

PSHE and RSE at Norbury High

Overview

PSHE is taught to all year groups once a week. It is delivered by form tutors and we often host outside speakers and guests. We follow the lessons developed by © Jigsaw PSHE Ltd. We aim to help our students develop into well-informed and well-rounded individuals who are confidently prepared for the challenges they may face.

Jigsaw is sequential, the six puzzles (units) starting with 'Being Me in My World' (BM) at the beginning of the school year and working through to the end of the year:

BM (Being Me in My World)

'Who am I and how do I fit?'

CD (Celebrating Difference)

Respect for similarity and difference. Anti-bullying and being unique.

DG (Dreams and Goals)

Aspirations, how to achieve goals and understanding the emotions that go with this.

HM (Healthy Me)

Being and keeping safe and healthy.

RL (Relationships)

Building positive, healthy relationships.

CM (Changing Me)

Coping positively with change.

Key Stage 3

Year 7 PSHE and RSE

In year 7, PSHE prepares all students for the future through lessons about settling in to secondary school life; future careers; making positive choices online and in the real world; and the onset of adolescence.

UNIT 1 Being Me in My World: unique me, differences and conflict, my influences, gateway emotions, belonging to a group, peer pressure, child on child abuse. Online safety, sexting, consequences, online legislation, online identity

UNIT 2 Celebrating Difference: bullying, prejudice and discrimination (positive and negative), Equality Act, bystanders, stereotyping, challenging influences, negative behaviour and attitudes, assertiveness, importance of being included

UNIT 3 Dreams and Goals: celebrating success, identifying goals, employment, learning from mistakes, overcoming challenges, planning skills, safe and unsafe choices, substances, gangs, county lines, control over your life, exploitation, emergency first aid.

UNIT 4 Healthy Me: stress and anxiety, managing physical activity and mental health, effects of substances, legal consequences, nutrition and sleep, vaccination and immunisation, importance of information on making health choices, physical illness and medicine mindfulness

UNIT 5 Relationships: characteristics of healthier relationships, consent, relationships and change, emotions and conflict within friendships, child on child abuse, rights and responsibilities, being discerning, assertiveness, sexting, social media vs real life, fake news, authenticity

UNIT 6 Changing Me: puberty changes, reproduction facts, menstrual cycle, responsibilities of parenthood, IVF, types of committed relationships, media and self-esteem, self-image, brain changes in puberty, factors affecting moods, sources of help and support.

Year 8 PSHE and RSE

In year 8 PSHE builds on the students' knowledge from year 7 and focuses on a deeper understanding of the issues raised in the previous year as well as healthy and unhealthy relationships and pornography.

UNIT 1 Being Me in My World: self-identity, influences, family and identity, stereotypes, personal beliefs and judgements, managing expectations, first impressions, marriage and the law, beliefs and religions, protected characteristics, online and offline identity, active listening.

UNIT 2 Celebrating Difference: positive change made by others; how positive behaviour affects feelings of wellbeing, social injustice, inequality, community cohesion and support, multiculturalism, diversity, race and religion,

stereotypes, prejudice, LGBT+ bullying, hate crimes, fear & emotions, stand up to bullying, the golden rule.

UNIT 3 Dreams and Goals: long-term goals, skills, qualifications, careers, money and happiness, ethics and mental wellbeing, budgeting, variation in income, positive and negative impact of money, online safety and legal responsibilities, gambling issues.

UNIT 4 Healthy Me: types of health, nutrition and exercise, cardiovascular health and diabetes, risks, illegal and legal substances, dental health, skin health, vaccinations, peer pressure, teenage brain.

UNIT 5 Relationships: positive relationship with self, social media, managing a range of relationships, child on child abuse, personal space, online etiquette, online privacy, bullying and personal safety, social media issues and the law, coercion, unhealthy balance of power in relationships, sources of support.

UNIT 6 Changing Me: types of close intimate relationships, legal status of relationships, behaviours in healthy and unhealthy romantic relationships, what makes a healthier relationship? Attraction, love or lust? pornography and the law, dealing with unwanted messages. Alcohol and the law.

Year 9 PSHE and RSE

In year 9, we continue the study of puberty through more focused sex and relationships education (SRE). We also develop our careers advice and tailor this to the option choices students will have to make.

UNIT 1 Being Me in My World: perceptions about intimate relationships, consent. Sexual exploitation, peer approval, child on child abuse, grooming, radicalisation, county lines, risky experimentation, positive and negative self-identity, groups, influences, social media, abuse and coercion, coercive control in groups, fitting in

UNIT 2 Celebrating Difference: protected characteristics, Equality Act, phobic and racist language, legal consequences of bullying and hate crime, sexism, ageism, positive and negative language, banter, child on child abuse, bullying in the workplace, direct and indirect discrimination, harassment, and victimisation. Prejudice, discrimination and stereotyping.

UNIT 3 Dreams and Goals: personal strengths, health goals, SMART planning. The world of work. Links between body image and mental health,

non-financial dreams and goals, mental health and ill health, media manipulation, self-harm, stigma anxiety disorders, eating disorders, depression.

UNIT 4 Healthy Me: misperceptions about young peoples' health choices, physical and psychological effects of drugs alcohol, alcohol and the law, alcohol and drug poisoning, addiction, smoking, vaping, drug classification, supply and possession legislation, emergency situations, first aid, CPR, substances and safety, sources of advice and support, mental health first aid.

UNIT 5 Relationships: healthy relationships, power and control in intimate relationships, risk in intimate relationships, importance of sexual consent, assertiveness skills, sex and the law, pornography and stereotypes, contraception choices, age of consent, family planning, consequences of unprotected sex, STIs, support and advice services.

UNIT 6 Changing Me: mental health stigma, triggers, support strategies, managing emotional changes, resilience and how to improve it, reflection on importance of sleep in relation to mental health, reflection on changes, benefits of relaxation self expression, influences, body image

Key Stage 4

Year 10 PSHE and RSE

The year 10 course provides students with a deeper understanding of the issues covered in Key Stage 3 as well as introducing external speakers to discuss the realities of drug taking. The Daniel Spargo-Mabbs Foundation is a drug and alcohol education charity that aims to support young people to make safe choices about drugs and alcohol and reduce harm. They do this through increasing understanding of the effects and risks, and helping to develop life skills and resilience. Students also learn about equality in the workplace, online safety and mental health.

UNIT 1 Being Me in My World: human rights, societal freedom, understanding safety in the UK and beyond, ending relationships safely, stages of grief, loss and bereavement, child-on-child abuse, social media and culture, use of online data, threats to online safety, online identity, assessing and managing risk, the law and social media, risk and emergency contacts, positive and negative relationships, GDPR, managing screentime, sharing/enhancing of images, managing different types of relationships

UNIT 2 Celebrating Difference: Equality in the workplace, in society, in relationships. Equality Act, disability and hidden disability, workplace expectations, rights and responsibilities, power and control in relationships, coercive control, benefits of multicultural societies, equality and inequality, my health.

UNIT 3 Dreams and Goals: impact of physical health in reaching goals, relationships and reaching goals, resilience, work/life balance, connections and impact on mental health. Balanced diet, vital organs, blood donation, benefits of helping others. Online profile and impact on future goals and employability.

UNIT 4 Healthy Me: improving health, mental health, sexual health, blood-borne infections, self-examination, diet and long-term health, misuse of prescription drugs, substances and the body, common mental health disorders, positive impact of volunteering, common threats to health including chronic disease, epidemics, misuse of antibiotics, organ donation, stem cells.

UNIT 5 Relationships: sustaining long-term relationships, intimacy, healthy relationship with self, attraction, love, lust. Relationship choices, ending relationships safely, consequences of relationships ending, pornography vs real life, relationships and the media, discernment, healthier and less healthy relationships, coercion, abuse and the law, acceptable and unacceptable behaviours.

UNIT 6 Changing Me: impact of societal change on young people, role of media on societal change, reflection on change so far and how to manage it successfully, decision making, stereotypes in romantic relationships, sexual identity and risk, physical and emotional changes, family change, sources of support, personal safety, cycling, water safety, alcohol, transport

Year 11 PSHE and RSE

The year 11 course supports students in their preparation for GCSEs and for post-16 education through revision strategies and mindfulness. It also covers LGBTQ+ rights; gender; equality; and sex and relationships education.

UNIT 1 Being Me in My World: becoming an adult, age limits and the law, relationships and the law, consent, coercive control, child-on-child abuse, domestic abuse, honour-based violence, arranged and forced marriages. The Equality Act, county lines, possession of drugs. The law on internet use and pornography, social media concerns, sexting, keeping safe. Emergency situations, key advice, first aid, scenarios and consequences.

UNIT 2 Dreams and Goals: anxiety, solution focused thinking, sleep, relaxation, aspirations around careers, finances, budgeting, borrowing. Skills identification, realistic goals, gambling, financial pressure, debt, dream jobs, skills set, education and training options, long term relationship dreams and goals, parenting skills and challenges. Resilience, what to do when things go wrong.

UNIT 3 Healthy Me: managing anxiety and stress, self worth, identity, sleep, nutrition, exercise and mental health. Relationships and consent, being ready for sex, coercion, sexual harassment and violence. Puberty, hormones, fertility, testicular checks, menstrual cycle, IVF. Contraceptives and sexual health. Pregnancy choices including adoption, abortion, bringing up a baby. Health choices, mental, physical, sexual health.

UNIT 4 Relationships: Stages of intimate relationships, positive and negative connotations of sex, gender identity and sexuality, LGBT+ rights and protection under the Equality Act, coming out challenges, LGBT+ media stereotypes, balance of power in relationships, FGM, breast ironing, challenging harmful social and cultural norms. Staying true to yourself in a relationship.