

BCA RESPECT Programme: PSHE 2018-19



Area of focus	Year 7	Year 8	Year 9	Year 10
<p>PSHE</p> <p><i>Core theme 1 & 2</i></p> <p><i>Health & wellbeing and healthy relationships</i></p>	<ul style="list-style-type: none"> • Bullying & resilience • Peer pressure • Online safety • Being healthy & lifestyle choices • Sugar and its impact on health (Inc. oral) • Responsible choices • Puberty • Personal hygiene • Relationships • Talking about emotions • Mental health (self-esteem, self-image and body image) • The media • Gender / orientation • Sleep factor • First aid & personal safety (emergency situations Inc. 911 & 999, risks of using a mobile phone, road safety, cycling safety) • Wearing a seat belt 	<ul style="list-style-type: none"> • Bullying & resilience refresher • Peer pressure – alcohol, smoking and drug use • Online safety refresher (Inc. grooming) • Sharing data online • Being healthy • Eating disorders • Life pressures (Inc. abuse, young carers, disabilities, divorce & bereavement) • Body image and the media, with an impact on self-esteem / mental health. • LGBT • Sign-posting to local health care services 	<ul style="list-style-type: none"> • Short and long term effects of drug abuse • Risky behaviour – substance use & misuse • Delaying physical relationships, consent & contraception basics • Peer pressure • Online safety refresher & sharing data • Gang culture and county lines • Knife crime • Positive mental health & healthy lifestyles – impact of the media • SRE relationships and consent. • Sexting & pornography • CSE – Rochdale case study & consent • Positive relationships • Cancer – impact & support & self-check • Immunisation. • LGBT and tackling hate crime • Sign-posting to local health care services 	<ul style="list-style-type: none"> • Barriers to learning • Drugs and the Law • Knife crime • Dependence, addiction and withdrawal. Including the safe use of prescribed and over the counter medicines • Peer pressure • Online safety refresher & sharing data • Positive mental health, depression and anxiety. Media impact. • Managing stress and life pressures • Healthy lifestyles & relationships • Eating disorders & self-harm • Forced marriage, female genital mutilation. • Teenage pregnancy, healthy baby and parenting. Fertility, miscarriage, abortion & adoption. • Consent & contraception • CSE / pornography • STI & STD's, self-check • Sign-posting to local health care services

<p>Careers, Enterprise & citizenship</p> <p><i>Core theme 3</i></p> <p><i>Living in the wider world</i></p> <p><i>(Other content is covered during various part of the RESPECT programme - CMN)</i></p>	<ul style="list-style-type: none"> • Financial education key terms & definitions • Value of money • Need & want • Saving & spending • Budgeting & interest • Skills & personalities • World of work • Careers • Challenging stereotypes • Enterprise skills 	<ul style="list-style-type: none"> • Financial education key terms & definitions • Value of money • Budgeting & interest • Skills & personalities • World of work • Careers • Challenging stereotypes • Decision / options • Raising aspirations • Digital safety online • Enterprise skills 	<ul style="list-style-type: none"> • Financial education • Borrowing • Good and bad debt • Risk and rewards • Interest, tax and national insurance, minimum wage etc. • World of work • STEM careers • New jobs and careers • Raising aspirations • Digital safety online • Enterprise skills 	<ul style="list-style-type: none"> • Financial education • Borrowing • Good and bad debt • Risk and rewards • Insurance • Investments • Future planning around student loans • Tax and national insurance, minimum wage • Gambling • Un-employment & raising aspirations • Digital safety online • Employment rights
<p>Citizenship</p> <p><i>Core theme 3</i></p> <p><i>Living in the wider world</i></p>	<ul style="list-style-type: none"> • Respect for BCA environment & wider community • Impact on the environment • Core values & identity • Diversity • Stereotypes • Discrimination act 2010 • British identity / Law • Pressure groups • Any topical issues for debate 	<ul style="list-style-type: none"> • Respect for BCA environment & wider community • Impact on the environment • Sustainability • Core values & identity • Discrimination • British Law refresh • Pressure groups • Government key features • Political parties • Any topical issues for debate • Young people and the Law • Youth Justice system 	<ul style="list-style-type: none"> • Respect for BCA environment & wider community • Impact on the environment • Sustainability • Recycling • Core values & identity • Mass media • British law refresh • Discrimination • Young people – the need for a different approach • Pressure groups • Any topical issues for debate 	<ul style="list-style-type: none"> • Respect for BCA environment & wider community • Impact on the environment • Core values & identity • British Law refresh • Discrimination • Human rights • Child exploitation • Local council • Pressure groups • Any topical issues for debate