

St Katherine's School PSHE and Citizenship Overview

Health & wellbeing

Living in the wider world

Relationships

Citizenship/Statutory RE

**Sex Education (parents have the right to withdraw)

	Autumn 1 (7)	Autumn 2 (7)	Spring 1 (6)	Spring 2 (6)	Summer 1 (5)	Summer 2 (7)
Themes	Equality and Discrimination	Human Rights	Refugees and Asylum	Systems of power	Elections and Democracy	Media literacy and radicalisation
Yr7 Tutor	What is the Equality Act 2010?	What rights and responsibilities do we have?	Who are asylum seekers?	What is democracy?	Why should we vote?	How do I know what's real?
Yr7 PSHE	Celebrating Diversity <ol style="list-style-type: none"> 1. Identity and diversity 2. Celebrating Neurodiversity 3. Disability, discrimination and ableism 4. Gender diversity 5. LGBTQ+ and pride 6. Community and cultural diversity 7. Personality 		Staying healthy <ol style="list-style-type: none"> 1. Puberty: physical and emotional changes 2. Period myths and facts 3. Personal Hygiene 4. The importance of sleep 5. Living healthily 6. Germs and how to defeat them 7. Screen time health 		Staying Safe and Happy <ol style="list-style-type: none"> 1. Assessing risk 2. Personal safety and first aid 3. CPR and defibrillators 4. Body image, media and self-esteem 5. FGM + 2 Unifrog sessions	
Yr8 Tutor	Why do we need laws on equality?	The Human Rights Act	Who are asylum seekers?	The role of an MP	Systems of voting	Fake news
Yr8 PSHE	Healthy relationships <ol style="list-style-type: none"> 1. Love and long-term relationships 2. Unhealthy relationships 3. What is online sexual harassment? 4. Consequences of online sexual harassment 5. Reporting online sexual harassment 6. The problem with sexual images + 1 Unifrog lesson		Money Matters <ol style="list-style-type: none"> 1. Relationships with money 2. What is credit and debit? 3. What is the economy? 4. Budgeting and borrowing 5. Employment 6. Understanding gambling 7. Money influencers 		Emotional wellbeing <ol style="list-style-type: none"> 1 Mental Health 2 Mental Health in the Media 3 Grief and Depression 4 Online Stress and FOMO 5 Self-harm 6 Self-harm and risky behaviour 7 Eating disorders 	
Yr9 Tutor	What is racism?	What happens when our human rights are abused?	Why are migrants dying?	How does parliament work?	The political spectrum	Being critical of social media
Yr9 PSHE	Substance use and abuse <ol style="list-style-type: none"> 1 Drugs awareness 2 Drugs and the law 3 alcohol 4 smoking and vaping 5 cannabis 6 solvents and psychoactive substances + 1 Unifrog lesson		Family relationships, peer influence and gangs <ol style="list-style-type: none"> 1. Different families, love and marriage 2. Forced marriage 3. Domestic conflicts 4. Homelessness 5. Knife crime 6. Gangs 7. gangs and county lines 		Intimate Relationships <ol style="list-style-type: none"> 1 Readiness for sex** 2 Consent** 3 Risks of unprotected sex -unintended pregnancy 4 Risks of unprotected sex -STIs and condom use** 5 Objectification and sex in the media 6 Sexual bullying and harassment 	
Yr10 Tutor	What makes us feel like we belong? What debates exist around UK identity?	Who are the duty bearers of human rights? How do we defend justice?	Immigration myths and facts	Approaches to government	Political broadcasts: what are the parties offering?	Radicalisation
Yr10 S&C	The influence of Religion <ol style="list-style-type: none"> 1 The importance of religion in our lives 2 Christianity and sexuality 3 Being religious and LGBTQ+ 4 Religious extremes 5 Christian fundamentalism 6 Islamophobia 7 Debate: Would the world be better off without religion? 		The problem with Drugs <ol style="list-style-type: none"> 1 Drugs policy 2 Reasons why people take drugs 3 The impact of drugs 4 The impact of addiction 5 Crystal meth: the social impact 6 Debate: Should drugs be legalised? 7 Prescription drug addiction 		Relationships and Sex Education <ol style="list-style-type: none"> 1. The role of intimacy and pleasure** 2. The impact of pornography** 3. Pressure, persuasion and coercion 4. Managing breakups 5. Addressing relationship abuse 6. Safer sex** 	
Yr11 S&C	Issues of Life and death <ol style="list-style-type: none"> 1 Introduction to issues of life and death 2 Abortion: When does life begin? 3 Euthanasia: Should someone have the right to choose when they die? 4 The Death Penalty 5 Blood, stem cell and organ donation 		Parenthood Choices <ol style="list-style-type: none"> 1 Long-term commitments 2 Legal status of marriage 3 Parenting 4 Fertility and routes to parenthood 5 Pregnancy outcomes and choices (combine 2) 			
Yr11	Futures Drop-down Day <ol style="list-style-type: none"> 1. Motivational speaker 2. Mock interviews (and Unifrog) 3. Writing a personal profile 4. Thatchers and NCS 5. UWE 					
Yr12 &13	RSE Drop-down day <ol style="list-style-type: none"> 1. Pornography 2. Sexual Pleasure 3. Consent and coercion 4. Self-examinations and sources of support 5. Banter and harassment 			Sessions in tutor time cover topics: Personal Finance; Drugs Education; Health and Wellbeing Alongside UCAS and Careers programme		