YEAR 7 2023-24

3. What are micro-

aggressions?

4. What is bullying? A

talk from The

Message Trust

friendships & bullying

5. Be the change:

Assembly (w/b Nov. 14) Anti-Bullying Week British values: Mutual respect and tolerance

Assembly (w/b Sep. 19) Assembly (w/b Jan. 9) Safeguarding reminders Safeguarding reminders British values: Rule of law World Mental Health Day Assembly (w/b Sep. 12) (Oct. 10) British values: Democracy Careers Focus Week 1 (w/b Oct. 17) Jan. Sep. Dec. Oct. Assembly (w/b Oct. 3) Nov. Black History Month PSHE Day 1: 19th Oct PSHE Day 2: 28th Nov **Relationships:** Celebrating our Faith: the friendships & **Eucharist** bullying Introduction to the day (form time) – Gideon bibles 1. Who am I? 1. What is Eucharist? Teaching 2. Am I a good friend?

Eucharist in chapel

of St Thomas

prayer?

2. Singing the Eucharist. Mass

4. Can we help others through

Creative activities carousel

3. Why do we break bread?

PSHE Day 3: 24th Jan

Health and Wellbeing: mental resilience

- 1. What is the difference between mental health and emotional wellbeing?
- 2. What are healthy coping strategies?
- 3. What is Cyber-bullying?
- 4. How do I manage change, loss and grief?

Assembly (w/b

Empathy Week British values:

Individual liberty

Mar.

Feb. 27)

Assembly (Feb. 7)

Safer Internet Day

Children's Mental Health Week

Assembly (w/b Mar. 6)

National Careers Week

Assembly (w/b Feb. 6)

Careers Focus Week 2

(w/b Feb. 6)

5. Be the change: mental resilience

Feb.

Curriculum Road Map

PSHE at Ripley St Thomas



4. Archbishop of York

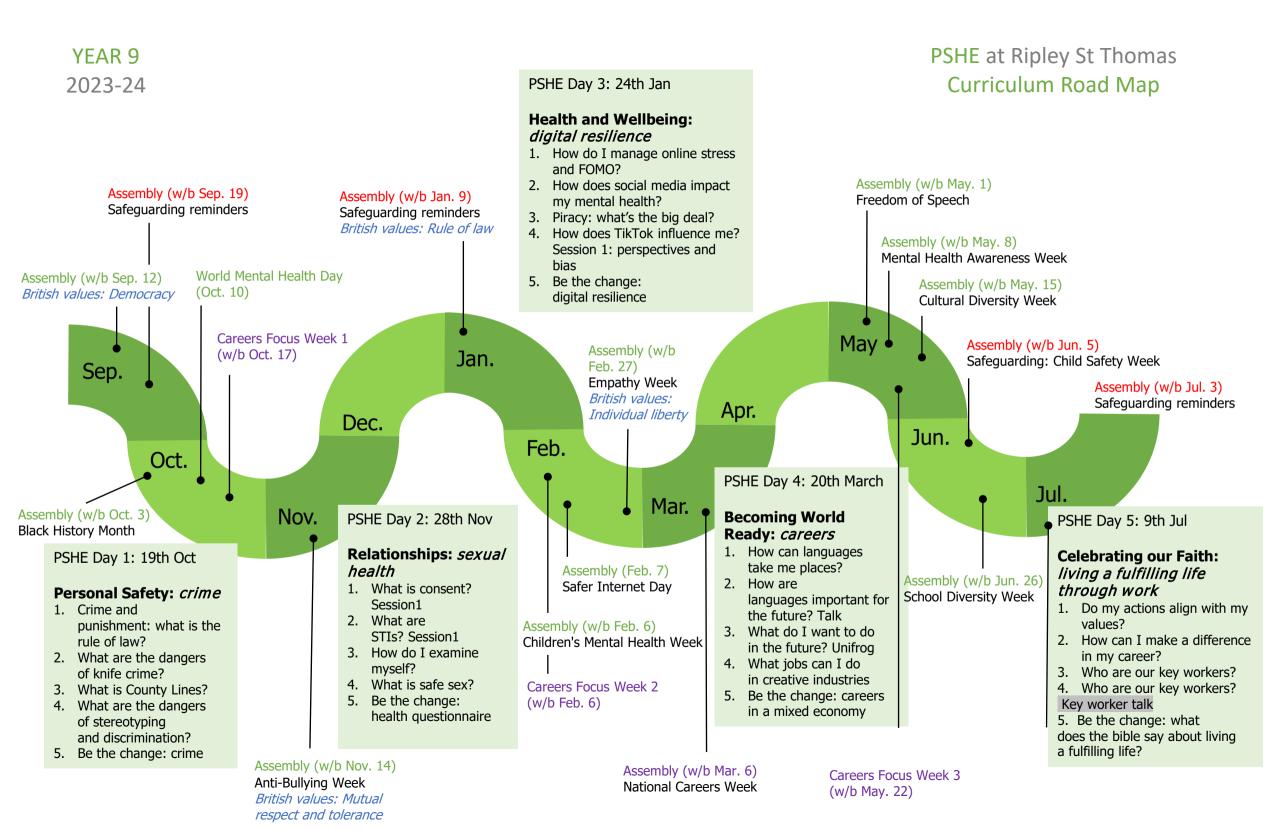
5. Be the change: Archbishop of York reflection

Assembly (w/b Jul. 3) Safeguarding reminders

5. Be the change: safety

YFAR 8 **PSHE** at Ripley St Thomas Curriculum Road Map 2023-24 Assembly (w/b Nov. 14) Anti-Bullying Week PSHE Day 3: 24th Jan British values: Mutual respect and tolerance Health and Wellbeing: health & hygiene 1. How can I live a Assembly (w/b May, 1) Assembly (w/b Sep. 19) healthy lifestyle? Assembly (w/b Jan. 9) Freedom of Speech Safeguarding reminders 2. How do I maintain good personal Safeguarding reminders British values: Rule of law hygiene? 3. How do I maintain good dental Assembly (w/b May. 8) Mental Health Awareness Week health? 4. Why is PE important? Assembly (w/b Sep. 12) World Mental Health Day Assembly (w/b May. 15) 5. Be the change: health & hygiene (Oct. 10) British values: Democracy Cultural Diversity Week Careers Focus Week 1 May Assembly (w/b Jun. 5) Assembly (w/b (w/b Oct. 17) Jan. Safeguarding: Child Safety Week Feb. 27) Sep. **Empathy Week** British values: Apr. Individual liberty Dec. Jun. Feb. Oct. PSHE Day 4: Jul. PSHE Day 5: 9th Jul 20th March Mar. Assembly (w/b Oct. 3) Nov. **Becoming World** Black History Month Celebrating our Ready: democracy PSHE Day 2: 28th Nov Faith: Youth Alpha PSHE Day 1: 19th Oct 1. What is democracy? Delivered by churches Assembly (Feb. 7) Assembly (w/b Jun. 26) 2. What is the role of **Relationships:** in Lancaster. Safer Internet Day **Personal Safety:** School Diversity Week media in democracy? friendships & personal identity 3. Who or what are commitment Assembly (w/b Feb. 6) 1. What is my change-makers in 1. How can I form Children's Mental Health Week personal brand? democracy? positive friendships? 2. What are my values? 4. What careers are 2. What is commitment? 3. TeenSafe: choices there in media and 3. What can we learn Careers Focus Week 2 Assembly (w/b Mar. 6) and consequences iournalism? about friendship from the (w/b Feb. 6) National Careers Week 4. How do I build self-5. Be the bible? change: democracy esteem? (can we 4. Can I work as part of build body image into this?) Careers Focus Week 3 a team? 5. Be the change: (w/b May. 22) 5. Be the change: friendships personal identity & commitment Assembly (w/b Jul. 3)

Safeguarding reminders



YFAR 10 PSHE at Ripley St Thomas PSHE Day 3: 24th Jan Assembly (w/b Nov. 14) Curriculum Road Map 2023-24 Anti-Bullving Week **Health and Wellbeing:** British values: Mutual social media respect and tolerance 1. Who am I speaking to online? 2. How does social Assembly (w/b May, 1) Assembly (w/b Sep. 19) media affect my body Assembly (w/b Jan. 9) Freedom of Speech Safeguarding reminders image? Safeguarding reminders 3. What is safe to British values: Rule of law share online? Assembly (w/b May. 8) 4. How does TikTok influence Mental Health Awareness Week me? Session 2: TikTok World Mental Health Day Assembly (w/b Sep. 12) Assembly (w/b May. 15) trends (Oct. 10) British values: Democracy **Cultural Diversity Week** 5. Be the change: social media Careers Focus Week 1 May Assembly (w/b Jun. 5) Assembly (w/b (w/b Oct. 17) Jan. Safeguarding: Child Safety Week Feb. 27) Sep. **Empathy Week** British values: Apr. Individual liberty Dec. Jun. Feb. Oct. PSHE Day 4: 20th March Jul. Mar. Assembly (w/b Oct. 3) Nov. **Becoming World Ready:** PSHE Day 5: 9th Jul Black History Month UK and the wider world PSHE Day 2: 28th Nov 1. What is the UK's role PSHE Day 1: 19th Oct **Becoming World** in the UN? Assembly (Feb. 7) Ready: careers and **Personal Safety:** *substance* Assembly (w/b Jun. 26) 2. What is the UK's role Safer Internet Day **Relationships:** *intimate* ahuse finance School Diversity Week in global conflict relationships 1. Can I write a CV? Unifrog 1. What are the laws resolution? 2. Am I interview ready? Assembly (w/b Feb. 6) 1. What is a healthy relationship? around drugs? 3. How has Children's Mental Health Week 3. What are my Session1 *The Message* 2. What do I need to immigration shaped the career options? Two Trust 'Positive Relationships and know about drug science? UK? speakers Sextina' 3. How do I manage 4. What is the UK's role Careers Focus Week 2 4. How do I budget 2. Marriage, or what? the influences Careers Focus Week 3 in overcoming (w/b Feb. 6) 3. How does porn and the media affect my monthly payslip? surrounding drugs? (include (w/b May. 22) global humanitarian 5. Be the change: careers sex and relationships? what support there is) issues? in finance & question 4. What is the church's view on 4. What are the dangers 5. What is our role time marriage? of vape, nitrous oxide and ein overcoming Assembly (w/b Mar. 6) 5. Be the change: intimate relationships cigs? global humanitarian National Careers Week Assembly (w/b Jul. 3) 5. Be the change: issues? House fundraising Safeguarding reminders substance abuse

YEAR 11 PSHE at Ripley St Thomas Assembly (w/b Nov. 14) Curriculum Road Map 2023-24 PSHE Day 3: 24th Jan Anti-Bullving Week British values: Mutual **Health and Wellbeing:** *mental* respect and tolerance health & stress Introduction to the day – David's trust in God when faced with adversity Assembly (w/b May, 1) 1. How does my environment affect Assembly (w/b Sep. 19) Assembly (w/b Jan. 9) Freedom of Speech my mental health? Safeguarding reminders Safeguarding reminders 2. How do my circumstances affect British values: Rule of law my mental health? Assembly (w/b May. 8) 3. Why is sleep important? Mental Health Awareness Week 4. What is a normal amount of World Mental Health Day Assembly (w/b Sep. 12) Assembly (w/b May. 15) stress? (Oct. 10) British values: Democracy **Cultural Diversity Week** 5. Be the change: mental health and stress Careers Focus Week 1 May Assembly (w/b Jun. 5) Assembly (w/b (w/b Oct. 17) Jan. Safeguarding: Child Safety Week Feb. 27) Sep. **Empathy Week** British values: 19th Oct Individual liberty **PSHE Day** Apr. Dec. Jun. Feb. Oct. PSHE Day 4: 20th March Jul. Mar. PSHE Day 2: 28th Nov Assembly (w/b Oct. 3) Nov. Becoming World Ready: the Black History Month world of work **Personal Safety:** PSHE Day 1: 19th Oct using your voice Assembly (Feb. 7) 1. What are the benefits 1. How effective are Safer Internet Day of networking? Relationships: commitment & my communication 2. What is my online reputation? intimacy skills? 3. What are my transferrable skills? Assembly (w/b Feb. 6) 1. Why is sex education important? 2. How can we 4. How can I Children's Mental Health Week The Message Trust 'Relationships challenge prejudice build professional resilience? (the and Sex' (their yr9 session) and discrimination? role of constructive criticism) 2. What puts us at increased risk from 3. What are our 5. Be the change: the world of work Careers Focus Week 2 STI's? session 2 British values? (w/b Feb. 6) 3. What is the 'My body, my rights' 4. How does British campaign? politics impact me? Assembly (w/b Mar. 6) 4. What is abuse and harassment? 5. Be the change: using **National Careers Week** Careers Focus Week 3 5. Be the change: commitment and your voice (w/b Mav. 22) intimacy

YFAR 12 PSHE at Ripley St Thomas Assembly (w/b Nov. 14) Anti-Bullying Week Curriculum Road Map 2023-24 British values: Mutual PSHE Day 3: 24th Jan respect and tolerance **Health and Wellbeing: work** life balance 1. How do I look after my mental Assembly (w/b May, 1) Assembly (w/b Sep. 19) health and emotional wellbeing? Assembly (w/b Jan. 9) Freedom of Speech Safeguarding reminders 2. What are some healthy coping Safeguarding reminders British values: Rule of law strategies for managing stress? 3. How can I improve my motivation Assembly (w/b May. 8) Mental Health Awareness Week and work ethic? 4. What is the difference between World Mental Health Day Assembly (w/b Sep. 12) Assembly (w/b May. 15) study skills and revision skills? (Oct. 10) British values: Democracy **Cultural Diversity Week** 5. Be the change: work life balance Careers Focus Week 1 May Assembly (w/b Jun. 5) Assembly (w/b (w/b Oct. 17) Jan. Safeguarding: Child Safety Week Feb. 27) Sep. **Empathy Week** British values: 19th Oct Individual liberty PSHE Day Apr. Dec. Jun. Feb. Oct. PSHE Day 4: 20th March PSHE Day 5: 9th Jul Mar. PSHE Day 2: 28th Nov Assembly (w/b Oct. 3) Nov. **Becoming World Ready: Becoming World** Black History Month financial choices **Ready:** *next steps* **Personal Safety:** PSHE Day 1: 19th Oct preparation choices & 1. How can I manage my money? Assembly (Feb. 7) consequences 2. What are financial contracts? Safer Internet Day Relationships: staying safe in 1. What makes a Why is budgeting important? relationships good personal 1. How can I defend (include what debt is in this) 1. What is consent? Session 2 - A Assembly (w/b Feb. 6) statement? mvself? Activ8: self-4. How can I save money? (cover Children's Mental Health Week talk from The Message Trust Love 2. What are my next defence class (Louise) what influences your financial vs. Lust' steps? External 2. Drugs and choices in this) 2. What is a healthy relationship? speakers alcohol awareness: 5. Be the change: Careers Focus Week 2 Session 3 'recognising abuse' A 3. How do I prepare for what is the impact of financial choices Talk from *The Message Trust* on (w/b Feb. 6) the world of work? substance use? Abusive behaviours 4. How have jobs changed 3. How can I stay safe 3. How do I recognise and manage a Assembly (w/b Mar. 6) Careers Focus Week 3 in the last 10 years? at parties and festivals? dangerous situation? National Careers Week (w/b May. 22) 5. Be the change: 4. How can I stay safe 4. What is assertive communication? R6Ach update while travelling? 5. Be the change: staying safe in 5. Can I perform first aid?

relationships

YEAR 13 PSHE at Ripley St Thomas PSHE Day 3: 24th Jan Curriculum Road Map 2023-24 Assembly (w/b Nov. 14) **Health and Wellbeing:** the Anti-Bullying Week impact of the media British values: Mutual 1. How does my body respect and tolerance image affect me? 2. How can we be more aware of Assembly (w/b May, 1) Assembly (w/b Sep. 19) prejudice and discrimination? Assembly (w/b Jan. 9) Freedom of Speech Safeguarding reminders 3. How accurate are the media Safeguarding reminders representations of sexuality British values: Rule of law and relationships? Assembly (w/b May. 8) 4. Culture wars and Mental Health Awareness Week media influence Assembly (w/b Sep. 12) World Mental Health Day Assembly (w/b May. 15) 5. Be the change: impact of the (Oct. 10) British values: Democracy **Cultural Diversity Week** media Careers Focus Week 1 May Assembly (w/b Jun. 5) Assembly (w/b (w/b Oct. 17) Jan. Safeguarding: Child Safety Week Feb. 27) Sep. **Empathy Week** British values: 19th Oct Individual liberty **PSHE Dav** Apr. Dec. Jun. Feb. Oct. PSHE Day 4: 20th March Jul. Mar. Assembly (w/b Oct. 3) Nov. Personal Safety: adulthood Black History Month PSHE Day 2: 28th Nov 1. What are my personal values PSHE Day 1: 19th Oct when it comes to contraception Assembly (Feb. 7) **Becoming World Ready:** and sexual health? Safer Internet Day **Relationships:** *different* 2. What do I need to know about next steps types of relationships fertility and pregnancy? / 1. What does a 1. What do workplace friendships Assembly (w/b Feb. 6) Men's mental health talk positive profession identity Children's Mental Health look like? 3. What changes can I expect in my look like? 2. How can I manage conflict Week life post adolescence? 2. Apprenticeship bootcamp resolution? Retirement— what do I need to 3. What finances will I have to Careers Focus Week 2 3. How can we embrace diversity? know? consider? (w/b Feb. 6) 'Just Like Us' talk Be the change: adulthood Renting, mortgages and 4. How do relationships change as cars. we get older? Careers Focus Week 3 Assembly (w/b Mar. 6) 4. Question time with financial 5. Be the change: different types (w/b May. 22) National Careers Week professionals. of relationships 5. Be the change: next steps UCAS mop-up