



Preparing for life in modern Britain

Area of focus	Year 7	Year 8	Year 9	Year 10
<p>PSHE</p> <p><i>Core theme 1 & 2</i></p> <p>Health & wellbeing</p> <p>Healthy relationships</p>	<ul style="list-style-type: none"> • How to develop a positive mind-set • The Power of Positivity • How to promote a healthy mental health • Talking about emotions • What does 'good' mental health look like • Mental health (self-esteem, self-image and body image) * physical health • Bullying & resilience • Peer pressure • Risky behaviour – smoking, alcohol & gangs (inc knife crime) • Online safety & the media – managing online lives • Recognising the difference between a healthy and unhealthy relationship – family & friends • Stable relationships – families (inc 	<ul style="list-style-type: none"> • Why mind-set matter (contribute to greater achievement and increased effort) • Positive thinking - Searching for the silver lining • The Law of Attraction • How to promote a healthy mental & physical health • Talking about emotions • What does 'good' mental health look like • Mental health (self-esteem, self-image and body image) • Bullying & resilience • Peer pressure • Online safety & the media – managing online lives • Trolling • Hate crime • Recognising the difference between a healthy and unhealthy relationship on & offline 	<ul style="list-style-type: none"> • Why mind-set matter (contribute to greater achievement and increased effort) • Positive thinking - Searching for the silver lining • The Law of Attraction • How to promote a healthy mental & physical health • Talking about emotions • What does 'good' mental health look like • Mental health (self-esteem, self-image and body image) • Healthy lifestyle • Sleep factor • Depression & anxiety and recognising the symptoms • Bullying & resilience • Peer pressure • Online safety & the media – managing online lives • Trolling • Hate crime • Recognising the difference between a healthy and unhealthy relationship on & offline • Managing unwanted attention – harassment & violence • LGBTQ+ 	<ul style="list-style-type: none"> • Why mind-set matter (contribute to greater achievement and increased effort) • Positive thinking - Searching for the silver lining • The Law of Attraction • How to promote a healthy mental & physical health • Talking about emotions • What does 'good' mental health look like • Mental health (self-esteem, self-image and body image) • Healthy lifestyle • Sleep factor • Depression & anxiety and recognising the symptoms • Bullying & resilience • Peer pressure • Online safety & the media – managing online lives • Trolling • Hate crime • Recognising the difference between a healthy and unhealthy relationship on & offline • Managing unwanted attention – harassment & violence • An abusive and coercive relationship

	<ul style="list-style-type: none"> harassment & violence) Unrealistic portrayal of relationships in the media Sexting & the Law CSE & grooming LGBTQ+ key terminology & awareness of issues surrounding. Puberty - the physical & emotional changes involved & how can it impact health & wellbeing Personal hygiene (Inc. periods) Characteristics of positive & negative Relationships – including abuse and consent. Sleep factor Being healthy & lifestyle choices (diet & exercise benefits) Sugar and its impact on health (Inc. oral) Making informed responsible choices <i>First aid & personal safety (emergency situations Inc. 911 & 999, risks of using a mobile phone, road safety, cycling safety</i> <i>Wearing a seat belt</i> 	<ul style="list-style-type: none"> Stable relationships – families (inc harassment & violence) Unrealistic portrayal of relationships in the media Sexting & the Law CSE & grooming Characteristics of positive & negative Relationships – including abuse and consent. LGBTQ+ key terminology & awareness of issues surrounding. Contraception and STI's – basic sign posting Marriage / civil partnerships, forced marriage The risks and consequences of experimental substance use. Drugs: the short & long term health risks. Peer pressure – alcohol, smoking and recreational drug use County lines – knife crime Being healthy Sleep factor Eating disorders <i>Life pressures (Inc. abuse, young carers,</i> 	<ul style="list-style-type: none"> Managing an unhealthy relationship – including abuse Sexting & flirting Keeping safe online and protecting your online selves. Age of consent & the Law Dealing with pressures to have underage sex CSE & grooming Sexting & pornography Stable relationships – families (inc harassment & violence) Contraception methods STI's Risky behaviour & the potential risks Teenage pregnancy Short and long term effects of drug abuse Risky behaviour – substance use & misuse Drugs classification County Lines Knife crime Gang culture Understanding Cancer & reducing the risk (Inc. self-check) <i>Exam preparation – strategies for a healthy body & mind</i> 	<ul style="list-style-type: none"> Rape LGBTQ+ Diverse relationships & how to approach them Managing an unhealthy relationship (de-escalate & exit strategies) How can teenage pregnancies and STI's be prevented – contraception & self-check Pregnancy tests The possible emotional reactions of each person involved in teenage pregnancies The social, medical and financial consequences of teenage pregnancies Health risks of teenage pregnancy What are the options after conception - parenting, miscarriage, abortion & adoption. Marriage / civil partnerships, forced marriage FGM Unrealistic sex portrayal in the media – pornography Drugs and the Law – county lines Knife crime Dependence, addiction and withdrawal. Including the safe use of prescribed and over the counter medicines Peer pressure <i>Exam preparation – strategies for a healthy body & mind</i>
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	<ul style="list-style-type: none"> <i>Exam preparation – strategies for a healthy body & mind</i> 	<ul style="list-style-type: none"> <i>disabilities, divorce & bereavement)</i> <i>Exam preparation – strategies for a healthy body & mind</i> 		
Additional	<p style="text-align: center;"> Internal & external sign posting services for help & support Specific professional organisations are utilised to enhance the delivery of PSHE topics throughout the curriculum BCA supports recognised awareness days </p>			

<p><i>Core theme 3</i></p> <p><i>Living in the wider world</i></p> <p>Citizenship</p>	<ul style="list-style-type: none"> • Respect for BCA environment & wider community • Explore the diversity amongst people; different race, culture, ability, disability, sex, gender identity, age and sexual orientation. • The impact of stereotyping, prejudice, bigotry, bullying, and discrimination on individuals and communities. • Strategies for safely challenging stereotyping and emphasising the need for tolerance. • Discrimination act 2010 & protected characteristics • The 'fundamental British values • Being a British Citizen • Modern British identity (Inc. Magna Carta) • Pressure groups • The Justice System 	<ul style="list-style-type: none"> • Respect for BCA environment & wider community • The rights and responsibilities as members of a diverse community & as an active citizen • What is culture • Inclusion & Diversity • The nine protected characteristics • Intolerance and tolerance • Respect in all its forms • Developing assertiveness & resilience • British Values and why is it important to recognise the shared responsibility to protect the community • The constitution • Extremism has no place in Modern Britain • Radicalisation • Prevent Strategy • Honour based violence • Pressure groups • Justice of Peace • Young people and the Law • Youth Justice system 	<ul style="list-style-type: none"> • Respect for BCA environment & wider community • Respect for BCA environment & wider community • The rights and responsibilities as members of a diverse community & as an active citizen • What is culture • Inclusion & Diversity • The nine protected characteristics • Intolerance and tolerance • Respect in all its forms • Developing assertiveness & resilience • British Values and why is it important to recognise the shared responsibility to protect the community • The constitution • Extremism has no place in Modern Britain • Radicalisation • Prevent Strategy • Honour based violence • Pressure groups • Justice of Peace • Young people and the Law • Youth Justice system 	<ul style="list-style-type: none"> • Respect for BCA environment & wider community • The rights and responsibilities as members of a diverse community & as an active citizen • What is culture • Inclusion & Diversity • The nine protected characteristics • Intolerance and tolerance • Respect in all its forms • Developing assertiveness & resilience • British Values and why is it important to recognise the shared responsibility to protect the community • The constitution • Extremism has no place in Modern Britain • Radicalisation • Prevent Strategy • Honour based violence • Pressure groups • Justice of Peace • Young people and the Law • Youth Justice system
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Core theme 3

Living in the wider world

Careers, Enterprise

(Other content is covered during various part of the RESPECT programme)

What is further education and do you know your options for after BCA?

Standalone sessions on: further education options and apprenticeships using specific careers as examples (e.g. NHS)

- About me (interests, strengths, qualities, skills & values - What kind of person am I?
- What is 'mindset' and why does it matter?
- Thinking big – realistic yet ambiguous targets & goals yet being open to all opportunities in life
- What is the difference between appropriate ambition and unrealistic fantasy.
- Making a difference to the local & global community
- Identifying transferable skills
- Soft V's Hard Skills
- Intrinsic & extrinsic values
- Skills & attributes that employers value
- Employability Skill: Having empathy
- Enterprise & employability skills
- The benefits of being a lifelong learner
- Routes into work, training, apprenticeships and other vocational & academic opportunities
- Careers research: Where could your

- About me (interests, strengths, qualities, skills & values
- What is 'mindset' and why does it matter?
- Why is it important, to recognise our own skills?
- Thinking big – realistic yet ambiguous targets & goals yet being open to all opportunities in life
- Making a difference to the local & global community
- Identifying transferable skills
- Intrinsic & extrinsic values
- Skills & attributes that employers value
- Enterprise & employability skills
- Employability Skill: Having empathy
- The benefits of being a lifelong learner
- Routes into work, apprenticeships, training and other vocational & academic opportunities
- Careers research: Where could your favourite subject take you?
- Linking curriculum learning to careers
- The relevance of STEM subjects for a wide

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- Intrinsic & extrinsic values
- Skills & attributes that employers value
- Enterprise & employability skills that employers value
- What is a CV?
- The benefits of being a lifelong learner
- Routes into work, apprenticeships training and other vocational & academic opportunities
- Careers research: Where could your favourite subject take you?
- Linking curriculum learning to careers
- The relevance of STEM subjects for a wide range of future career paths.
- Recognise stereotypes – family or cultural expectations that may limit aspirations
- Options available
- Different pathways – world of work, employment, self-employment

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- Thinking big – realistic yet ambiguous targets & goals yet being open to all opportunities in life
- Making a difference to the local & global community
- Identifying transferable skills
- Intrinsic & extrinsic values
- Skills & attributes that employers value
- Enterprise & employability skills
- Employability Skill: Resilience
- What is 'mindset' and why does it matter?
- The benefits of being a lifelong learner
- Routes into work, training and other vocational & academic opportunities
- Linking curriculum learning to careers
- Careers research: Where could your favourite subject take you?
- The relevance of STEM subjects for a wide range of future career paths.
- Recognise stereotypes – family or cultural expectations that may limit aspirations
- Options available
- Different pathways – world of work, apprenticeships, employment, self-employment
- Manage emotions in relation to future employment
- Young people's employment rights
- The labour market, local, national & international (LMI)
- Employment sectors & rights
- Taking on a greater responsibility
- Maximising employment opportunities

	<p>favourite subject take you?</p> <ul style="list-style-type: none"> • Linking curriculum learning to careers • The relevance of STEM subjects for a wide range of future career paths. • Recognise stereotypes – family or cultural expectations that may limit aspirations • Different pathways – world of work • Different work roles & career pathways • Manage emotions in relation to future employment • What is a CV? • Young people’s employment rights • Online awareness 	<p>range of future career paths.</p> <ul style="list-style-type: none"> • Recognise stereotypes – family or cultural expectations that may limit aspirations • Options available • Different pathways – world of work, employment, self-employment • Manage emotions in relation to future employment • Young people’s employment rights • What is a CV? • Managing online activity 	<ul style="list-style-type: none"> • Manage emotions in relation to future employment • Young people’s employment rights • The labour market, local, national & international (LMI) • Employment sectors & rights • Managing online activity / presence & its impact on future career opportunities 	<ul style="list-style-type: none"> • Workplace rights & responsibilities • Managing online activity / presence & its impact on future career opportunities • CV writing, career interview preparations & applying for further education •
Additional	<p>BCA Student Reflection Journals used throughout. Internal & external sign posting services for help & support Specific professional organisations are utilised to enhance the delivery of PSHE topics throughout the curriculum</p>			
	<ul style="list-style-type: none"> • Assess & manage risk in relation to financial decisions young people might make • Finance & debt • Managing money & emotions • Social & moral aspects on financial decisions • Financial exploitation • Drugs money, mules & online scams 	<ul style="list-style-type: none"> • Assess & manage risk in relation to financial decisions young people might make • Finance & debt • Managing money & emotions • Social & moral aspects on financial decisions • Financial exploitation • Drugs money, mules & online scams • Media literacy & digital resilience – strategies 	<ul style="list-style-type: none"> • Assess & manage risk in relation to financial decisions young people might make • Finance & debt • Managing money & emotions • Social & moral aspects on financial decisions • Financial exploitation • Drugs money, mules & online scams • Budgeting & saving • Effective financial decisions 	<ul style="list-style-type: none"> • Assess & manage risk in relation to financial decisions young people might make • Finance & debt • Managing money & emotions • Social & moral aspects on financial decisions • Financial exploitation • Drugs money, mules & online scams • Personal & professional • Media literacy & digital resilience – strategies to safely manage personal information & images online • Personal & professional social media

<ul style="list-style-type: none"> • Media literacy & digital resilience – strategies to safely manage personal information & images online • Benefits of social media • Financial awareness & preparing for responsibilities (debit, credit, mortgages, rent, bill, finance PCPs, national insurance, tax etc.) 	<ul style="list-style-type: none"> • Benefits of social media • Financial awareness & preparing for responsibilities (debit, credit, mortgages, rent, bill, finance PCPs, national insurance, tax etc.) 	<p>to safely manage personal information & images online</p> <ul style="list-style-type: none"> • Benefits of social media • Financial awareness & preparing for responsibilities (debit, credit, mortgages, rent, bill, finance PCPs, national insurance, tax etc.) 	<ul style="list-style-type: none"> • Gambling • Financial exploitation • Financial models of contractual employment • Media literacy & digital resilience – strategies to safely manage personal information & images online • Benefits of social media • Financial awareness & preparing for responsibilities (debit, credit, mortgages, rent, bill, finance PCPs, national insurance, tax etc.) 	<ul style="list-style-type: none"> • Benefits of social media & networking to enhance online reputation • Financial awareness & preparing for responsibilities (debit, credit, mortgages, rent, bill, finance PCPs, national insurance, tax etc.)
<p>Additional</p>	<p style="text-align: center;">Internal & external sign posting services for help & support Specific professional organisations are utilised to enhance the delivery of PSHE topics throughout the curriculum</p>			