PSHEE and Citizenship Learning Journey

ST JAMES'S CHURCH OF ENGLAND HIGH SCHOOL

THE BISHOP FRASER TRUST
A CHURCH OF ENGLAND MULTI ACADEMY TRUST

PSHEE THEMES

- Health & wellbeing
- Relationships
- Living in the wider world

CITIZENSHIP THEMES

- Life in modern Britain
- Rights and responsibilities
- Politics and participation
- Active citizenship

PSHEE/CITIZENSHIP OVERLAP

PLUS: Topical issues and events eg. elections; UK Parliament Week; Active Citizenship Award

GOOD BYE AND GOOD LUCK

YEAR 11

- **Physical health** — Diet and exercise; sleep; screen time; emergency first aid; substance abuse; prescribed drugs; cosmetic procedures
- **Law & Politics** — UK's governance; legal system; relations with rest of Europe, the Commonwealth, the United Nations and the wider world
- **Active citizenship** — Making a difference; bringing about change; self and others
- **Careers and aspirations** — Options post-16
- **Relationships** — Positive relations; committed relati; diversity; emotio; relationships; contraception; pa; unhealthy relatio; influence; online

YEAR 10

- **Employability** — CVs; jobs; budgeting; rights
- **Sexual health** — Intimacy; STIs; fertility; unplanned pregnancy
- **Mental health and emotional wellbeing** — Promoting good mental health; reframing negative thinking; recognising mental ill health; strategies for good mental health
- **Careers and aspirations** — Mock Interview Workshop
- **Exam weeks**
- **Being a British Citizen** — Human rights; International agreements; Identity; Respect and tolerance; Media literacy
- **UK and the rest of the world** — Key organisations the UK is a member of
- **Politics** — Features of a democracy; active citizenship; examples; suffragettes
- **Exam week/s**

YEAR 9

- **First aid** — Skills; common injuries /causes; treatment of; recovery position; CPR; use of defib
- **Law** — Definitions; crime; effects; role; ages; consent; gangs/weapons; making laws; CPS; justice system
- **Relationships** — Groundrules; types; marriage/legal status healthy/unhealthy; abusive; influences; crossing the line; change; help/support
- **Sex, Relationships and Health Education** — Law; facts; confidentiality; consent; alcohol; contraception; STIs; pregnancy; sexting; online; digital footprint; exploitation/grooming; (social) media including pornography: FGM; self-examination; help/support
- **Organ and tissue donation** — Reasons / need for
- **Vaccinations and viruses** — Case studies; protection; prevention
- **Emotional wellbeing & mental health** — Importance; (social) media; help /support
- **Community** — Real life example; diversity; stereot; discrimination; a; Examples/events; cohesion; active citizenship

YEAR 8

- **Drugs and alcohol** — Examples; risks; effects; law; decision making; help/support
- **Exam** — Citizenship topics – prep, exam, review
- **Voting at 16** — Research methods, sources and presentation methods. Evaluating research. Reaching conclusions.
- **Own identity** — What makes me, me; own and others' values
- **Rights & Responsibilities** — Examples, importance, impact, law, protection, competing/conflicting
- **British values** — Definitions; importance; reason for having them; at St. James's; democracies; extremism; terrorism; radicalisation
- **Healthy lifestyles** — Healthy eating; exercise; dental health; smoking vaping; sun safety; sleep
- **Changing adolescent body including hygiene** — Changes, puberty, emotions, physical activity, hygiene
- **Bullying and online safety** — What it is, cyberbullying, consequences, bystanders; help/support ; digital footprints; inappropriate content/actions; control;
- **Money** — Methods of payment, budgeting, taxes, gambling
- **Summer exam** — Citizenship topics – prep, exam, review

YEAR 7

- **Living in a democracy / non-democracy** — Key features
- **Careers and aspirations** — Xello; Record of Achievement / Progress File launch
- **Baseline** — Knowledge and extended writing

Welcome