



# CITIZENSHIP AND PSHE CURRICULUM INTENT

<b>HGSC Mission</b>	<b>Exceptional education for every child, every day</b>
<b>Priority</b>	Provide a broad and balanced curriculum that challenges everyone

## INTENT

To provide a forum where students can be equipped with essential life skills and knowledge so that they can make informed, healthy and positive life choices as responsible, respectful and active citizens within their community.

To provide an age-appropriate place and space where students can work collaboratively to discuss and broaden their understanding of mental health, safe and respectful relationships, personal safety, healthy lifestyle, democracy and the law in society.

MENTAL HEALTH	SAFE AND RESPECTFUL RELATIONSHIPS	PERSONAL SAFETY	HEALTHY LIFESTYLE	THE LAW IN SOCIETY
<ul style="list-style-type: none"> <li>Develop knowledge and awareness of mental health conditions and signs of concerns, thereby challenging stigma.</li> <li>Develop an appreciation for strategies to deal with mental health, allowing pupils to keep themselves mentally healthy and ask for help when needed.</li> <li>Promote and facilitate discussion about their own emotions, mental wellbeing, and resilience.</li> <li>Encourage an appreciation of the link between healthy physical and mental wellbeing, including sleep patterns.</li> <li>Encourage discussion about healthy patterns of social media use, including impact on self-worth and perceptions of others.</li> <li>Develop understanding of the links between mental wellbeing and other issues facing young people, such as bereavement, drug use or coercive relationships.</li> </ul>	<ul style="list-style-type: none"> <li>Promote respectful attitudes to others in all types of relationships, including challenging all types of bullying and online.</li> <li>Develop understanding of the characteristics and positive aspects of healthy, one-to-one, intimate relationships, including the appropriateness of physical touch, sexual activity and the impact of alcohol and drugs on these relationships.</li> <li>Develop understanding of consent and its importance in all relationships, including how to resist pressure and respect the autonomy of others.</li> <li>Develop understanding of how to resolve conflict and how to recognise unsafe relationships, including online, and where support is available.</li> <li>Encourage discussion and awareness of choices in relation to contraception and pregnancy, including miscarriage.</li> <li>Encourage discussion of the impact of viewing sexually explicit or violent material online, including impact of attitudes to partners.</li> </ul>	<ul style="list-style-type: none"> <li>Encourage a responsible approach to personal safety and care for others, including discussions around risk taking.</li> <li>Develop understanding of online risks and how to manage these, including how to access support.</li> <li>Develop respect for their own personal data and others, whilst understanding how personal data is captured and used by social media and businesses.</li> <li>Develop awareness of the risks of gambling, especially online gambling, accumulation of debt and how to access help.</li> <li>Develop knowledge and awareness of important first aid skills, including basic treatment for injuries, CPR and use of defibrillators.</li> <li>Develop awareness of signs of coercion, violence or abuse within relationships, how to deal with this and where to go for help.</li> <li>Promote an informed and responsible attitude to safety in the sun.</li> </ul>	<ul style="list-style-type: none"> <li>Develop knowledge and awareness of puberty, sexual and reproductive health, and the menopause, thereby encouraging healthy choices.</li> <li>Develop understanding of the effects and impact of legal and illegal drug use, including addiction and the link to mental health conditions.</li> <li>Develop understanding of the importance of balanced diet and exercise, including links to mental wellbeing and ill health conditions.</li> <li>Develop knowledge and understanding of the importance of personal hygiene, especially during puberty, and the benefits of regular self-examination and screening.</li> <li>Develop knowledge and awareness of the importance of good dental health.</li> <li>Develop awareness of the spread of viruses and infections, the use of antibiotics, immunisation and vaccination.</li> <li>Develop knowledge and awareness of the science relating to blood and organs, including donation.</li> </ul>	<ul style="list-style-type: none"> <li>Develop knowledge and awareness of legal responsibilities with regard to equality and that everyone is unique and equal.</li> <li>Encourage discussion about the importance of tolerance, challenging stereotypes and the impact of prejudice in society, including hate crime.</li> <li>Encourage awareness of laws surrounding violence and criminal exploitation, including grooming and criminal exploitation (e.g. county lines and gangs).</li> <li>Promoting respect for laws surrounding marriage, relationships and sex, including the definition and age of consent, and sexual violence.</li> <li>Develop understanding of choices permitted by the law around pregnancy.</li> <li>Develop awareness and knowledge of online law, including the viewing and sharing of indecent images and also personal data usage.</li> <li>Develop knowledge and understanding of laws relating to illegal substances.</li> </ul>

## CURRICULUM AIMS

- To grow students into informed and respectful young citizens who take responsibility for their own wellbeing and that of others.
- To support students in developing wider understanding of life issues and skills.
- To provide a forum for discussion and addressing misconceptions on issues relevant to emotional, physical and mental wellbeing.
- To support students' wellbeing and personal development, allowing them to be successful in the rest of the curriculum and life.

## 5 YEAR PLAN

Give an overview of what your curriculum will achieve (in the classroom and through enrichment opportunities):

We will seek to support and develop well rounded, informed young citizens, prepared to deal with the challenges of life in our rapidly changing world.

## SKILLS

**List the main skills pupils will learn and develop over the curriculum:**

- Emotional literacy
- Appreciation of difference, diversity and respect for the opinions and lifestyles of others
- Confidence in public speaking and argument building
- Decision-making skills
- Practical wellbeing and safety skills (e.g. CPR, dental hygiene)

## KNOWLEDGE

**List the main subject knowledge pupils will learn and develop over the curriculum:**

- Mental health conditions
- Strategies for wellbeing and sleep
- How mental health is impacted by experiences, both online and physically.
- Types of bullying
- Signs of healthy and unhealthy relationships
- Consent & the law
- Pregnancy and reproduction, contraception, STIs
- Impact of pornography
- First Aid skills
- Sun safety
- Dental health techniques
- Impact of legal and illegal drug use (physical and mental)
- How to structure a healthy balanced diet and exercise well
- Science of blood and organs
- Laws surrounding: equality & diversity; relationships, sex & violence; online images; use of data; illegal substances.