

Personal Development – PSHRE 2021_2022 Curriculum

British Values –  WRHS Cooperative Values -  Relationships and Sex Education  –

HT	School Week	Year 7	Year 8	Year 9	Year 10	Year 11	Student Surveys
Topics covered - Mental Health, Physical Health, Community and National and Global Citizenship							
1	6/9/2021	Student Wellbeing Survey Introduction to British Values 	Student Wellbeing Survey Introduction to British Values 	Student Wellbeing Survey Introduction to British Values 	Student Wellbeing Survey Introduction to British Values 	Student Wellbeing Survey Introduction to British Values 	Return to school - Wellbeing Survey
	13/9/2021	Introduction to PSHRE	What is Personal Development?	What is Personal Development?	What is Personal Development?	What is Personal Development?	
	20/9/2021	Personal Safety – Road safety 	Personal Safety – Road safety 	Personal Safety – Travelling to and from school 	What is mental health? Emotional resilience 	What is mental health? Emotional resilience 	
	27/9/2021	What is bullying? 	Types of bullying 	Bullying in all its forms 	Peer on Peer Bullying 	Peer on Peer Bullying 	Bullying Survey
	4/10/2021	How do I report bullying? 	How do I report bullying? 	How do I report bullying? 	How do I report bullying? 	Writing a Personal Statement 	

	11/10/2021	Multicultural Britain – Black History Month 	Multicultural Britain – Black History Month 	Multicultural Britain – Black History Month 	Multicultural Britain – Black History Month 	Multicultural Britain – Black History Month 	
	18/10/2021	Personal Safety – Travelling to and from school (road safety) 	Personal Safety – Travelling to and from school 	Personal Safety – Staying safe outside school – 	Personal Safety – crime and city centre safety 	Personal Safety - crime and city centre safety 	End of term wellbeing survey
British Values and Cooperative Values							
British Values				WRHS Cooperative Values			
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Topics covered - Relationships and Sex Education, Physical Health, Mental Health and National and Global Citizenship							
2	1/11/2021	Staying safe online Healthy Relationships 	Staying safe online Healthy Relationships 	Staying Safe online Peer Pressure Online 	Staying Safe online Boosting Self Esteem 	Staying Safe online Boosting Self Esteem 	Online and Offline baseline survey 
	8/11/2021	Progress Week	Progress Week	Progress Week	Progress Week	Progress Week	
	15/11/2021	Anti-Bullying Week What is cyberbullying? 	Anti-Bullying Week Social Media and Online Stress 	Anti-Bullying Week 	Anti-Bullying week Social Media Validation 	Anti-Bullying Week Digital Footprints  	Online and Offline Impact survey 
	22/11/2021	What is alcohol?	An introduction to drugs	Substance Misuse	Exploring illegal drugs and their effects	Alcohol and bad choices	
	29/11/2021	What is smoking? E-Cigs and vaping	Different types of addiction	Drugs Education – Alcohol Safety	Party Drugs and their dangers	Drug substance addiction	
	6/12/2021	Why sleep is important 	What is the difference between mental and physical health? 	What is work/life balance? 	Common Mental Health Issues 	Dealing with exam stress and anxiety 	

	13/12/2021	How can social media affect my sleep? 	How can we challenge mental health stigma? 	How much time is too much time online? 	Promoting emotional wellbeing 	Promoting emotional wellbeing 	Student Voice – Personal Development
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3	Topics covered - National and Global Citizenship, Careers and Employability						
	4/1/2022	Careers and your future 	Employment and Financial Management 	Career Choices and Jobs 	Employability skills 	Effective Time Management skills 	Student wellbeing survey
	10/1/2022	Financial Education 	Saving and Managing Money 	How do my option choices link to my career? 	Employment rights 	How much will I be paid? Exploring a payslip. 	
	17/1/2022	Multicultural Britain 	What does it mean to be British? 	Proud to be British 	Exploring Britishness and British Values 	Multicultural Britain 	
	24/1/2022	What is your identity? 	What is your identity? 	What is your identity? 	What are human rights? 	Exploring human rights 	
	31/1/2022	What is my culture? 	What is my culture?  	What is my culture?  	LGBT Rights and British Values  	LGBTQ+ rights across the world 	
	7/2/2022	Breaking down stereo types  	Breaking down stereo types  	Breaking down stereo types 	Critical Thinking and Fake News 	Writing a CV 	Student Voice – Personal Development
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4	28/2/2022	What are the different types of relationships I can have? 	Healthy relationships 	Changing families 	Different types of levels of relationships 	Apprenticeships and post 16 choices 	Student wellbeing survey
	7/3/2022	Introduction to puberty 	Dealing with conflict 	Stable relationships 	Parenting skills and family tree 	Writing a CV 	
	14/3/2022	Why is good personal and oral hygiene important? 	How often should I go to the dentist? 	Forced marriages 	Same sex relationships 	Voluntary Work 	
	21/3/2022	What is trust and why is it important?  	LGBT – what is it? Challenging homophobia  	Sexual harassment and stalking Sexting and the law  	Divorce – when a relationship breaks down 	Shared identity and experiences – diversity in Britain Positive LGBTQ  	

	28/3/2022	Respect and relationships Peer pressure and self-discipline 	Supporting those that are LGBT  	Sexual relationships – Sexual Consent and the law What is an STI? Sexual Health  	What is exploitation? Campaigning against FGM 	Domestic abuse and violence Revisiting STIs 	Student Voice – Personal Development
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5	Topics covered - Mental and Physical Health, National and Global Citizenship						
	19/4/2022	What is mental health? 	Mental health issues (triggers and signs) 	Mental health focus on depression 	Child Abuse 	Stress and techniques to reduce stress 	Student wellbeing survey
	25/4/2022	Getting support 	Anxiety 	Impacts of depression 	Suicidal thoughts and support 	Exam Pressure 	
	2/5/2022	Reflecting on my experiences 	Managing anxiety 	What is a healthy diet and lifestyle 	Teenage suicide 	Revision techniques 	
	9/5/2022	Sleep and relaxation 	Loss and bereavement 	What is the impact of lack of sleep? 	Role of the media 	Work/school life balance 	
	16/5/2022	Self-esteem and the media 	Self-esteem and the media 	Self-esteem changes 	Self-harm 	Self-esteem boosting self confidence 	Student Voice – Personal Development
	23/5/2022	Mindfulness techniques 	Mindfulness techniques 	Mindfulness techniques 		Mindfulness techniques 	

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6	Topics covered - Relationships and Sex Education, Community and National and Global Citizenship							
	6/6/2022	What is a community? 	Staying safe		Being a UK citizen 		Student wellbeing survey	
	13/6/2022	Prejudice and discrimination 	What are gangs and why do people join?	How is our country run? 	Arranged marriages 			
	20/6/2022	Breaking down stereotypes   	Knife Crime 	Elections and campaigning  	Modern slavery  			
	27/6/2022	Challenging Islamophobia  	Criminals, laws and society  	Politics and debating  	Extremism and the media  			
	4/7/2022	Prejudice and discrimination  	Making decisions and priorities  	Exploring inside Parliament  	Women's rights and equality   			
	11/7/2022	Mindfulness sessions  	Mindfulness sessions  	Mindfulness sessions  	Mindfulness sessions  			
	18/7/2022	Mindfulness sessions  	Mindfulness sessions  	Mindfulness sessions  	Mindfulness sessions  		Student Voice – Personal Development	
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