

Hazeley Life Skills PSHE (Personal, Social and Health Education) & RSE (Relationships and Sex Education) Curriculum 2023 – 2024

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| Life Skills strands: | RSE and sexual respect | Health and wellbeing | Wider world | Relationships | Careers | Study skills | Metacognition | Anti-bullying | Equality and diversity |
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Hazeley Life skills PSHE/RSE is a spiral curriculum which builds knowledge and skills KS3 – KS5 to keep young people safe, healthy, develop resilience and positive aspiration for their adult lives.

| | Date | Period | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|--|-------|--------|-------------------------------------|---|---|---|--|--|---|
| 1 | 18/9 | Mon 1 | Wellbeing Transition part 1 | RSE – relationship values | RSE – respectful relationships | Careers | STUDY SKILLS | Wellbeing Mental health and emotional wellbeing confidence | Wider world Independence - Healthy living |
| 2 | 2/10 | Mon 2 | Wellbeing – growing up and change | Metacognition – using online tools to make a great start to GCSEs – COMPUTER ROOM | Wider world – Online safety – social media | RSE – intimate relationships | Online safety – using social media | Living in the wider world Finance & budgeting for Uni etc. | RSE – choices and fertility, pregnancy and legal considerations on abortion |
| 3 | 16/10 | Mon 3 | Wellbeing Managing emotions | Keeping safe – the dangers of smoking | RSE – freedoms and capacity to consent | Metacognition – using online tools to make a great start to GCSEs – COMPUTER ROOM | RSE – family conflict | Readiness for work Finance and the world of work | Wider world Financial choices Managing money, budgeting, saving |
| 4 | 7/11 | Tues 1 | RSE – puberty and emotional changes | Careers | Keeping safe – Home office preventing knife crime | Wellbeing – emotional and mental health | RSE – healthy relationships and commitment | Mental health and emotional wellbeing | Wellbeing - mental health and suicide prevention; testicular/prostate cancer; masculinity |
| Drugs awareness session | | | | | | | | | |
| 5 | 21/11 | Tues 2 | Careers | RSE – relationship expectations and sexual respect | Metacognition – using online tools to make a great start to GCSEs – COMPUTER ROOM | RSE – impact of pornography | Families – legal and forced marriage | Equality and diversity | Equality and diversity |
| Session 5, 21 November 2023 – this session has been changed to the knife crime session for all year groups | | | | | | | | | |

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| 6 | 5/12 | Tues 3 | Anti-bullying Understand what bullying looks like and how to prevent it | Anti-bullying Understand what bullying looks like and how to prevent it | Careers | Wellbeing - Body image – digital world | RSE – sexual health and preventing STIs | Respectful relationships Consent | Finance - taxation and how aspects of economy are controlled by government |
| 7 | 10/1 | Wed 1 | STUDY SKILLS | STUDY SKILLS | STUDY SKILLS | STUDY SKILLS | Careers | Intimate relationships – contraception and parenthood | Careers |
| 8 | 24/1 | Wed 2 | Financial awareness Economy and me | RSE – Consent | Equality and diversity – recognising and preventing discrimination | RSE – sexual respect sex and the media | RSE – sexual respect and understanding pornography | Politics | Politics |
| 9 | 7/2 | Wed3 | RSE – healthy and unhealthy relationships | Wellbeing Body image and self esteem | RSE – sexual health | RSE – sexual respect consent and coercion | RSE – sexual respect consent and intimacy online and offline | Careers | RSE – consent matters |
| 10 | 29/2 | Thur1 | Careers | Equality and diversity - wider world – combatting discrimination | Wider world - employability skills | Keeping safe and managing risk – gangs and urban culture | Careers | Health and wellbeing – positive mindset and coping strategies | STUDY LEAVE |
| 11 | 14/3 | Thur2 | Finance – Bank of England, economy and making informed choices | RSE – sexuality and gender identity | Wellbeing – anti-bullying | Wellbeing – positive relationships | RSE – pregnancy outcomes | Healthy relationships – reflections on interpersonal skills | Metacognition – how do I reflect on my PPEs? |
| 12 | 27/3 | Wed 3 | Hazeley Day of Culture | | | | | | |
| 13 | 19/4 | Fri 1 | Online safety - cyberbullying | Careers | Online safety - sexting | Finance – gambling awareness | Wider world – Financial choices and managing the world of work | Staying safe – recognising harassment and abuse; online safety (additional task if time) | REVISION – subject specific topics |
| 14 | 3/5 | Fri 2 | RSE – managing conflict | RSE – consent and avoiding assumptions | RSE - contraception | RSE – managing relationships | Wellbeing – illegal drugs and their impact | Careers | REVISION – subject specific topics |

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| 15 | 17/5 | Fri 3 | Mental health – self esteem and life online | Keeping safe – Home Office resource prevent – unsafe friendships | Keeping safe – alcohol awareness | Careers | RSE – sexuality and gender identity and coming out | Living in the wider world Interpersonal skills – managing social situations | STUDY LEAVE |
| 16 | 10/6 | Mon1 | Wellbeing – healthy sleep patterns | Keeping safe – Home Office resource prevent – risks of serious organised crime | RSE and relationships - consent | Wellbeing - positive mindset – role models | | STUDY LEAVE | |
| 17 | 25/6 6 th form induction | Tues 1 | RSE – intro to consent | RSE – intro to contraception | RSE – managing the end of relationships | RSE – relationship abuse | | INDUCTION | |
| 18 | 26/6 6 th form induction | Wed 1 | Emotional wellbeing - friendships | Online safety – dealing with social media stress | Careers | Keeping safe – Home Office knife free | | INDUCTION | |
| 19 | 8/7 | Mon 2 | Metacognition – how have I developed as a learner? | Metacognition – how have I developed as a learner? | Metacognition – how have I developed as a learner? | Metacognition – how have I developed as a learner? | | Metacognition – how have I developed as a learner? | |