

## KS4 PSHCE Knowledge, Skills and Understanding

In Key Stage 4, students deepen knowledge and understanding, extend and practise skills, and further explore attitudes, values and attributes acquired during Key Stage 3. Our KS4 PSHCE education reflects the fact that students are moving towards an independent role in adult life, taking on greater responsibility for themselves and others.

### Core Theme 1: Health and Wellbeing-

<b>(Self concept) Students learn...</b>	<b>When is this learnt?</b>
H1. to accurately assess their areas of strength and development, and where appropriate, act upon feedback	Y10 Terms 1 and 3 Y11 Term 1
H2. how self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing this	Y10 Term 1
H3. how different media portray idealised and artificial body shapes; how this influences body satisfaction and body image and how to critically appraise what they see and manage feelings about this	Y10 Term 1 and 2
H4. strategies to develop assertiveness and build resilience to peer and other influences that affect both how they think about themselves and their health and wellbeing	Y10 Term 1
<b>(Mental Health and Emotional Wellbeing) Students learn....</b>	<b>When is this learnt?</b>
H5. the characteristics of mental and emotional health; to develop empathy and understanding about how daily actions can affect people's mental health	Y10 Term 1
H6. about change and its impact on mental health and wellbeing and to recognise the need for emotional support during life changes and/or difficult experiences	Y10 Terms 1 and 2
H7. a broad range of strategies — cognitive and practical — for promoting their own emotional wellbeing, for avoiding negative thinking and for ways of managing mental health concerns	Y11 Term 2
H8. to recognise warning signs of common mental and emotional health concerns (including stress, anxiety and depression), what might trigger them and what help or treatment is available	Y10 Term 1 Y11 Term 2
H9. the importance of and ways to pre-empt common triggers and respond to warning signs of unhealthy coping strategies, such as self-harm and eating disorders in themselves and others	Y10 Term 1
H10. how to recognise when they or others need help with their mental health and wellbeing; to explore and analyse ethical issues when peers need help; strategies and skills to provide basic support and identify and access the most appropriate sources of help	Y10 Term 1
<b>(Health related decisions) Students learn...</b>	<b>When is this learnt?</b>
H11. to make informed lifestyle choices regarding sleep, diet and exercise	Y11 Term 3
H12. the benefits of having a balanced approach to spending time online	Y11 Term 3
H13. to identify, evaluate and independently access reliable sources of information, advice and support for all aspects of physical and mental health	Y10 Term 1

H14. about the health services available to people; strategies to become a confident user of the NHS and other health services; to overcome potential concerns or barriers to seeking help	Y10 Terms 1 and 2 Y11 Terms 2 and 3
H15. the purpose of blood, organ and stem cell donation for individuals and society	Y11 Term 3
H16. how to take increased personal responsibility for maintaining and monitoring health including cancer prevention, screening and self-examination	Y11 Term 3
H17. to assess and manage risks associated with cosmetic and aesthetic procedures, including tattooing, piercings and the use of sunbeds	Y10 Term 2
H18. the ways in which industries and advertising can influence health and harmful behaviour	Y10 Term 2
<b>(Drugs, Alcohol and Tobacco) Students learn...</b>	<b>When is this learnt?</b>
H19. the consequences of substance use and misuse for the mental and physical health and wellbeing of individuals and their families, and the wider consequences for communities	Y10 Term 2
H20. wider risks of illegal substance use for individuals, including for personal safety, career, relationships and future lifestyle	Y10 Term 2
H21. to identify, manage and seek help for unhealthy behaviours, habits and addictions including smoking cessation	Y10 Terms 1 and 2
<b>(Managing Personal Safety) Students learn...</b>	<b>When is this learnt?</b>
H22. ways to identify risk and manage personal safety in new social settings, workplaces, and environments, including online	Y10 Term 2 Y11 Term 1
H23. strategies for identifying risky and emergency situations, including online; ways to manage these and get appropriate help, including where there may be legal consequences (e.g. drugs and alcohol, violent crime and gangs)	Y10 Term 2 Y11 Terms 2 and 3
H24. to increase confidence in performing emergency first aid and life-saving skills, including cardio-pulmonary resuscitation (CPR) and the use of defibrillators	Y11 Term 3
H25. to understand and build resilience to thinking errors associated with gambling (e.g. 'gambler's fallacy') the range of gambling-related harms, and how to access support for themselves or others	Y10 Term 1
<b>(Sexual Health and fertility) Students learn...</b>	<b>When is this learnt?</b>
H26. the different types of intimacy — including online — and their potential emotional and physical consequences (both positive and negative)	Y11 Term 2
H27. about specific STIs, their treatment and how to reduce the risk of transmission	Y11 Term 2
H28. how to respond if someone has, or may have, an STI (including ways to access sexual health services)	Y11 Term 2
H29. to overcome barriers, (including embarrassment and misconceptions) about sexual health and the use of sexual health services	Y11 Term 2
H30. about healthy pregnancy and how lifestyle choices affect a developing foetus	Y10 Term 2
H31. that fertility can vary in all people, changes over time (including menopause) and can be affected by STIs and other lifestyle factors	Y10 Term 2
H32. about the possibility of miscarriage and support available to people who are not able to conceive or maintain a pregnancy	Y10 Term 2
H33. about choices and support available in the event of an unplanned pregnancy, and how to access appropriate help and advice	Y10 Term 2

## Core Theme 2: Relationships

<b>(Positive Relationships) Students learn...</b>	<b>When is this learnt?</b>
R1. the characteristics and benefits of strong, positive relationships, including mutual support, trust, respect and equality	Y11 Terms 1 and 2
R2. the role of pleasure in intimate relationships, including orgasms	Y11 Term 2
R3. to respond appropriately to indicators of unhealthy relationships, including seeking help where necessary	Y11 Term 1
R4. the importance of stable, committed relationships, including the rights and protections provided within legally recognised marriages and civil partnerships and the legal status of other long-term relationships	Y10 Term 2
R5. the legal rights, responsibilities and protections provided by the Equality Act 2010	Y11 Term 3
R6. about diversity in romantic and sexual attraction and developing sexuality, including sources of support and reassurance and how to access them	Y10 Term 2
R7. strategies to access reliable, accurate and appropriate advice and support with relationships, and to assist others to access it when needed	Y10 Term 1
R8. to understand the potential impact of the portrayal of sex in pornography and other media, including on sexual attitudes, expectations and behaviours	Y11 Term 2
<b>(Relationship Values) Students learn...</b>	<b>When is this learnt?</b>
R9. to recognise, clarify and if necessary challenge their own values and understand how their values influence their decisions, goals and behaviours	Y11 Term 1
R10. to understand a variety of faith and cultural practices and beliefs concerning relationships and sexual activity; to respect the role these might play in relationship values	Y10 Term 2
(Forming and maintaining respectful relationships) Students learn...	When is this learnt?
R11. strategies to manage the strong emotions associated with the different stages of relationships	Y10 Term 2
R12. to safely and responsibly manage changes in personal relationships including the ending of relationships	Y10 Term 2
R13. ways to manage grief about changing relationships including the impact of separation, divorce and bereavement; sources of support and how to access them	Y10 Term 2
R14. the opportunities and potential risks of establishing and conducting relationships online, and strategies to manage the risks	Y10 Term 2 Y11 Term 2
R15. the legal and ethical responsibilities people have in relation to online aspects of relationships	Y10 Term 1 Y11 Term 1
R16. to recognise unwanted attention (such as harassment and stalking including online), ways to respond and how to seek help	Y11 Terms 1 and 2
R17. ways to access information and support for relationships including those experiencing difficulties	Y10 Term 2 Y11 Term 1
<b>(Consent) Students learn...</b>	<b>When is this learnt?</b>
R18. about the concept of consent in maturing relationships	Y11 Terms 1 and 2
R19. about the impact of attitudes towards sexual assault and to challenge victim blaming, including when abuse occurs online	Y11 Term 1
R20. to recognise the impact of drugs and alcohol on choices and sexual behaviour	Y11 Term 2

R21. the skills to assess their readiness for sex, including sexual activity online, as an individual and within a couple	Y11 Term 2
R22. to evaluate different motivations and contexts in which sexual images are shared, and possible legal, emotional and social consequences	Y11 Term 2
<b>(Contraception and parenthood) Students learn...</b>	<b>When is this learnt?</b>
R23. how to choose and access appropriate contraception (including emergency contraception) and negotiate contraception use with a partner	Y10 Term 2
R24. the physical and emotional responses people may have to unintended pregnancy; the different options available; whom to talk to for accurate, impartial advice and support	Y10 Term 2
R25. the importance of parenting skills and qualities for family life, the implications of young parenthood and services that offer support for new parents and families	Y10 Term 2
R26. the reasons why people choose to adopt/foster children	Y10 Term 2
R27. about the current legal position on abortion and the range of beliefs and opinions about it	Y10 Term 2
<b>(Bullying, abuse and discrimination) Students learn...</b>	<b>When is this learnt?</b>
R28. to recognise when others are using manipulation, persuasion or coercion and how to respond	Y11 Term 1
R29. the law relating to abuse in relationships, including coercive control and online harassment	Y11 Term 1
R30. to recognise when a relationship is abusive and strategies to manage this	Y10 Term 2 Y11 Term 2
R31. the skills and strategies to respond to exploitation, bullying, harassment and control in relationships	Y11 Term 1
R32. about the challenges associated with getting help in domestic abuse situations of all kinds; the importance of doing so; sources of appropriate advice and support, and how to access them	Y11 Term 1 and 2
R33. The law relating to 'honour' -based violence and forced marriage; the consequences for individuals and wider society and ways to access support	Y10 Term 2
R34. strategies to challenge all forms of prejudice and discrimination	Y10 Term 3 Y11 Term 3
<b>(Social Influences) Students learn...</b>	<b>When is this learnt?</b>
R35. to evaluate ways in which their behaviours may influence their peers, positively and negatively, including online, and in situations involving weapons or gangs	Y10 Terms and 2
R36. skills to support younger peers when in positions of influence	Y10 Terms 1 and 2
R37. to recognise situations where they are being adversely influenced, or are at risk, due to being part of a particular group or gang; strategies to access appropriate help	Y10 Terms 1 and 2
R38. factors which contribute to young people becoming involved in serious organised crime, including cybercrime	Y10 Terms 1 and 2

### Core Theme 3: Living in the Wider World

<b>(Learning Skills) Students learn...</b>	<b>When is this learnt?</b>
L1. to evaluate and further develop their study and employability skills	Y10 Term 2 Y11 Term 1

L2. to evaluate their own personal strengths and areas for development and use this to inform goal setting	Y11 Term 1
L3. how their strengths, interests, skills and qualities are changing and how these relate to future career choices and employability	Y11 Term 1
<b>(Choices and pathways) Students learn....</b>	<b>When is this learnt?</b>
L4. about the range of opportunities available to them for career progression, including in education, training and employment	Y11 Term 1
L5. about the need to challenge stereotypes about particular career pathways, maintain high aspirations for their future and embrace new opportunities	Y11 Term 1
L6. about the information, advice and guidance available to them on next steps and careers; how to access appropriate support and opportunities	Y11 Term 1
<b>(Work and career) Students learn...</b>	<b>When is this learnt?</b>
L7. about the labour market, local, national and international employment opportunities	Y10 Term 2
L8. about employment sectors and types, and changing patterns of employment	Y10 Term 2 Y11 Term 1
L9. to research, secure and take full advantage of any opportunities for work experience that are available	Y10 Term 2 Y11 Term 1
L10. to develop their career identity, including values in relation to work, and how to maximise their chances when applying for education or employment opportunities	Y11 Term 1
L11. the benefits and challenges of cultivating career opportunities online	Y11 Term 1
L12. strategies to manage their online presence and its impact on career opportunities	Y11 Term 1
<b>(Employment rights and Responsibilities) Students learn...</b>	<b>When is this learnt?</b>
L13. the skills and attributes to manage rights and responsibilities at work including health and safety procedures	Y10 Term 3
L14. about confidentiality in the workplace, when it should be kept and when it might need to be broken	Y10 Term 3
L15. about the unacceptability and illegality of discrimination and harassment in the workplace, and how to challenge it	Y10 Term 3
<b>(Financial choices) Students learn...</b>	<b>When is this learnt?</b>
L16. how to effectively budget, including the benefits of saving	Y10 Term 1
L17. how to effectively make financial decisions, including recognising the opportunities and challenges involved in taking financial risks	Y10 Term 1
L18. to recognise and manage the range of influences on their financial decisions	Y10 Term 1
L19. to access appropriate support for financial decision-making and for concerns relating to money, gambling, and consumer rights	Y10 Term 1
L20. the skills to challenge or seek support for financial exploitation in different contexts including online	Y10 Term 1
L21. to evaluate the financial advantages, disadvantages and risks of different models of contractual terms, including self-employment full-time, part-time and zero-hours contracts	Y10 Term 1
<b>(Media literacy and Digital Resilience) Students learn...</b>	<b>When is this learnt?</b>

L22. that there are positive and safe ways to create and share content online and the opportunities this offers	Y11 Term 3
L23. strategies for protecting and enhancing their personal and professional reputation online	Y11 Term 3
L24. that social media may disproportionately feature exaggerated or inaccurate information about situations, or extreme viewpoints; to recognise why and how this may influence opinions and perceptions of people and events	Y10 Terms 1 and 2
L25. how personal data is generated, collected and shared, including by individuals, and the consequences of this	Y10 Terms 1 and 2
L26. how data may be used with the aim of influencing decisions, including targeted advertising and other forms of personalisation online; strategies to manage this	Y10 Terms 1 and 2
L27. strategies to critically assess bias, reliability and accuracy in digital content	Y10 Terms 1, 2 and 3
L28. to assess the causes and personal consequences of extremism and intolerance in all their forms	Y10 Terms and 3
L29. to recognise the shared responsibility to challenge extreme viewpoints that incite violence or hate and ways to respond to anything that causes anxiety or concern	Y10 Terms 2 and 3