



KS3 Personal Development & Citizenship

	Content
Year 7 HT 1	<p>Rules and Fairness: We explore the principle of why we have rules at home, in school and the wider community. The criteria for what is considered 'fair' . Rights and Responsibilities: The rights that Children should have and the responsibilities that corresponds with these rights. How to practically apply rights for all in society e.g school places, the environment. PSHE will look at Settling in to Stanway, Study skills, Mental Health Workshop, Bullying or Banta, Safe and Social Media, Cyberbullying.</p>
Year 7 HT 2	<p>Community and British values: Students will explore what community means. We will learn about different communities and the celebrations and customs of these groups. Throughout which we will highlight the British Values of 'Respect and Tolerance and individual liberty that is protected by the laws we make as a democratic country.</p>
Year 7 HT 3	<p>Healthy lifestyles: Students will be looking at nutrition, responsibilities and consequences of not eating healthy. In turn looking at what smoking and energy drinks can do to our bodies. We will then explore how our bodies change through puberty and the long term effects our lifestyles may have on us</p>
Year 7 HT 4	<p>Global Citizenship: Students will learn about Key features of the UK and our relationship with other organisations such as the Commonwealth and the United Nations. We will debate and discuss how our democracy and rule of law is a key feature in who we have good relationship with. Students will study the commitments that we uphold as part of these organisations</p>
Year 7 HT 5	<p>Introduction to democracy: Students will explore how the political system works in the UK including voting systems such as First-past-the-post . What happens on election day. How someone becomes an MP and what the government does. There will be an emphasis on individual liberty: to choose who to vote for and freedom of speech and public assembly. This will be balance with British Values such as the rule of law and respect for others</p>
Year 7 HT 6	<p>Different types of relationships: Students begin by exploring what makes a good friend, family relationships and romantic relationships. Following Danbury, students will then look at how to manage emotions such as anger and depression</p>
Year 8 HT 1	<p>Mindfulness & Body Image: Students will explore mindfulness and discuss pressures surrounding male and female body image and how to support other going through these difficulties. Follow this students will partake in First Aid theory and practical work in CPR, bandaging, and recovery positions. If enough time is available, students will begin to look at cancer and preventative measures.</p>
Year 8 HT 2	<p>Young people and the Law: We explore the legal rights and responsibilities that young people gain at certain ages in England and Wales and consider the theory behind certain ages. Students will learn about why young people may commit crime and what methods the legal system in the UK has to deal with current issues. We particularly focus on anti-social behaviour and the attitude of our justice system to young people who break the law through the appeal court system. We consider the purpose of punishment for young people today.</p>
Year 8 HT 3	<p>Personal Responsibility: Students will be looking at their own personal responsibility in terms of alcohol and vaping. They will then look at the consequences that these actions have on society. Followed by E-safety.</p>
Year 8 HT 4	<p>International Responsibility: Students will be exploring the Fairtrade campaign and the actions of such organisations as the WHO. This is to build knowledge and a sense of empathy for people outside our own community but also a sense of responsibility for what we do and buymand the environment .</p>



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Year 8 HT 5	RSE - Relationships & Sexual Health: Students will be analysing the personal and societal impacts of the increased sexualisation of our society. This will include a look at the real costs of pregnancy and raising a child.
Year 8 HT 6	Citizenship Taking Action project: Students will be expected to work in a group to research an issue that is important to them all. They will need to communicate with people in positions of power and influence. Plan and execute an action to make a difference to their issue and evaluate how the action went.
Year 9 HT 1	Human Rights: Students are introduced to Human Rights and the current human rights issues facing the UK today during the first half term. We will look at issues such as 'belonging' to a community, county lines and extremism. In the second half term The PSHE programme will explore Health and Well being. There is an emphasis throughout these lessons of participation, advocacy and respect.
Year 9 HT 2	Growth Mindset & Behaving to Achieve: Students will be looking at growth mindset and behaving to achieve. Following on from this students will then look at coping with stress, managing anxiety. And to finish the term students will be looking at negative affects of not managing stress and anxiety such as self-harm, body image, and eating disorders.
Year 9 HT 3	Citizenship - Government and Responsibility: This half term students will explore the ideals, structure and issues facing governments around the world.
Year 9 HT 4	RSE - Contraception & STI's: Students will be looking at forms of contraception and STI's. Following on, they will be looking at developing the ideas of consent and abusive and domestic violence
Year 9 HT 5	Digital Morality and Finances: Students will study issues such as personal budgeting, gambling and the ethics of shopping today
Year 9 HT 6	RSE- Relationships, pornography & sexting: Students will continue building on their ideals of relationships and how our relationships can be negatively effects by topics such as pornography, sexting, and CSE. Following this students will look that how their mental health can stem by these factors