

## Curriculum intent:

### Welcome to PSHE and Careers Education at St. John's School

At SJS, we believe that Personal, Social, Health and Economic (PSHE) education, together with high-quality Careers guidance, is essential in helping our students grow into confident, capable, and compassionate young people.

Rooted in our core values of **Respect, Commitment, and Integrity**, our PSHE and Careers programme supports every student in developing the knowledge, skills, and personal qualities they need to lead healthy, fulfilling lives—and to make a positive contribution to the world around them. Whether learning how to build respectful relationships, manage their wellbeing, explore future pathways, or make responsible decisions, our students are encouraged to grow with purpose and confidence.

We proudly follow the **PSHE Association's accredited curriculum**, ensuring our teaching is age-appropriate, inclusive, and aligned with national guidance. Through engaging lessons, enrichment activities, and real-world experiences, we aim to empower all students to navigate life's challenges and opportunities with resilience and integrity.

### Our Aims

Our PSHE and Careers education aims to help pupils:

- Develop the knowledge, skills, and attributes they need to manage their lives now and in the future.
- Understand and navigate the social, emotional, and economic aspects of their lives.
- Prepare effectively for transitions into further education, training, and employment.
- Make informed choices about their health, relationships, and future career paths.

## Curriculum Structure

Our PSHE curriculum is delivered through three core themes, as recommended by the PSHE Association:

### 1. Health and Wellbeing

- Mental health and emotional wellbeing
- Healthy lifestyles
- Substance misuse
- Managing risk and safety
- First aid and physical health

### 2. Relationships

- Respectful relationships and friendships
- Families and parenting
- Consent and managing conflict
- Online safety and media literacy
- LGBTQ+ inclusion and anti-bullying

### 3. Living in the Wider World

- Economic wellbeing and financial education
- Rights and responsibilities
- Careers education, including employability skills and post-16 pathways
- Citizenship and active participation in society

## Impact and Evaluation

We regularly evaluate the impact of our PSHE and Careers programme through:

- Student voice and surveys
- Staff and parent feedback
- Lesson observations
- Careers tracking and destination data

This ensures that our curriculum remains relevant, inclusive, and effective in supporting students' personal development and future aspirations.

	Autumn		Spring		Summer	
Year 7	Transition and Safety	Developing Skills and Aspirations	Belonging and Community	Health and Puberty	Building Relationships	Financial Decision Making
Why?	<p><b>Transition to secondary school and personal safety in and outside school, including first aid</b></p> <p>Starting secondary school is a significant milestone for young people. This topic helps students manage the emotional and practical changes that come with this transition. It builds their confidence, supports their mental wellbeing, and encourages independence.</p> <p>Personal safety education—both in and outside of school—equips students with the awareness and decision-making skills to keep themselves and others safe. By including basic first aid, we give students valuable life skills they may one day use in an emergency.</p>	<p><b>Careers, teamwork and enterprise skills, and raising aspirations</b></p> <p>This topic helps students begin to understand the world of work and their place within it. It introduces them to a wide range of career paths and helps them recognise their own strengths, skills, and interests.</p> <p>By teaching teamwork and enterprise, students learn how to collaborate effectively, solve problems creatively, and think critically—skills that are essential not only in future employment but also in daily life. Raising aspirations is about encouraging students to believe in their potential, set goals, and develop a growth mindset.</p>	<p><b>Diversity, prejudice, and bullying</b></p> <p>This topic is essential for creating a respectful, inclusive, and safe school environment where every student feels valued and supported. Teaching about diversity helps students appreciate differences in culture, background, beliefs, identity, and ability.</p> <p>By addressing prejudice and bullying directly, we empower students to recognise unfair behaviour, understand its impact, and develop the confidence to stand up against it—whether it happens in person or online.</p>	<p><b>Healthy routines, influences on health, puberty, unwanted contact, and FGM</b></p> <p>This topic provides students with the knowledge they need to look after their physical and mental health as they grow. We cover the importance of healthy routines (such as sleep, nutrition, and hygiene), the influence of social and online pressures, and the changes that happen during puberty.</p> <p>We also teach students how to understand and maintain personal boundaries, including how to recognise and report unwanted or inappropriate contact. Teaching about <b>FGM (Female Genital Mutilation)</b> is a safeguarding requirement and ensures that students understand their rights, the risks involved, and where to go for help.</p>	<p><b>Self-worth, romance and friendships (including online) and relationship boundaries</b></p> <p>This topic is vital for helping young people understand what healthy relationships look and feel like—whether in friendships, romantic situations, or online interactions. It supports students in developing positive self-esteem and recognising that their value does not depend on others' approval.</p> <p>Teaching about relationship boundaries helps students identify respectful behaviours and understand their right to set limits and say no. It also helps them recognise red flags, peer pressure, and inappropriate behaviours, giving them the confidence to seek help if needed.</p>	<p><b>Saving, borrowing, budgeting and making financial choices</b></p> <p>Financial education is a key life skill that helps young people make informed and responsible decisions about money, both now and in the future. Understanding how to manage money—through saving, spending, budgeting, and borrowing—gives students a strong foundation for independence and financial wellbeing.</p>

<p><b>How parents / carers can support</b></p>	<p><b>Talk regularly</b> with your child about how they're feeling about school—listen without judgment and celebrate small milestones like learning a new routine or making a new friend.</p> <p><b>Help build independence</b> by encouraging your child to take responsibility for organising their school bag, timetable, or homework.</p> <p><b>Discuss safety tips</b> such as staying aware in public, crossing roads, safe use of public transport, and what to do in an emergency.</p> <p><b>Practise basic first aid skills</b> together using age-appropriate guides or videos (e.g. how to treat a minor burn or when to call 999).</p> <p><b>Model and reinforce good safety habits</b> like wearing a seatbelt, locking doors, and setting healthy digital boundaries.</p>	<p><b>Talk about your own job</b> or people you know in different careers to show the variety of paths available.</p> <p><b>Encourage goal setting</b>—help your child set small, achievable targets in schoolwork, hobbies, or responsibilities.</p> <p><b>Praise effort over results</b> to help develop resilience and a positive attitude to learning.</p> <p><b>Support participation in teamwork activities</b> like clubs, group projects, or community events.</p> <p><b>Explore careers together</b>—visit open days, watch career-related videos, or research job roles your child is curious about.</p> <p><b>Encourage curiosity</b> about how businesses, products, and services work (e.g., discussing how shops are run or how items are priced).</p>	<p><b>Talk openly</b> about the importance of kindness, respect, and treating everyone fairly.</p> <p><b>Model inclusive behaviour</b> by showing acceptance of others and challenging stereotypes when they arise (e.g., in media or conversation).</p> <p><b>Encourage empathy</b> by discussing how others might feel in different situations.</p> <p><b>Check in regularly</b> with your child about their social experiences and remind them they can talk to you if something is bothering them.</p> <p><b>Reinforce zero tolerance for bullying</b> by helping your child understand what bullying looks like and what to do if they see or experience it.</p> <p><b>Read books or watch films together</b> that highlight diverse voices and promote inclusion.</p>	<p><b>Talk openly and calmly</b> about health, growing up, and body changes—use age-appropriate language and reassure your child that it's normal to have questions.</p> <p><b>Model healthy habits</b> around eating, sleep, physical activity, and screen time.</p> <p><b>Encourage body confidence</b> and reassure your child that everyone develops at their own pace.</p> <p><b>Discuss the importance of boundaries</b> and teach your child that they have the right to say "no" to any touch that makes them uncomfortable.</p> <p><b>Be aware of safeguarding messages</b>—reassure your child that they can come to you or a trusted adult with any worry, no matter how small.</p> <p>If appropriate, <b>familiarise yourself with FGM awareness resources</b> so you can reinforce the message that any form of harm to the body without consent is never acceptable.</p>	<p><b>Talk about self-worth and confidence</b> by praising effort, kindness, and character—not just achievements or appearance.</p> <p><b>Encourage open conversations</b> about friendships, emotions, and relationships—listen without judgment and offer guidance when needed.</p> <p><b>Discuss healthy boundaries</b> and make sure your child knows they can say no, speak up, and ask for support in uncomfortable situations.</p> <p><b>Talk about digital safety</b>—help your child understand how to protect their privacy, treat others respectfully online, and report concerns.</p> <p><b>Model respectful relationships</b> at home and talk about how disagreements can be resolved with kindness and communication.</p> <p><b>Reassure your child</b> that you're always available to talk—no topic is off-limits, and they won't be judged for asking questions or sharing worries.</p>	<p><b>Talk openly about money</b>—explain everyday decisions like budgeting for food shopping, saving for holidays, or choosing between spending and saving.</p> <p> <b>Give opportunities for practical experience</b>, such as managing pocket money, setting savings goals, or comparing prices together.</p> <p><b>Teach about needs vs wants</b> and help your child prioritise spending.</p> <p><b>Use budgeting tools together</b>, such as a simple spreadsheet or a budgeting app designed for young people.</p> <p><b>Discuss safe borrowing</b>—if appropriate, explain concepts like credit, interest, and loans in a simple way so they understand the risks and responsibilities involved.</p> <p><b>Encourage a savings habit</b>—even small amounts saved regularly can build strong habits and a sense of control.</p>
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	Autumn		Spring		Summer	
Year 8	Identity and relationships	Community and Careers	Drug Education	Mental Health and Emotional Wellbeing	Discrimination	Digital Literacy
Why?	<p><b>Identity and relationships</b> Gender identity, sexual orientation, consent, ‘sexting’, and an introduction to contraception</p> <p>This topic is a vital part of supporting young people’s personal development and safety. It helps students understand and respect diversity in relationships and identity, and ensures they have accurate, age-appropriate information to make informed, safe, and respectful choices.</p> <p>By learning about gender identity and sexual orientation, students are encouraged to be inclusive, empathetic, and accepting of others. Teaching about consent and sexting promotes clear communication, respect for boundaries, and awareness of the risks of online behaviours. An introduction to contraception gives students essential knowledge to support informed decision-making as they mature.</p>	<p><b>Equality of opportunity in careers and life choices, and different types and patterns of work</b></p> <p>This topic helps students understand that everyone should have equal access to opportunities, regardless of their background, gender, ethnicity, disability, or identity. It encourages students to challenge stereotypes and recognise the importance of fairness in education, employment, and life in general.</p> <p>By exploring different types and patterns of work—such as full-time, part-time, flexible working, and self-employment—students gain a realistic and informed view of the modern job market. This prepares them to think about their own future careers in a thoughtful and inclusive way.</p>	<p><b>Alcohol and drug misuse and pressures relating to drug use</b></p> <p>This topic is taught to help young people make safe, informed, and responsible choices regarding alcohol, drugs, and other substances. It provides honest, age-appropriate education about the risks of substance misuse and equips students with strategies to resist peer pressure and navigate challenging social situations.</p> <p>We also address the emotional and social reasons why some people may be drawn to substance use, and how to access help and support if needed. Our aim is to promote healthy lifestyles, build resilience, and protect students’ wellbeing.</p>	<p><b>Mental health and emotional wellbeing, including body image and coping strategies</b></p> <p>Supporting students’ mental and emotional health is a central part of helping them thrive at school and beyond. This topic helps young people understand that mental health, like physical health, is something we all have and need to look after.</p> <p>We teach students how to recognise and talk about their emotions, understand common mental health challenges (like anxiety, low mood, or stress), and build practical coping strategies they can use when life feels overwhelming. We also explore body image and the impact of media, helping students build confidence and self-esteem in a world that can sometimes promote unrealistic standards.</p>	<p><b>Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</b></p> <p>We teach this topic to help students understand the importance of equality, human rights, and respect for others. Discrimination—whether based on race, religion, disability, gender, or sexual orientation—harms individuals and divides communities. By addressing all forms of prejudice, we encourage students to be thoughtful, empathetic, and active in promoting inclusion.</p> <p>This topic equips young people with the knowledge and confidence to recognise discrimination, challenge it when they see it, and support others who may experience it. It also reinforces our school’s commitment to promoting a culture of kindness, respect, and fairness.</p>	<p><b>Online safety, digital literacy, media reliability, and gambling hooks</b></p> <p>Today’s young people are growing up in a digital world where online activity is a normal—and often daily—part of life. This topic helps students navigate the internet safely, critically, and responsibly. They learn how to protect their privacy, understand the risks of harmful content or contact, and use digital platforms in a positive and respectful way.</p> <p>We also explore <b>media literacy</b>, helping students question what they see online and spot misinformation, bias, and advertising tricks. By addressing <b>gambling behaviours</b>, such as in-game purchases or online betting, we raise awareness of how these activities can be designed to be addictive and financially risky.</p>

<p><b>How parents / carers can support</b></p>	<p><b>Create a safe space for open conversations</b>—let your child know it's okay to ask questions about relationships, identity, and growing up.</p> <p><b>Use correct, age-appropriate language</b> when discussing bodies, consent, and boundaries to help normalise these important topics.</p> <p><b>Discuss values of respect, kindness, and equality</b> in all relationships, and highlight the importance of accepting people for who they are.</p> <p><b>Talk about consent</b>—explain that healthy relationships always involve mutual respect and agreement.</p> <p><b>Address online safety</b> by setting clear boundaries around sharing images and talking about the risks of sexting, including legal and emotional consequences.</p> <p><b>Use trusted resources together</b>, such as NHS or BBC Bitesize, to explore questions about contraception and sexual health in a factual, calm way.</p>	<p><b>Talk openly about work and aspirations</b>—share your own career journey and those of others to show that success can take many forms.</p> <p><b>Challenge stereotypes together</b>—discuss examples in the media or society where assumptions are made about who can do what kind of job.</p> <p><b>Encourage ambition and open-mindedness</b>—support your child's interests and talents, even if they don't follow traditional routes.</p> <p><b>Explore different work patterns</b>—help your child understand how people work in different ways (e.g., shift work, freelancing, hybrid roles) and why flexibility matters.</p> <p><b>Celebrate diversity in careers</b>—highlight role models from a range of backgrounds who have succeeded in varied fields.</p>	<p><b>Have open, calm conversations</b> about alcohol and drugs—try to listen as much as you talk, and avoid scare tactics.</p> <p><b>Share your expectations and values clearly</b>—young people are more likely to make safe choices when they understand family boundaries.</p> <p><b>Discuss real-life situations</b> and help your child practise how to say no or walk away from pressure.</p> <p><b>Model healthy coping strategies</b>—talk about how you deal with stress or social pressure without turning to substances.</p> <p><b>Be aware of your child's social environment</b>—know where they are, who they're with, and talk openly about any concerns.</p> <p><b>Encourage critical thinking</b> about messages in music, TV, or online media that may glamorise substance use.</p>	<p><b>Talk regularly and openly</b> about emotions—encourage your child to name and express how they're feeling and let them know it's okay to not feel okay sometimes.</p> <p><b>Model positive self-care habits</b>, such as getting enough rest, staying active, taking breaks, and managing screen time.</p> <p><b>Be mindful of body image talk at home</b>—avoid negative comments about your own or others' appearance and praise your child for qualities beyond how they look.</p> <p><b>Help your child recognise stress</b> and offer simple coping techniques, such as breathing exercises, journaling, or taking time outside.</p> <p><b>Reassure them that support is always available</b>—remind your child they can come to you or another trusted adult and highlight services like school counsellors or child mental health charities.</p> <p><b>Celebrate effort and progress</b> rather than perfection to build resilience and a healthy mindset.</p>	<p><b>Have open, honest conversations</b> about fairness, difference, and the importance of standing up for what is right.</p> <p><b>Model inclusive attitudes and language</b>—challenge stereotypes or generalisations when they come up in conversation, media, or everyday life.</p> <p><b>Celebrate diversity</b> by learning together about different cultures, histories, religions, and identities.</p> <p><b>Encourage empathy</b>—talk about how it might feel to be excluded, judged, or treated unfairly.</p> <p><b>Use books, films, or documentaries</b> that explore issues of discrimination and human rights to spark thoughtful discussion.</p> <p><b>Reinforce the message</b> that your child can come to you if they witness or experience discrimination, and that everyone has a role to play in creating a kinder, more equal world.</p>	<p><b>Talk regularly about online life</b>—ask what your child enjoys online and open up conversations about safety and responsibility.</p> <p><b>Set clear and consistent boundaries</b> around screen time, device use, and age-appropriate platforms.</p> <p><b>Encourage critical thinking</b>—discuss adverts, viral trends, or "too good to be true" stories together to help them spot misleading or unreliable content.</p> <p><b>Use parental controls and privacy settings</b> to help protect your child from inappropriate content and interactions.</p> <p><b>Talk about gaming and spending</b>—discuss in-app purchases, loot boxes, and reward systems that mimic gambling, and help your child understand the risks involved.</p> <p><b>Model balanced use of technology</b>—demonstrate that digital devices are tools, not just entertainment, and create screen-free times or zones at home.</p>
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	Autumn		Spring		Summer	
Year 9	Intimate Relationships	Setting goals	Peer influence, substance use and gangs	Respectful relationships	Healthy lifestyle	Employability skills
Why?	<p><b>Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</b></p> <p>Relationships and Sex Education (RSE) gives young people the information and skills they need to make safe, respectful, and informed decisions about their bodies, relationships, and futures. This includes learning about <b>consent, contraception, the risks of sexually transmitted infections (STIs)</b>, and understanding the impact of <b>pornography</b>.</p> <p>We take a values-led, age-appropriate, and inclusive approach to ensure students understand their rights, responsibilities, and how to maintain both physical and emotional safety in intimate relationships. We also challenge myths and unrealistic representations of sex and relationships, especially those commonly found online.</p>	<p><b>Learning strengths, career options and goal setting as part of the GCSE options process</b></p> <p>Choosing GCSE subjects is an important and often exciting step for students. This topic supports them in making informed, thoughtful choices that reflect their individual strengths, interests, and long-term goals.</p> <p>By exploring their <b>learning styles, career aspirations, and future pathways</b>, students develop the self-awareness and decision-making skills they need to take ownership of their next steps. We guide students in setting realistic goals and understanding how different subjects can lead to a wide range of post-16 opportunities.</p>	<p><b>Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation</b></p> <p>Adolescence is a time when peer relationships become increasingly influential. This topic helps students recognise the qualities of healthy friendships and spot the warning signs of unhealthy or harmful relationships, including manipulation, pressure, or control.</p> <p>We teach assertiveness skills to empower students to stand up for themselves and others, resist peer pressure, and make safe, confident choices. The topic also addresses the dangers of <b>substance misuse</b> and the risks associated with <b>gang involvement and exploitation</b>, including how vulnerable young people may be targeted or groomed.</p>	<p><b>Families and parenting, healthy relationships, conflict resolution, and relationship changes</b></p> <p>Understanding family dynamics and the nature of healthy relationships is essential for young people as they develop their own sense of identity and emotional security. This topic helps students explore the diverse forms families can take, the roles and responsibilities within them, and how relationships can change over time.</p> <p>We also teach students how to recognise the qualities of healthy relationships, navigate disagreements respectfully, and manage emotions during times of change, such as divorce, loss, or moving schools. This topic builds emotional literacy, empathy, and resilience.</p>	<p><b>Diet, exercise, lifestyle balance and healthy choices, and first aid</b></p> <p>Helping students understand how to make healthy lifestyle choices is vital for their long-term wellbeing. This topic focuses on the importance of <b>balanced nutrition, regular physical activity, sleep</b>, and managing screen time and stress—all key contributors to physical and mental health.</p> <p>We also teach <b>basic first aid skills</b>, empowering students with the knowledge to act responsibly and effectively in an emergency, potentially saving lives. This builds confidence, responsibility, and a sense of community care.</p>	<p><b>Employability and online presence</b></p> <p>As students begin to consider their future careers, it's essential they understand how to present themselves professionally—both in person and online. This topic focuses on <b>employability skills</b> such as communication, teamwork, problem-solving, and reliability, which are crucial for success in any workplace.</p> <p>In addition, we help students reflect on their <b>digital footprint</b>—how their online behaviour, social media presence, and personal information might be viewed by future employers or educational institutions. Teaching students how to <b>build a positive online presence</b> encourages them to take ownership of their digital identity and act responsibly online.</p>

<p><b>How parents / carers can support</b></p>	<p><b>Create a safe, shame-free environment</b> where your child feels able to ask questions about relationships, bodies, and growing up.</p> <p><b>Use correct and respectful language</b> when discussing relationships and sexual health to model openness and clarity.</p> <p><b>Talk about consent and boundaries</b>—reinforce that everyone has the right to make their own choices and that respect is non-negotiable.</p> <p><b>Share accurate information</b> about contraception and STIs using trusted sources like the NHS or sexual health charities.</p> <p><b>Challenge unrealistic portrayals</b>—help your child understand that pornography does not reflect healthy or respectful relationships and encourage media literacy.</p> <p><b>Reassure your child that you're there to support them</b>—let them know that no topic is too awkward or embarrassing, and that asking questions is a positive thing.</p>	<p><b>Talk about your child's strengths and interests</b>—help them reflect on what they enjoy and do well in, both in and outside of school.</p> <p><b>Explore future options together</b>—look into college courses, apprenticeships, and careers that align with your child's passions and strengths.</p> <p><b>Help them understand the bigger picture</b>—discuss how GCSE choices can keep options open and lead to a range of post-16 opportunities.</p> <p><b>Attend information events</b> such as GCSE options evenings and encourage your child to ask questions.</p> <p><b>Support goal setting</b> by encouraging your child to break larger aspirations into manageable steps and celebrate progress.</p> <p><b>Avoid pressure</b>—remind your child that no single choice defines their future, and that growth, change, and learning continue beyond GCSEs.</p>	<p><b>Talk regularly about friendships</b>—ask your child how their relationships are going and listen carefully to any concerns.</p> <p><b>Help them identify red flags</b>, such as feeling pressured, left out, or manipulated by peers.</p> <p><b>Teach and model assertiveness</b>—encourage your child to express their views calmly and clearly, and to stand by their values.</p> <p><b>Discuss real-life risks</b> of substance misuse and gang exploitation—help them understand how grooming and peer pressure can look subtle at first.</p> <p><b>Encourage open communication</b>—let your child know they can always come to you, especially if something feels wrong or uncomfortable.</p> <p><b>Stay informed</b>—learn about local services, youth support, and where to report concerns if you're worried about your child or their peers.</p>	<p><b>Talk openly about relationships and emotions</b>—share your own experiences (in an age-appropriate way) to normalise discussions around love, family, and change.</p> <p><b>Reinforce respectful communication</b> at home by modelling how to manage disagreements calmly and constructively.</p> <p><b>Acknowledge change and challenges</b>—if your family is going through a transition (e.g. separation, bereavement), help your child feel supported, informed, and heard.</p> <p><b>Discuss the idea of boundaries</b>—help your child understand that mutual respect is key in any relationship.</p> <p><b>Be inclusive in your language</b>—talk about families of all shapes and sizes to reflect the diversity of the world around them.</p> <p><b>Let them know support is always available</b>—whether through family, school, or trusted adults, children should feel they're never alone in navigating emotional changes.</p>	<p><b>Model a balanced lifestyle</b>—involve your child in meal planning, cooking, and family activities that promote movement and rest.</p> <p><b>Talk about health in a positive, realistic way</b>—focus on how food, exercise, and sleep make us feel strong, focused, and happy rather than focusing on weight or appearance.</p> <p><b>Encourage good daily routines</b> such as consistent sleep, hydration, screen breaks, and regular physical activity.</p> <p><b>Practise first aid skills together</b>—there are free resources and videos available from organisations like St John Ambulance and the British Red Cross.</p> <p><b>Make health a shared priority</b>—frame choices around wellbeing, not perfection, and let your child know it's okay to ask for help when they feel unwell, stressed, or overwhelmed.</p>	<p><b>Talk about your own work experiences</b> and the skills that are important in your job or industry.</p> <p><b>Encourage your child to practise soft skills</b>—e.g., responsibility, punctuality, and communication—through daily routines or part-time work.</p> <p><b>Review their online activity together</b>—help them check privacy settings, remove anything that could be seen as inappropriate, and highlight ways to show their strengths online (e.g. LinkedIn profiles, school achievements, volunteering).</p> <p><b>Support CV writing or mock interviews</b> if your child is applying for part-time jobs, work experience, or college.</p> <p><b>Model good digital habits</b> by using technology respectfully and constructively at home.</p> <p><b>Reinforce the message</b> that their online and offline behaviour both contribute to their reputation and future opportunities.</p>
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	Autumn		Spring		Summer	
Year 10	Mental health	Healthy relationships	Financial decision making	Addressing extremism and radicalisation	Exploring influence	Work experience
Why?	<p><b>Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</b></p> <p>This topic supports students in understanding that <b>mental health is just as important as physical health</b>, and that we all experience fluctuations in how we feel, particularly during times of stress, transition, or change. We teach students how to identify and talk about mental health challenges, and most importantly, that help is available and seeking it is a sign of strength—not weakness.</p> <p>By addressing <b>stigma</b>, we aim to break down harmful myths and encourage a culture of openness, empathy, and support. We also explore how to <b>safeguard wellbeing</b>, build resilience, and know when and how to seek help for themselves or others.</p>	<p><b>Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography</b></p> <p>This topic helps students develop a <b>realistic, respectful, and healthy understanding of relationships and sexuality</b>. It acknowledges that relationships, can bring emotional closeness, enjoyment, and connection, but also involve responsibilities, challenges, and the need for mutual respect and consent.</p> <p>We provide students with accurate, age-appropriate information about <b>sexual health, emotional wellbeing, and communication</b>, while also helping them navigate <b>unrealistic or harmful messages</b> they may encounter in the media or through pornography. This supports the development of positive attitudes toward self and others, while reducing shame, confusion, or pressure.</p>	<p><b>The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</b></p> <p>This topic teaches students how to make informed, responsible decisions about money—an essential life skill that promotes long-term wellbeing and independence. As young people increasingly encounter financial advertising (especially online) and opportunities to spend, borrow, or even gamble, it's important they understand the consequences of their financial choices.</p> <p>We explore the risks of <b>debt</b>, how <b>advertising and influencers</b> can shape spending habits, and the <b>psychology behind gambling behaviours</b>, including how digital games and social media can blur the lines between entertainment and risk.</p>	<p><b>Communities, belonging and challenging extremism</b></p> <p>This topic helps students understand their role in society, the value of inclusive communities, and the importance of standing up against prejudice, hate, and extremist ideas. In an increasingly global and digital world, it's crucial that young people learn how to think critically, question harmful ideologies, and recognise when someone may be at risk of radicalisation or exploitation.</p> <p>We explore <b>what it means to belong</b>, how to build inclusive, respectful communities, and how extremism can take root through misinformation, isolation, or manipulation. Students are encouraged to become active, responsible citizens who promote tolerance, respect, and equality.</p>	<p><b>The influence and impact of drugs, gangs, role models and the media</b></p> <p>This topic helps students critically evaluate the people, messages, and environments that influence their choices—both positively and negatively. As young people develop their identity and independence, they are exposed to a wide range of influences from peers, social media, celebrities, and communities.</p> <p>We explore how <b>drugs and gangs</b> can exploit vulnerability and how harmful behaviours can be glamorised by certain media and online spaces. At the same time, we highlight the importance of <b>positive role models</b> and teach students how to make safe, informed decisions that align with their values and goals.</p>	<p><b>Preparation for and evaluation of work experience and readiness for work</b></p> <p>Work experience provides students with a valuable opportunity to explore the world of work, develop essential employability skills, and begin thinking more deeply about their future career paths. This topic helps students prepare for these experiences by building their confidence, communication, and professionalism.</p> <p>We also support students in <b>reflecting on what they've learned</b> from work placements, understanding their strengths and areas for development, and identifying the next steps in their journey toward future education, training, or employment.</p>

<p><b>How parents / carers can support</b></p>	<p><b>Create a safe, supportive environment</b> where your child feels comfortable discussing their feelings—listen without rushing to fix.</p> <p><b>Talk openly about mental health</b> as a normal part of life—use everyday examples of stress, change, or pressure to start conversations.</p> <p><b>Look out for signs of distress</b>, such as changes in mood, behaviour, sleep, or appetite, especially during transitions like starting a new school year or facing exams.</p> <p><b>Encourage healthy coping habits</b>, such as regular sleep, physical activity, and downtime away from screens.</p> <p><b>Challenge stigma together</b>—if you hear others making negative comments about mental health, talk with your child about why that kind of thinking is harmful and untrue.</p> <p><b>Help them access support</b>—reassure them that there are always safe adults (including school staff) they can turn to and familiarise them with services like Childline or local youth mental health charities.</p>	<p><b>Have honest, age-appropriate conversations</b> about sex, relationships, and feelings—show your child you're open to questions and not embarrassed by the topic.</p> <p><b>Acknowledge the emotional side of relationships</b>, not just the physical, and talk about what makes a relationship healthy, safe, and respectful.</p> <p><b>Help your child critically think about media messages</b>—discuss how TV, films, and online content may distort or glamourise sex and relationships.</p> <p><b>Address the topic of pornography</b> calmly and factually—explain that it often presents unrealistic and unsafe scenarios and is not a reliable source of education.</p> <p><b>Reinforce the importance of consent and communication</b>, even in non-sexual situations, so these values become part of everyday thinking.</p> <p><b>Reassure your child</b> that you're there to talk without judgment, and that growing up and exploring these topics is normal and healthy.</p>	<p><b>Talk openly about money</b>—share your own experiences of budgeting, saving, or financial mistakes and what was learned.</p> <p><b>Help your child set spending limits</b> and talk through real-life examples of budgeting (e.g. planning a family meal, saving for something they want).</p> <p><b>Discuss advertising together</b>—highlight how ads or influencer posts are designed to encourage spending, and ask your child to think about whether the messages are trustworthy.</p> <p><b>Explain how debt works</b>, including interest, late fees, and how borrowing can spiral—use simple, age-appropriate language.</p> <p><b>Talk about gambling in everyday terms</b>, including loot boxes, betting apps, and how games can encourage risky behaviour without always using the word “gambling.”</p> <p><b>Promote financial confidence</b> by allowing them to manage small amounts of money independently and reflect on their choices.</p>	<p><b>Talk about your own values</b> and why respect, tolerance, and inclusion matter in your family and community.</p> <p><b>Encourage open discussions</b> about current events, social issues, and differences of opinion—help your child learn to disagree respectfully and think critically.</p> <p><b>Be aware of online influences</b>—talk about how certain individuals or groups online may try to spread hate or fear and how to spot warning signs.</p> <p><b>Reinforce the importance of reporting</b>—make sure your child knows it's always okay to speak up if something they see or hear worries them.</p> <p><b>Celebrate diversity together</b>—explore different cultures, religions, and traditions to help your child appreciate the richness of the world around them.</p> <p><b>Model inclusive behaviour</b>—challenge discrimination when you see it and support causes or community efforts that promote understanding and unity.</p>	<p><b>Talk openly about influences</b>—ask your child who they admire and why, and gently explore what makes someone a positive or negative role model.</p> <p><b>Help them understand media messages</b>—watch or read content together and discuss whether it promotes healthy or harmful behaviours.</p> <p><b>Reinforce the risks of drugs and gangs</b>—have age-appropriate conversations about exploitation, pressure, and safety, focusing on real-life consequences and the importance of asking for help.</p> <p><b>Praise good judgement and independence</b>—when your child makes a positive choice or resists peer pressure, celebrate their strength.</p> <p><b>Stay engaged with your child's online world</b>—know what platforms they use, who they follow, and help them critically assess the content they consume.</p> <p><b>Encourage involvement in positive communities</b>—sports, clubs, volunteering, or faith groups can provide strong networks and healthy role models.</p>	<p><b>Talk about your own job</b> or past experiences—discuss workplace routines, responsibilities, and what you've learned through your own career.</p> <p><b>Help your child prepare for work experience</b> by encouraging them to think about what they want to learn, what to wear, and how to make a good impression.</p> <p><b>Practise communication and interview skills</b> at home—simple roleplays can help build your child's confidence.</p> <p><b>Support with logistics</b>, such as travel planning, time management, and preparing lunch or clothing.</p> <p><b>Encourage daily reflection</b>—ask what they're learning, what's been challenging, and what they're enjoying.</p> <p><b>Celebrate effort and growth</b>—reinforce that all experience is valuable, even if it confirms something they <i>don't</i> want to do.</p>
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Year 11	Building for the future	Next steps	Communication in relationships	Independence	Families	
Why?	<p><b>Self-efficacy, stress management, and future opportunities</b></p> <p>This topic is designed to help students develop <b>self-belief, resilience, and a proactive approach to their personal and academic lives</b>. Self-efficacy—the belief in one’s ability to succeed—is a key predictor of motivation, achievement, and wellbeing. When students believe they can overcome challenges and reach their goals, they are more likely to stay focused, persevere, and thrive.</p> <p>We also equip students with <b>practical tools for managing stress</b>, particularly during times of pressure such as exams, transitions, or decision-making periods. Alongside this, we encourage them to explore <b>future opportunities</b>, helping them to feel hopeful, prepared, and empowered to take their next steps confidently.</p>	<p><b>Application processes, and skills for further education, employment and career progression</b></p> <p>This topic prepares students to successfully transition from school into further education, apprenticeships, or employment. Understanding how to <b>research opportunities, complete applications, and prepare for interviews</b> is crucial for helping students take the next step toward their personal and career goals.</p> <p>We also help students develop key <b>workplace and lifelong learning skills</b>, such as presenting themselves professionally, writing CVs and personal statements, and understanding how careers evolve over time. The goal is to empower students to feel confident, informed, and proactive in navigating their futures.</p>	<p><b>Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</b></p> <p>This topic is crucial in helping students explore their <b>personal values</b>—what matters most to them in life and relationships—and how to uphold those values with confidence and respect. Students learn how to communicate clearly and assertively, particularly in sensitive or high-pressure situations involving <b>sexual health, consent, and contraception</b>.</p> <p>We also teach students how to identify and respond to <b>unhealthy or abusive relationships</b>, including emotional, physical, and online abuse. By building awareness, assertiveness, and support-seeking skills, we help students stay safe, make informed choices, and develop positive, respectful connections.</p>	<p><b>Responsible health choices, and safety in independent contexts</b></p> <p>As students grow in independence, they begin making more decisions for themselves—whether that’s around <b>health, safety, travel, socialising</b>, or managing risks. This topic empowers them with the knowledge and confidence to make <b>responsible, informed choices</b> that protect their wellbeing and the safety of those around them.</p> <p>We explore how to evaluate risks, assess consequences, and act responsibly in situations they may face alone or without adult supervision—such as navigating public transport, using substances, managing emergencies, or looking after their mental and physical health.</p>	<p><b>Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</b></p> <p>This topic helps students explore the diversity of family structures and relationships in modern society, encouraging <b>respect, understanding, and empathy</b>. We teach about the roles and responsibilities involved in <b>parenting</b>, the emotional and practical implications of <b>pregnancy</b>, and the rights and choices individuals have in relation to <b>marriage and family life</b>.</p> <p>It is also vital that students learn how to identify and respond to <b>unhealthy or coercive situations</b>, including <b>forced marriage</b>, which is illegal in the UK. By exploring these themes in a safe, age-appropriate way, we support students in building <b>healthy expectations</b> for their own current and future relationships.</p>	

<p><b>How parents / carers can support</b></p>	<p><b>Encourage a growth mindset</b>—praise effort and perseverance rather than just results, and help your child see mistakes as part of learning.</p> <p><b>Model healthy stress management</b>—talk about how you handle pressure and what strategies work for you (e.g., breathing, time management, self-care).</p> <p><b>Talk regularly about goals and aspirations</b>—support your child in thinking about what they want to achieve and how to get there.</p> <p><b>Help them prioritise and plan</b>—break down school tasks or life goals into smaller steps to make them feel achievable.</p> <p><b>Normalise stress</b>—reassure your child that feeling anxious sometimes is completely normal, and help them find constructive ways to cope.</p> <p><b>Celebrate progress</b>—recognise and reflect on personal growth, even in small steps, to build confidence and momentum.</p>	<p><b>Talk through future plans</b>—ask your child what they’re interested in and help them explore possible courses, pathways, or job sectors.</p> <p><b>Support with applications</b>—review CVs and personal statements together, and help with proofreading or filling in online forms.</p> <p><b>Practise interview skills</b>—use simple mock interview questions to build confidence in speaking clearly and positively.</p> <p><b>Encourage skill-building activities</b> like volunteering, part-time work, or hobbies that show commitment and initiative.</p> <p><b>Help with research</b>—explore open days, apprenticeship providers, or job boards together to stay informed about opportunities.</p> <p><b>Celebrate progress</b>—acknowledge their efforts at each stage of the process to boost motivation and self-belief.</p>	<p><b>Talk about values and boundaries</b>—share what’s important to you in relationships and encourage your child to think about what matters to them.</p> <p><b>Encourage respectful communication</b>—model how to say “no” firmly and kindly, and roleplay standing up for beliefs or boundaries.</p> <p><b>Create a safe space for honest conversations</b> about sexual health, contraception, and relationships—listen without judgment and offer accurate information.</p> <p><b>Discuss healthy vs unhealthy behaviours</b>—help your child recognise signs of controlling or abusive behaviour and reassure them that they can always ask for help.</p> <p><b>Support autonomy and self-worth</b>—remind your child they have the right to make decisions about their own body, relationships, and future.</p> <p><b>Familiarise yourself with support services</b> like Childline, NSPCC, or local safeguarding teams so you can direct your child if needed.</p>	<p><b>Have practical conversations</b> about staying safe when out alone or with friends—talk through real-life scenarios and ask how they’d respond.</p> <p><b>Encourage responsibility</b> by gradually increasing your child’s independence (e.g., letting them plan journeys, manage money, or handle appointments).</p> <p><b>Discuss health choices</b> like sleep, nutrition, physical activity, and substance use—and explore how small habits can have a big impact over time.</p> <p><b>Teach and practise safety skills</b>—this could include basic first aid, what to do in an emergency, or how to handle peer pressure.</p> <p><b>Be open and non-judgemental</b>—remind your child that they can talk to you about anything, especially if they’re unsure or feel unsafe.</p> <p><b>Model healthy decision-making</b> by explaining your own reasoning when making everyday safety or health-related choices.</p>	<p><b>Talk about family diversity</b>—emphasise that love, support, and respect are what make a family, regardless of its structure.</p> <p><b>Have honest conversations</b> about pregnancy, parenting, and the responsibilities involved, using accurate and age-appropriate language.</p> <p><b>Discuss values around marriage and commitment</b> and make it clear that all relationships should be entered into freely and without pressure.</p> <p><b>Raise awareness about forced marriage</b> in a calm and non-alarming way—help your child understand that they always have the right to choose.</p> <p><b>Support emotional resilience</b> by talking about how relationships can change (e.g., through divorce, bereavement, or moving away) and offering reassurance and stability.</p> <p><b>Let your child know they can talk to you</b> about any relationship concerns and that help is always available from trusted adults and services.</p>	
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