

St Katherine's School PSHE and Citizenship Overview

Health & wellbeing

Living in the wider world

Relationships

Citizenship

*Ramadan (last two weeks in Spring 2 - first week in Summer 1) **Sex Education (parents have the right to withdraw)

	Autumn 1 (7)	Autumn 2 (7)	Spring 1 (6)	Spring 2 (6)*	Summer 1 (6)*	Summer 2 (7)
Themes	BHM; Hello Yellow	Anti-bullying	HMD; LGBT+ History Month	IWD; Ramadan	Charity week; PS birthday	Pride month; AT, MY, EP birthdays
Yr7 Citizenship, Money & Careers	Identity, Diversity and Community 1 Identity and Diversity 2 The importance of identity 3 Community 4 The community of St Katherine's 5 The UK community and British Values 6 Religious diversity	Rights and Responsibilities 1 How do I become a good citizen? 2 What rights and responsibilities do we have? 3 What are human rights? 4 The Equalities Act 5 Prejudice and Discrimination 6 Types of bullying 7 Cyber-bullying	Crime and the Court of Appeal 1 What are civil and criminal offences? 2 What causes people to commit crime? 3 How have young people been stereotyped and associated with crime? 4 How are people punished for crime? 5 Consequences of having a criminal record 6 Going to court	Careers Some HE and employer visits Developing skills and aspirations tutor sessions	Elections and Voting 1 Desert Island Decisions 2 Democracy and Dictatorships 3 What is an election and how do campaigns work? 4 Party Political Broadcasts 5 Why should I vote? 6 Are children responsible enough to vote?	Money 1 Bartering and Exchange 2 When was money invented? 3 What's the risk? 4 Why is budgeting important? 5 Consumerism 6 Ethical consumerism
Yr7 PSHE	Staying safe and happy 1 Healthy relationships 2 Peer influence 3 Role Models 4 Self awareness (Emotional literacy) 5 Happiness and positivity 6 Assessing risk 7 Personal safety		Celebrating Diversity 1. Gender diversity 2. LGBTQ+ and pride 3. Personality 4. Differently abled 5. Neurodiversity 6. Festival Project		Staying healthy 1 Puberty: physical and emotional changes 2 Period myths and facts 3 Personal Hygiene 4 Body image: media and self-esteem 5 FGM 6 Sleep 7 screen time safety	
Yr 8 Citizenship, Money & Careers	Human Rights 1 Human Rights in the UK 2 How are free speech and hate speech different? 3 Human rights issues: Trafficking. 4 Human rights issues: LGBTQ+ rights around the globe 5 Human rights issues: Forced marriages. 6 Forced marriage: Sazia's story	Money: Debt, the economy and tax 1 Why is budgeting important? 2 What kind of relationship do I have with money? 3 What is credit and debit? 4 How are credit and debt used? 5 What is the economy? 6 How does the UK tax system work?	Police and Online Safety 1 What is the role of the police? 2 How do police investigate crime? 3 How are people tried for crimes? 4 What is the right age to hold children responsible for a criminal act? 5 How easily available is our information? 6 Identity theft	Careers Some HE and employer visits Unifrog activities	Politics and parliament 1 How do elections work? 2 Is the UK voting system fair? 3 What is the political spectrum? 4 How does the British government work? 5 What is the role of an MP? 6 How are laws made?	Political Issues 1. How well do we protect animals? 2. What is foreign aid? 3. How much aid should Britain give to foreign countries? 4. Who is responsible for climate change? 5. How can individuals reduce climate change?
Yr8 PSHE	Emotional wellbeing 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		Healthy Relationships 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		Healthy lifestyle 1 Healthy Living 2 Consequences 3 Food labels 4 Exercise 5 Energy drinks/ screentime 6 CPR and defibrillators	
Yr9 Citizenship, Money & Careers	Racism, Refugees and Bristol's colonial history 1 What is racism? 2 What is systemic racism? 3 Can Bristol overcome its racist past? 4 What are Asylum seekers? 5 How does Britain treat refugees? 6 Life as a refugee	Media literacy 1 What is 'fake news'? 2 How do we know which sources we can trust? 3 Being critical of social media 4 Staying cyber-safe 5 On-line gambling 6 Film classifications: what's what?	Setting goals Employer visits Apprenticeships Post-16 Intro to HE What are independent training providers?	Combating extremism 1 Conspiracy theories and extremist narratives 2 Extremism in all its forms 3 Terrorism 4 Proud to be British? 5 The Radicalisation process 6 How does counter-terrorism work? 7 Anti-semitism in the UK	Community and Action 1 What are pressure groups? 2 How do pressure groups operate? 3 What can we do to take action against companies? 4 Direct action case study: Extinction Rebellion 5 Non-violent direct action	Global Problems 1 Is plastic damaging the environment? 2 Why do some people reject climate change? 3 Why is fracking controversial? 4 Why are there still human rights abuses today? 5 How can we take action on global problems?
Yr9 PSHE	Substance use and organised crime 1 Drugs awareness 2 Drugs and the law 3 alcohol 4 smoking and vaping 5 cannabis 6 solvents and psychoactive substances 7 gangs and county lines		Intimate Relationships 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		Family relationships, peer influence and gangs 1 Different families, love and marriage 2 Forced marriage 3 Domestic conflicts 4 Homelessness 5 Knife crime 6 Gangs	
St Giles Trust: Knife Crime workshop (term 4)						
St Giles Trust: County Lines workshop (term 2)						
Yr10 Citizenship, Money & Careers	British Values and Community Cohesion 1 What are British values? 2 Valuing diversity 3 What does it mean to live in a diverse society? 4 Human behaviours; managing conflict 5 What is extremism? 6 What is radicalisation?	Financial decision making 1 Understanding money 2 Budgeting 3 Borrowing money 4 Employment 5 Income tax and NI 6 Student loans and pensions	Well-being 1 Mental health: nature v nurture 2 Stress, life-events, exercise and sleep 3 Seeking social media validation 4 Boosting your self-esteem 5 Use of technology and	Financial Risks Understanding Gambling Resilience towards gambling Recognising problem gambling Targeted advertising Influencer endorsements Risks of online financial	How does Politics affect our world? 1 The nature of politics 2 Approaches to government 3 The role of an MP 4 Political parties 5 Dictatorship, protest and democracy	Responsible Health 1 Immunisation and Vaccination 2 Organ Donation and Blood Donation 3 Cosmetic Procedures 4 What is cancer? 5 Testicular and Prostate Cancer

	7 The risks of radicalisation and young people.		time management 6 Screen addiction and sleep 7 Stress and exam performance	lending	6 Assembly from UK parliament	6 Cervical, Breast and Ovarian Cancer 7 Healthy Lifestyle and Cancer prevention
Yr10 S&C	The influence of Religion 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?		Relationships and Sex Education 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		The problem with Drugs 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	
Yr11 Citizenship, Money & Careers	Next steps (careers) Mostly post-16 visitors Higher Education options What can I do after GCSEs? What can I do with my future? What's next for me? SGS College How can University make me more employable? Apprenticeships		Year 11 Tutor programme (preparing for exams and post-16)			
Yr11 S&C	Relationships and Sex Education*** 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 7. (start parenthood choices)		Parenthood Choices 1 Long-term commitments 2 Legal status of marriage 3 Parenting 4 Fertility and routes to parenthood 5 Pregnancy outcomes and choices (combine 2) 6 Adoption and fostering			
Yr11	Futures Drop-down Day (Tuesday October 18th) 1. Motivational speaker 2. Mock interviews (and Unifrog) 3. Careers in the NHS 4. Thatchers and NCS 5. UWE					
Whole school	Careers Fair (Thursday 17th November 4-7pm)					
	Sixth form Year 1 (2021-22)					
	Drugs Drugs and their classification - Look at the law Festivals, Parties, Drugs and Nitrous Oxide Cannabis Products Drugs - NPS (New Psychoactive Substances) Drugs Education - Class A Crack Cocaine Explored		Health & well-being 2 Mental Health Causes (Nature Vs Nurture Debate) Looking after your Health & Wellbeing Physical Health and Its importance Body Image and Societal Ideals and Pressures Stress, Sleep and Life Events Stress and Relaxation finding the Right Balance		Personal finance 2 Trade Unions Taxes Mobile Banking Apps Types of Employment Income + State benefit system explored Different types of Insurance and Assurance	Year 12 only (Used for intensive Pathways)
	Sixth form Year 2 (2022-23)					
	Driving Learning to drive Buying a car Tax and MOT Insurance Young driver safety		Health & well-being 1 Dealing with Depression Mental Health and Sleep Hygiene Promoting Emotional Health and Wellbeing Stress and Exam Performance Resilience and Positivity		Personal finance 1 Payment Methods Managing a Budget Borrowing money, debt and the risks Managing debt	Year 12 only (Used for intensive Pathways)
	RSE Drop-down day 1. Pornography 2. Sexual Pleasure 3. Issues of consent 4. Unintended pregnancy - options available 5. STIs					