



PSHE Curriculum incorporating Social, Moral, Spiritual and Cultural elements,
BUILD elements and British Values

**Term 1: Relationships and Sex Education Unit for students attending the Breakfast Club.
Medium term plan in summary and the impact it will have.**

1. What makes a healthy relationship (within a range of social/cultural contexts).
2. How to deal with risky or negative relationships including all forms of bullying.
3. What is abuse and what are the different types of it (physical, sexual, emotional, neglect & financial).
4. What does consent mean - in a variety of contexts (including in sexual relationships).
5. To respect equality and how to be a productive member of a diverse community.
6. About sex, sexual consent and delaying sex.
7. About sexual health, contraceptive methods and STIs.
8. How to identify and access appropriate advice and support both in and out of school.

Medium term plan – Term 1: Relationships Unit

	Learning Outcomes	Implementation	Link to other areas
AC PSHE	<p>Start each session with ground rules and end with ways to identify appropriate support around topics covered both in and out of school.</p> <p>Half Term 1 – Relationships</p> <p>W1: Different Types of Families – including young carers. W2: Healthy & Unhealthy Relationships – look at types of abuse, what is FGM. W3: Bullying – including online W4: Equality – What is Equality and what is a hate crime. W5: LGBTQ+ - Gender identity</p> <p>Half Term 2 – Sex Education</p> <p>W1: Consent – In a range of situations, not just sexual. W2: Staying safe online – link back to consent, laws around sharing images W3: Sex & Reproduction – Including delaying sex & consent. W4: Contraception & safe sex – talk about STIs. W5: Choices around having children – adoption, surrogacy, fostering, choosing not to have children. W6 & W7: RECAP and FAQs.</p>	<p>Tutor time Activities</p> <p>Discussions</p> <p>PPT's</p> <p>Scenario's (role plays with members of staff)</p> <p>Short video clips</p> <p>One to One sessions with key pupils</p> <p>Current affairs – linked into weekly topic</p> <p>Assemblies</p> <p>Access to online resources for further information.</p> <p>PSHE Days</p>	<p>British values – British Laws</p> <p>Social – the laws and what you can and can't do in society</p> <p>Moral – right and wrong choices and consent</p> <p>Spiritual – self-awareness and their mental and physical development</p> <p>Cultural – tolerance and awareness of others</p> <p>Personal progress – covering topics such as: awareness of self and how we relate to others, interpersonal skills for positive relationships, what is positive relationship & safety.</p> <p>One to One Sessions – emotional support and space to ask personal questions</p> <p>Zones of Regulation</p> <p>School Counsellor</p> <p>External Agency Support</p> <p>PSHE days & guest speakers</p>



AC PSHE – Impact

- To understand different family types.
- To be able to recognise healthy and unhealthy relationships.
- To be able to recognise bullying and know where to access support.
- To understand how information is shared and the impact of sharing indecent material.
- To understand grooming and consent.
- To understand what FGM is and how to access help if you are concerned.
- To develop their understanding on human reproduction and pregnancy.
- To be aware of different contraception methods and STIs.
- To develop an understanding and respect for different choices around having children.
- To understand and respect other people's choices on identity.
- To understand what a hate crime is.
- To know how to access support around any of the topics covered.