



# Brokering Aspirations



## PSHE Curriculum Map



### YEAR 7

#### CITIZENSHIP

What are human rights? The Universal Declaration of Human Rights, why were they created? What rights do children have? How does the UK promote these and are they enforced across the world? How can we work to protect the rights of others? What responsibilities do we have?

#### RELATIONSHIPS

How diverse are family types across the UK? Why is family stability seen as beneficial to society? (LGBTQ+) What is the link between human relationships and happiness? (LGBTQ+) How important are wider family members, and the wider society when raising a child? What are the roles of a parent or carer in the family? (LGBTQ+) What are the characteristics of safe family relationships? How important are boundaries, privacy and consent in relationships with family and friends?

#### MENTAL WELLBEING

What is mental wellbeing? How can we maintain a positive mental wellbeing? Why is contact with others important? How does our time online impact our mental wellbeing?

#### HEALTHY LIFESTYLES

What are the characteristics and benefits of a healthy lifestyle, including healthy eating? What are the benefits of exercise on the body and the mind? What are the benefits of a range of physical activities? How is sport/exercise adapted for people of all abilities?

#### ASPIRE TOPICS

- Relationships
- Online Safety
- Managing Transition
- Healthy Lifestyles
- Citizenship

#### DRUGS AWARENESS

What are drugs? What types of drugs are there? General overview of drugs. **Nicotine:** How harmful is smoking tobacco? What is the law? What are the benefits of quitting smoking? What support is available? **Vaping, e-cigarettes and shisha:** How harmful are the alternative ways of inhaling nicotine? What is the law around these? **Alcohol:** What are the short-and long term risks of drinking alcohol? What are the psychological risks? How can we reduce the risks of alcohol consumption? What are the safer drinking guidelines?

#### FINANCIAL AWARENESS

How can we make the most out of our money? What is a current account and how is it used? What methods of saving are there? Why do banks pay interest on savings? What are the links between our finances and mental wellbeing? Introducing gambling and debt.

#### EMOTIONS

What are emotions? How can I best describe my emotions? How do I manage my emotions? What are the signs for mental wellbeing concerns, both mine and others? Mental wellbeing tips and further interventions. How can I manage my anger? Self harm, What is it and what help is there?

#### CHANGING BODIES

What is puberty? What changes will bodies go through? How do our hygiene routines need to change as we hit puberty? What impact does puberty have on our brains? What is the menstrual cycle? What products are available for use during a period? What impact does puberty have on sexual feelings? What are wet dreams? Female Genital Mutilations - What is it and what are the risks?

#### IDENTITY

Who am I? What is my identity and how might this change over time? How does my community and country affect my identity? How has the changing face of Britain affected people's identities over key periods in history?

