**CPSHE and RSE 2019/20**

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|  | **Cycle 1** | **Cycle 2** | **Cycle 3** | **Cycle 4** | **Cycle 5** | **Cycle 6** | **Exam Week Sessions** |
| **Year 7** | Intro to L4L**Created to Build up Community: Careers, Employability and Study Skills.**1. Study skills and ATL2. Challenging Career stereotypes and raising aspirations3. Vocations: Calling to serve – our responsibility to others/ Using our gifts and talents4. Caring for the environment – SD and the ECO group | **Created and Loved by God:** **Personal Safety**1. Personal Safety: taking care of yourself and road/riding a bike safety2. Personal Safety: rail, water safety3. On and off line friendships. The law regarding sexting and sharing images4. How to use technology safely, including our digital footprint.  | **Created with Equal Dignity: Living in the Wider World**1. Stereotyping, prejudice and discrimination – What is it? Different types of prejudice. Focus on racism2. Bullying – what is it? Why is it wrong? How does it affect people? How can we access support? Including cyber bullying3. Friendships – ingredients of a relationship and how to manage when relationships breakdown. 4. Keeping safe and positive relationships | **Created to Love Others and Myself: HRSE**1. Being special, unique and loved by God2. Puberty, health and hygiene – the implications for physical and mental health3. Periods / reproduction4. FGM and unwanted touching | **Created to Live in Community: Citizenship**1. The development of the political system of democratic government in the United Kingdom, including the roles of citizens, Parliament and the monarch2. The operation of Parliament, including voting and elections, and 3. The role of political parties4. British values intro | **Created to Live Life to the Full: Financial Capability**1. How and why should we budget our money? 2. What are savings, loans and interest?3. What are the different types of financial transactions and products?4. How can we shop ethically? What are needs and wants and what is the difference? | **Created in the Image of God:** **Healthy Mind and Body**1. Emotional and Mental Wellbeing – how to look after ourselves, including the contribution of diet and exercise. How emotions alter due to change and loss and how to manage2. Healthy diet and exercise. The consequences of not leading a healthy lifestyle – including links to cancer, diabetes and obesity3. Smoking risk, vaping - How to resist peer pressure4. How to keep good dental hygiene5. Cancer awareness6. Attitudes to mental health andStereotypes.7. How to look after our mental health. |
| **Year 8** | Intro to L4L**Created with Equal Dignity: Living in the Wider World**1. What is stereotyping, prejudice and discrimination?2. Prejudice and discrimination – focus on racism3. Prejudice and discrimination – focus on disability4. SEN in school and how we can support our whole community | **Created in the Image of God: Healthy Mind and Body**1. Emotional literacy and self-awareness2. Promoting emotional well-being3. Body image4. Sleep – why is it important? What are the effects of a lack of sleep?  | **Created to Live in Community: Careers, Employability and Study Skills.**AspirationsLearning StylesChallenging Career StereotypesPost 16 pathways into chosen careers | **Created to Live Life to the Full: Financial Capability**1. What is income and expenditure?2. What is Budgeting and saving?3. What are national insurance and income tax? (reading a payslip)4. Why do we pay tax and how is it spent? | **Created to Love Others and Myself: HRSE**1. Perfect partner2. Different types of relationships. Same sex relationships2. Marriage – the difference between civil marriage and sacramental marriage. Including the importance of marriage. Different types of relationships. Include rights of marriage that are not given to co-habiting couples. Why marriage is an important relationship choice for many couples.4. Roles and responsibilities of parents. Good parenting skills | **Created and Loved by God: Personal Safety**1. Drugs – What are they? Class a,b,c.2. First aid – How to get help, CPR and emergency first aid. What is a defibrillator and when they should be used3. How to treat basic injuries4. Online Grooming and Sexual Exploitation | **Created to Live in Community: Citizenship**1. Every action has consequences – the nature of rules and laws and the justice system2. the role of the police3. operation of courts and tribunals4. Youth offending5. How does the criminal justice system work? |
| **Year 9** | Intro to L4L**Created and Loved by God:** **Personal Safety**1. How to resist peer pressure and influence2. Gangs – county lines – input from the Community Policing Team. They will see each form once beginning with 9B.3. Knife crime – the law and how to resist pressure4. Resisting pressure online | **Created with Equal Dignity: Living in the Wider World**1. Who are the LGBT+ community?2. What is extremism? Who are the extremist groups?3. How do extremists convert people? How can we prevent extremism?***N.B – 11/11/19 – Police in to do a knife crime assembly. 12.55pm (P.4) all of pupils to the hall.*** | **Created in the Image of God:** **Healthy Mind and Body**1. Mental health and unhealthy coping strategies2. Mental health and positive coping strategies3. Alcohol awareness – guidelines on safe/recommended consumption in adulthood4. Drugs and the law | **Created to Build up Community: Careers, Employability and Study Skills.**Planning for the future | **Created to Live Life to the Full: Financial Capability**1. How can I avoid debt?2. Our rights as consumers – rights and responsibilities3. Navigating financial institutions4. Planning for retirement – pensions and savings | **Created to Live in Community: Citizenship**1. Human rights2. Human rights violations including human trafficking. Reference to the precious liberties in the UK3. Diversity 4. British values: Tolerance | **Created to Love Others and Myself: HRSE**- The Catholic Church’s teaching on sex and its special nature.- Celibacy as a choice- The difference between sensual and sexual pleasure- Ingredients of a good/healthy relationship- Consent and the age of consent- STI’s and Sexual Health, including effects on fertility- Natural methods of family planning- Safe sex and contraception- Healthy relationships- Marriage and human and divine virtues and qualities that sustain a happy, authentic marriage. - Marriage as life-giving and lifelong – RC teaching on the role of marriage.- How to get help and advice about contraception and pregnancy |
| **Year 10** | Intro to L4L**Created to Live Life to the Full: Financial Capability**1. How can I stay in control of my finances?2. Gambling and Premium Games3. Mortgages and buying a home4. How do I keep my finances secure? Cybercrime and online fraud**3rd October 12.20** – year 10 session with Epic Risk Management on the risks of gambling. All year 10 to the hall p.4 | **Created to Love Others and Myself: HRSE**1. Healthy relationships – Catholic church teaching on marriage. How to spot the signs of coercion or an abusive relationship – the impact and where to get help. Forced, arranged marriages, honour based violence and the impact on future relationships.3. Parenting – marriage as the basis of family life and its importance to the upbringing of children – how does the RC support families/4. Pornography – dangers and misconceptions about intimacy | **Created and Loved by God:** **Personal Safety**1. Crime, gangs and county lines2. Tattoos and piercing3. How harmful is binge drinking?4. Child exploitation online – exploited from CEOP | **Created to Live in Community: Citizenship**1. Britain as a democracy and other systems of Government2. UK relationship with the wider world3. Volunteering4. Community cohesion | **Created to Build up Community: Careers, Employability and Study Skills.**CVs, Work Experience, Applying for Colleges | **Created in the Image of God:** **Healthy Mind and Body**1. New challenges2. Re-framing negative thinking3. Cancer awareness4. Breast, Cervical and Testicular Cancer and how to self – examinations/importance of screening |  |
| **Year 11** | Intro to L4L**Created in the Image of God:** **Healthy Mind and Body**1. Recognising mental ill health and when to get help.2. Promoting emotional well-being 3. Breast, Cervical and Testicular Cancer and how to self – examine/importance of screening – Groups to be split into boys and girls??4. The importance of sleep | **Created to Build up Community: Careers, Employability and Study Skills.**CVs, Work Experience, Applying for CollegesHealth and Safety at work?How do trade unions protect us? | **Created to Love Others and Myself: HRSE**1. Fertility and reproductive health - Pregnancy, miscarriage, menopause2. Revenge porn and the law3. What is good sex?4. Safe sex and the dangers of chemsex | **Revision**  |  |  |  |
| Team/s not used | **HRSE/Citizenship** | **Financial Capabilities /Citizenship** | **Financial Capabilities/ Citizenship/** | **Living in the Wider World/Healthy Mind and Body//Personal Safety** | **Healthy Mind and Body/Living in the Wider World/ Personal Safety** | **Careers /HRSE** | **Personal Safety/ Careers/ Financial capabilities/ Living in the Wider World** |

**Gender double standards and victim blaming**

**Points to note:**

* Each team has at least two sessions off, equalling 8 lessons. Personal Safety, Careers, Financial Capabilities, Living in the Wider World are not involved in exam week days. Careers, Healthy Mind and Body and HRSE teams have an extra team member who can share the work load and allow time off from planning or contact time.
* Pupils will stay in their forms and teachers will move to the class.
* Form tutor – please store books in the form room and ensure that books are accessible for L4L lessons
* L4L introduction lesson on 12/9 period 1 to be ran by form tutors with their forms. Lessons to be made available by NM.
* There will be a central L4L question box. Any questions that arise that pupils don’t want to publically ask can go in the box.
* Please read the ‘Handling Complex Issues Safely’ document for guidance in good practice.