQ	What are relationships. To understand the effects negative friendships can have mentally on their life long journey	Expectations of a boyfriend and girlfriend	Consider the effect your online actions have on others				What are medicines and why do some people use them	How can I look after the school environment								Importance of organisations skills leading to excellent work and reward.										
Year 8 (LEVEL 2)	What is discrimination	What is contraception, Types of contraception	How can people be affected by prejudice and how might this be challenged	Consequences of Gang and Peer Pressure	Cybersecurity, social media	Personal hygiene, bacteria and viruses - what does that include and how can it be prevented	How can bullying affect people's behaviour and wellbeing	How can I plan, prepare and cook healthy meals	What are the advantages and disadvantages to a healthy lifestyle.	History of drugs - from where! How long? How and what they become today?	Dealing with Long term sickness	What are your goals and aspirations	Ethics and Morals	Respect, mutual respect and tolerance in society	Can I take part in a debate and listen to other people's views	How can I persevere and help others to do so	What do we mean by rights and responsibilities	Level 2 Certificate										
	How to respond to discrimination against and your responsibilities towards others who are experiencing discrimination	What advice could you give to young people wanting to learn about contraception	Why are friends important - friendships affect everything we do	Knife Crime	Social networking	Dental health, causes of tooth decay and the benefits of good oral hygiene and flossing	What does normal mental health look like	Why is a varied diet important	What medical conditions or ill health is caused by a poor diet or exercise.	Laws relating to possession and dealing, Sentencing e.g. juvenile and adult	Employability skills	Diversity and communities	To identify stereotype, examples and how this can cause damage led to discrimination against certain people	How do we make democratic decisions in the UK	To recognise failure as part of life long learning and know ways of managing resilience	What are my responsibilities at home and at school												
	Meaning of STD and HIV	Positive friendships are important in our lives	Recognising the signs of those vulnerable to gang violence, our responsibilities and how to access help and support.	The benefits of balancing time spent online and the impact positive/negative content online	Dealing with Anxiety, depression and worrying and how to get support	How different foods can affect the body		Infectious diseases using and sharing drugs	What pathways can you take to achieve your goals	What are the similarities between me and others																		
	Fertilisation and Pregnancy	Friendships can cause strong feelings and emotions	Consider the effect your online actions have on others			What are the benefits to a healthy lifestyle		Commonly found symptoms in drug users, symptoms and prognosis, treatment																				
	Influences on boys and girls as they grow	Consider different levels of intimacy and their consequences	Why social media, some computer games and online gaming is age restricted					How to cope with drugs - friends and family, Peer pressure																				
	How does your body become sexually mature	Expectations of a boyfriend and girlfriend						How do my friends influence my behaviour and decision making																				
								How do companies advertise drugs																				

Year 9 (LEVEL 3)	Recognise bullying and abuse in all its forms - physical, verbal mental	Sexually transmitted infections - find out about sexually transmitted infections	What we see about sex in the media. Care needed in using social media		Laws relating to the carrying of offensive weapons, motivation for carrying one and possible alternatives to keeping safe	Consider the effect your online actions have on other including gambling.	How to access health and wellbeing advice online	Recognise that a range of emotions is healthy and the importance of talk and self talk	Understand about eating disorders	Which drugs are aimed at the young?	Dealing with death caused by illness	To recognise how the media can cause issues of body image , worthlessness and low confidence	How can the options you choose at GCSE help you achieve your goals			Laws and by-laws relating to young people's permitted hours and types of employment and how to minimise health and safety risks			What different ways are there to gain money			
	Prejudice based bullying in school and online, exploitation, trafficking	Facts about contraception with examples	How pornography affects our lives		Respectful behaviours online including in line grooming.	The importance of good quality sleep for good health and how poor sleep can have a variety of effects- weight, mood and ability to learn.	Common types mental ill health, how to recognise the signs and where to go for help	Effect of eating disorders including recognising when they or other needs help, sources of help and strategies for accessing it	Learners devise a drugs policy	To explore and evaluate ways to raise your self esteem	Year 10 talks to Year 9 about options			Laws about carrying offensive weapons including what might motivate someone to carry one - legal consequences			What sorts of things do adults need to pay for any why					
	What role do I play in helping to reduce bullying. How might people's responses to buying improve or worsen a situation	Sex and the law - age of consent, legal facts about sex (including FGM)	What if I don't want to - practice a strategy to help make choices		Trolling sexting and online grooming			Self esteem and self confidence		Effects of drugs - implications on school work, attendance, punctuality, home life		How will the subjects you choose help you with your career		Potential conflicts between human rights, British Law and cultural and religious expectations and practices			How will I be able to afford to pay for things I want or need					
	Sexting and the law	Issues surrounding early sex. Learn what sexual abuse is					How to talk about your emotions accurately and sensitively using appropriate vocabulary		Drugs in our community - school, local area													
	What constitutes sexual harassment and sexual violence	Consider different levels of intimacy and their consequences and acknowledge the right not to have intimate relationships until they are ready	Apprenticeships and work related learning	College courses	Employability skills	CV writing, Personal statement	LMI		Tackling stigma surrounding mental health issues		What do I know about medicines, alcohol, nicotine, solvents and illegal drugs and how they affect people who use them and others											
	College Applications	Expectations of a boyfriend and girlfriend																				
Year 10 (LEVEL 4)	College Applications	The age of consent, Contraception	Relating to others - different types of relationships	When relationships go wrong - unhealthy and damaging	What is radicalisation? What is extremism?		How can I express my feelings positively as I grow up		Personal safety and protection, reducing risk and minimising harm in different settings including social, the street, on roads and during travel.	Recognise and manage feelings about, and influences on body image	The impact of poor diet - obesity, eating disorders and cancer	What are drugs to the producers and dealers	Recognise and manage feelings about ill health including cancer and other illnesses	Media and body image, How issues of body image in the media affect people's health	What are the skills and qualities which are desired by employers and different fields and how to develop these	How to market yourself better			Financial tools and services		Confidentiality in the work place, when it should be kept and when it might need to be broken.	
	Apprenticeships and work related learning	Teenage pregnancy	Factors that make relationships successful or difficult.	Laws that support people in unhealthy relationships including forced marriage and FGM	Recognise the shared responsibility to protect the community from violent extremism and how to respond to anything that causes anxiety or concern		When am I responsible for how others feel		Short term and long term consequences of substance use and misuse for the health and personal emotional wellbeing.	How can you help your mental health - exercise, time outdoors, helping other	International drugs picture - suppliers Vs enforcers. Customs and excise, border agency	What to do if you feel unwell. Checking yourself and knowing what to do.	Whether males and females feel differently about body image	Talks from colleges and employers	Interview techniques			Budgeting and saving and managing personal money		Attitudes and values in relation to work and enterprise including customer service		
	College courses	Factors that contribute to safer sex	The changing roles within your relationships	What social problems contribute to forced relationships and marriage			What should adults think about before having a baby		Explore the role different people have in your lives and how these are a strength in managing your mental health		The ladder of drug use - physical, social, emotional and financial		How the 'deficit model' is used to sell things to us		What soft skills are needed in the workplace and how to develop them			Banking and different types of accounts		Develop career identity, including how to maximise your chances in career related applications		
	Employability skills	Choices faced by young people when they have unplanned pregnancy	The place of rights and responsibility in relationships	Marriage and cultural differences including abuse in marriage			What support is available if I have a teenage pregnancy				Links between poverty and drugs including mental health.							Wages, tax, credit and debit, pensions and investment savings				
	CV writing, Personal statement	Expectations of a boyfriend and girlfriend	Exploitation in relationships, Agencies that offer help and support															Financial terms and products				
	LMI	Revision skills																Money stresses and pressures - borrowing money and debt				
Year 11 (LEVEL 5)	College Applications	The age of consent, Contraception	Relating to others - different types of relationships	When relationships go wrong - unhealthy and damaging	What is radicalisation? What is extremism?			About stress, its causes and recognising stressors		Drugs as a way of life - dealers and suppliers.	Safe and unsafe exposure to the sun (tanning) how to reduce the risk of sun damage and skin cancer	Media and body image, How issues of body image in the media affect people's health										
	Apprenticeships and work related learning	Teenage pregnancy	Factors that make relationships successful or difficult.	Laws that support people in unhealthy relationships including forced marriage and FGM	Concept of intolerance and racism including concept of shame and honour based violence			How to recognise the early signs of mental wellbeing - anxiety and depression		Professional users such as athletes	Benefits of regular self examination - testicular and breast examination	Whether males and females feel differently about body image										
	College courses	Factors that contribute to safer sex	The changing roles within your relationships	What social problems contribute to forced relationships and marriage				Managing loss, positive ways of dealing with it and where to get help		Moral and ethics & drugs cheating ourselves, family and friends.	organ and blood donation	How the 'deficit model' is used to sell things to us										
	Employability skills	Choices faced by young people when they have unplanned pregnancy	The place of rights and responsibility in relationships	Marriage and cultural differences including abuse in marriage						Impact of drugs on us in the work place and loss of income, promotion												

Year 11 exam focus

Level 3 Certificate	Level 3 Award	Level 3 Diploma
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