

## Subject Curriculum Overview for Academic Year 2022/2023

Subject: PSHRE		Subject Leader: A Bees		Year Group: 10	
Topic - Key Learning Points				Key Vocabulary	Assessments
<b>Year 10</b>				Stem cell donation Healthy lifestyle Cardiovascular Ill-health Immunisation Vaccination Self-examination STIs Sexual pressure Choice to delay Commitment Marriage Parenting Informed Reframe Depression Anxiety Disorders Homophobia Gaslighting County Lines Exploitation Toxic Masculinity Domestic abuse	<b>Autumn</b> Test just before Christmas facilitated by tutor to include Autumn topics (Relationships 8, Economic Health 2, R.E. Festivals, Careers) and 25% reviewing Year 9 Term 1 previous learning  <b>Spring</b> Test just before Easter facilitated by tutor to include Spring topics (Mental Health 5, Mental Health 6, R.E. Festivals, Careers) and 25% reviewing Year 9 Term 2 previous learning  <b>Summer</b> Test just before the Summer holidays facilitated by tutor to include Summer topics (ICT online safety 4, and 5, R.E. Festivals, Careers) and 25% reviewing Year 9 Term 3 learning  <b>Science Faculty</b> Assessments to include Sexual Health Unit 4 and Health Units 4 and 5
<b>PSHRE Pastoral Workshops</b>	<b>Science – Enhanced PSHRE delivery</b>	<b>PSHRE Tutor Delivery</b>			
<b>Autumn</b> <ul style="list-style-type: none"> <li>Toxic masculinity</li> <li>Sexual exploitation (Part 1)</li> </ul> <b>Spring</b> <ul style="list-style-type: none"> <li>Sexual exploitation (Part 2) and drugs including county lines</li> <li>Abusive relationships including gaslighting and domestic abuse, consent and the law</li> </ul> <b>Summer</b> <ul style="list-style-type: none"> <li>Online relationships – how could it go wrong?</li> <li>Homophobia</li> </ul>	Sexual Health Unit 4 including STIs, sexual pressure, choice to delay  Health Unit 4 including stem cell donation and cancer  Health unit 5 including healthy lifestyle, cardiovascular ill-health, immunisation and vaccination, self-examination	<ul style="list-style-type: none"> <li>Class reading – PSHRE themed</li> <li>Topical PSHE Weekly Picture News Resource with literacy activities, produced and sent weekly, British values included and settling-in activities (scheduled into scheme work)</li> <li>PSHRE themed assembly – one per week</li> <li>Careers delivery – one lesson per week (please see separate Careers Curriculum)</li> <li>6 blocks of PSHRE tutor delivery, one lesson per week, including;                             <ul style="list-style-type: none"> <li><b>Autumn</b> <ul style="list-style-type: none"> <li>Relationships 8 (commitment, marriage, parenting)</li> <li>Economic Health 2 (influences, informed decision, saving etc)</li> </ul> </li> <li><b>Spring</b> <ul style="list-style-type: none"> <li>Mental Health 5 (reframing negative thinking)</li> <li>Mental Health 6 (depression, eating disorders, anxiety)</li> </ul> </li> <li><b>Summer</b> <ul style="list-style-type: none"> <li>ICT Online safety 4</li> <li>ICT Online Safety 5</li> </ul> </li> </ul> </li> </ul>			

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### How parents can support learning in the subject this academic year and Recommended Reading

In no other faculty is it more important and helpful for parents / carers to talk to their children than in PSHRE. It is basically safeguarding children and preparing them for later life. There is a whole host of guidance and further reading on the JMHS website. Please visit the 'Parent' section and click on 'Keeping children safe' (<https://www.jmhs.hereford.sch.uk/parents-information/keeping-children-safe/>). Almost every potential topic is covered there, with links to numerous charities and sources of further reading.

In addition, please see the following recommendations for wider reading to support the listed mental health topics;

**Anxiety, worry and panic** – The Perks of being a Wallflower by Stephen Chbosky, Anxiety Survival Guide for Teens, CBT skills... by Jennifer Shannon, My Anxious Mind: A Teen's guide to Managing Anxiety and Panic by Tompkins, Martinez and Sloan, The Shyness and Anxiety Workbook for Teens: CBT and ACT Skills to Help you Build Social Confidence by Jennifer Shannon

**Autism Spectrum Disorders (ASD)** – The Curious Incident of The Dog in the Night by Mark Haddon and Suzanne Dean, The Reason I Jump: One Boy's Voice from the Silence of Autism by Higashida, Mitchell and Yoshida

**Body image and eating disorders** – Banish Your Body Thief – A cognitive behavioural... by Kate Collins-Donnelly, Can I Tell you About Eating Disorders: A guide for Friends, Family and Professionals by Lask, Watson and Field

**Bullying** – Bullies, Cyberbullies and Frenemies by Michelle Elliott

**Confidence and Self Esteem** – Face by Benjamin Zephaniah, Self Esteem and Being You by Anita Naik, Banish Your Self Esteem Thief: A cognitive behavioural guide... by Kate Collins-Donnelly

**Depression** – Can I Tell You About Depression?: A Guide for Friends, Family and Professionals by Dowrick, Martin, Medaglia and Dowrick, I Had a Black Dog by Matthew Johnstone, Am I Depressed and What Can I Do About It? by Reynolds and Parkinson

**OCD** – Breaking Free from OCD A CBT Guide... by Heyman, Robinson, Turner and Robinson, Touch and Go Joe by Joe Wells

**Self Harm** – The Truth about Self Harm by Celia Richardson

**Stress** – The Teenager's Guide to Stress by Nicola Morgan, Fighting Invisible Tigers: Stress Management for Teens by Earl Hipp

### Points to note

In the overview of the Year 10 PSHRE curriculum detailed above, it has been indicated where certain topics will appear in the Autumn, Spring and Summer term. There is a separate Careers curriculum which provides a more detailed breakdown of the Careers provision. Assessment for those Careers topics is incorporated into the PSHRE assessments outlined above. Year Leader (Pastoral Safeguarding Leaders) workshops are outlined above, but are sometimes adapted to cover the most sensitive, relevant topics to that year-group at that particular time. KS4 Religious Education (R.E.) is delivered as part of the PSHRE tutor delivery programme – as well as 2 units of work, various religious festivals are explored each half term. The assembly schedule is carefully planned to fit alongside the whole-school PSHRE plan, but again, can be adapted to meet the needs at the time. The 'Topical News Resource' is also used for this purpose. Finally, there is an increasing cross-curricular approach to safeguarding and PSHRE topics which helps to make the overall PSHRE package a rich, and thoroughly rewarding one for all JMHS students.