

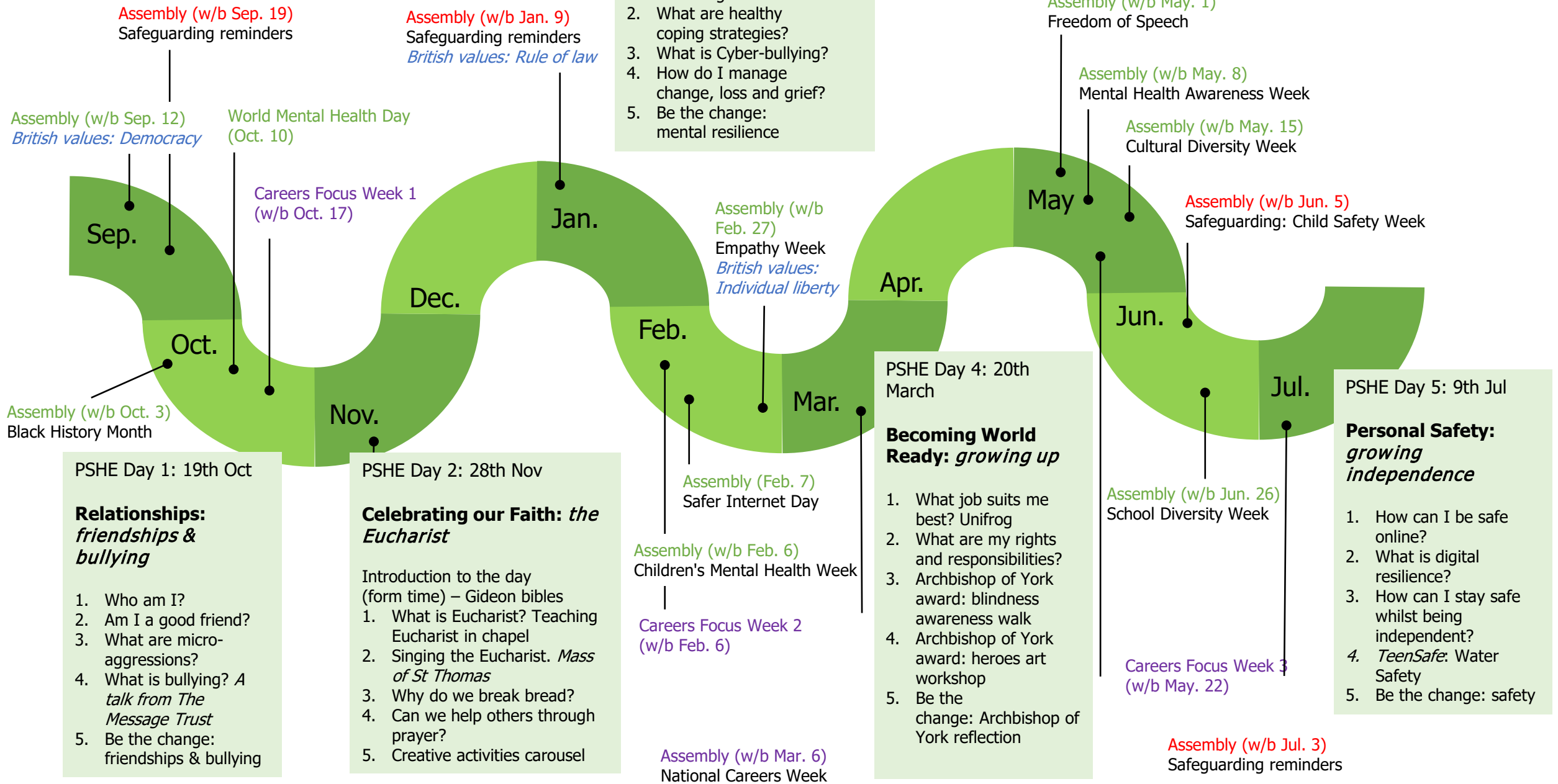
YEAR 7
2023-24

PSHE at Ripley St Thomas
Curriculum Road Map

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

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?
5. Be the change: mental resilience



Assembly (w/b Sep. 12)
British values: Democracy

Assembly (w/b Sep. 19)
Safeguarding reminders

World Mental Health Day (Oct. 10)

Assembly (w/b Jan. 9)
Safeguarding reminders
British values: Rule of law

Assembly (w/b Oct. 3)
Black History Month

Careers Focus Week 1 (w/b Oct. 17)

Assembly (w/b Feb. 27)
Empathy Week
British values: Individual liberty

Assembly (w/b May. 1)
Freedom of Speech

Assembly (w/b May. 8)
Mental Health Awareness Week

Assembly (w/b May. 15)
Cultural Diversity Week

Assembly (w/b Jun. 5)
Safeguarding: Child Safety Week

PSHE Day 1: 19th Oct
Relationships: friendships & bullying

1. Who am I?
2. Am I a good friend?
3. What are micro-aggressions?
4. What is bullying? *A talk from The Message Trust*
5. Be the change: friendships & bullying

PSHE Day 2: 28th Nov
Celebrating our Faith: the Eucharist

Introduction to the day (form time) – Gideon bibles
1. What is Eucharist? Teaching Eucharist in chapel
2. Singing the Eucharist. *Mass of St Thomas*
3. Why do we break bread?
4. Can we help others through prayer?
5. Creative activities carousel

Assembly (Feb. 7)
Safer Internet Day

Assembly (w/b Feb. 6)
Children's Mental Health Week

Careers Focus Week 2 (w/b Feb. 6)

Assembly (w/b Mar. 6)
National Careers Week

PSHE Day 4: 20th March
Becoming World Ready: growing up

1. What job suits me best? Unifrog
2. What are my rights and responsibilities?
3. Archbishop of York award: blindness awareness walk
4. Archbishop of York award: heroes art workshop
5. Be the change: Archbishop of York reflection

Assembly (w/b Jun. 26)
School Diversity Week

Careers Focus Week 3 (w/b May. 22)

Assembly (w/b Jul. 3)
Safeguarding reminders

PSHE Day 5: 9th Jul
Personal Safety: growing independence

1. How can I be safe online?
2. What is digital resilience?
3. How can I stay safe whilst being independent?
4. *TeenSafe*: Water Safety
5. Be the change: safety

YEAR 8
2023-24

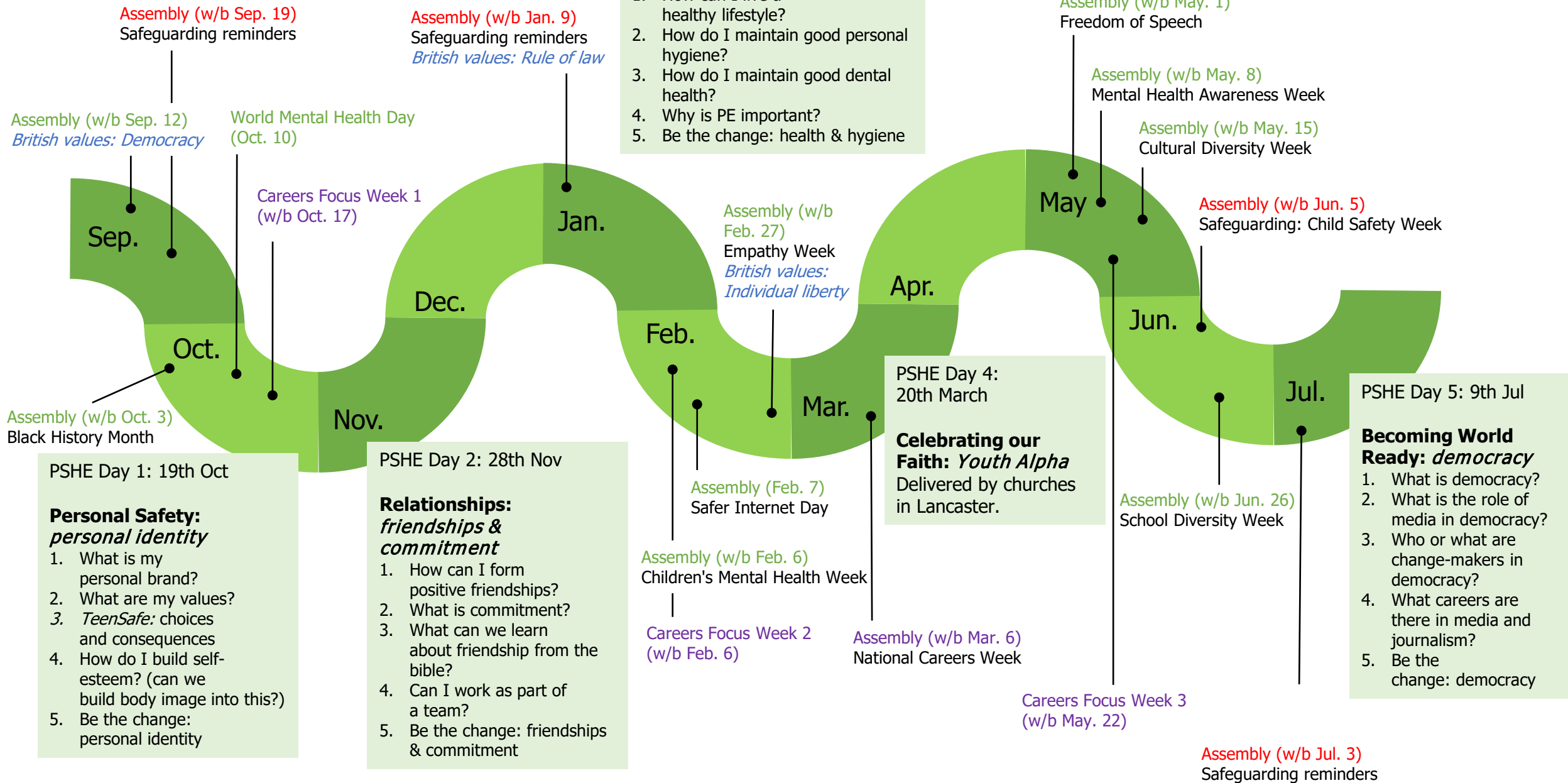
PSHE at Ripley St Thomas
Curriculum Road Map

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

PSHE Day 3: 24th Jan

Health and Wellbeing: *health & hygiene*

1. How can I live a healthy lifestyle?
2. How do I maintain good personal hygiene?
3. How do I maintain good dental health?
4. Why is PE important?
5. Be the change: health & hygiene



Assembly (w/b Sep. 19)
Safeguarding reminders

Assembly (w/b Jan. 9)
Safeguarding reminders
British values: Rule of law

Assembly (w/b Sep. 12)
British values: Democracy

World Mental Health Day (Oct. 10)

Careers Focus Week 1 (w/b Oct. 17)

Assembly (w/b Feb. 27)
Empathy Week
British values: Individual liberty

Assembly (w/b May. 1)
Freedom of Speech

Assembly (w/b May. 8)
Mental Health Awareness Week

Assembly (w/b May. 15)
Cultural Diversity Week

Assembly (w/b Jun. 5)
Safeguarding: Child Safety Week

Assembly (w/b Oct. 3)
Black History Month

PSHE Day 1: 19th Oct

Personal Safety: *personal identity*

1. What is my personal brand?
2. What are my values?
3. *TeenSafe*: choices and consequences
4. How do I build self-esteem? (can we build body image into this?)
5. Be the change: personal identity

PSHE Day 2: 28th Nov

Relationships: *friendships & commitment*

1. How can I form positive friendships?
2. What is commitment?
3. What can we learn about friendship from the bible?
4. Can I work as part of a team?
5. Be the change: friendships & commitment

Assembly (Feb. 7)
Safer Internet Day

Assembly (w/b Feb. 6)
Children's Mental Health Week

Careers Focus Week 2 (w/b Feb. 6)

PSHE Day 4: 20th March

Celebrating our Faith: *Youth Alpha*
Delivered by churches in Lancaster.

Assembly (w/b Mar. 6)
National Careers Week

Careers Focus Week 3 (w/b May. 22)

Assembly (w/b Jun. 26)
School Diversity Week

PSHE Day 5: 9th Jul

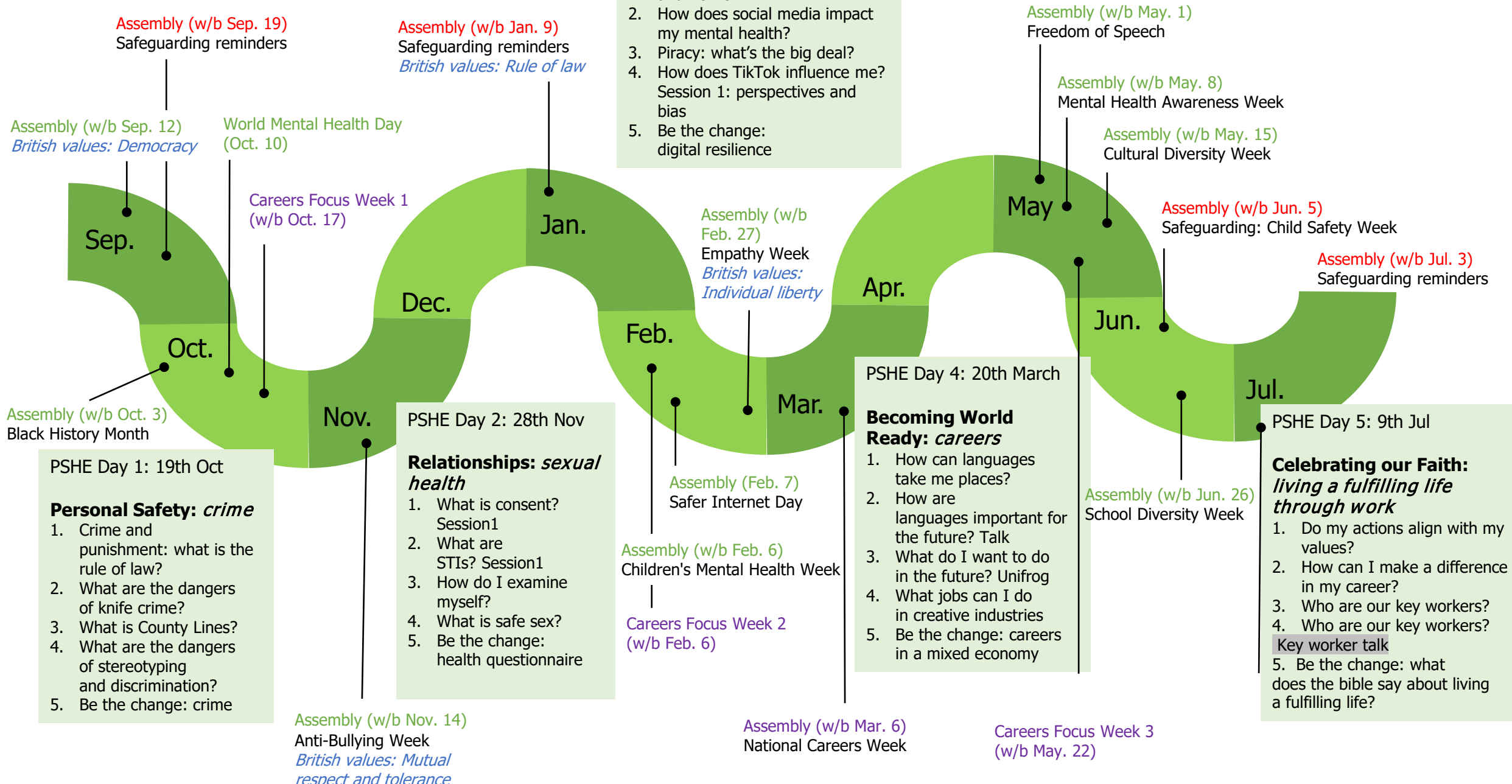
Becoming World Ready: *democracy*

1. What is democracy?
2. What is the role of media in democracy?
3. Who or what are change-makers in democracy?
4. What careers are there in media and journalism?
5. Be the change: democracy

Assembly (w/b Jul. 3)
Safeguarding reminders

YEAR 9
2023-24

PSHE at Ripley St Thomas
Curriculum Road Map



PSHE Day 3: 24th Jan

Health and Wellbeing: digital resilience

1. How do I manage online stress and FOMO?
2. How does social media impact my mental health?
3. Piracy: what's the big deal?
4. How does TikTok influence me? Session 1: perspectives and bias
5. Be the change: digital resilience

PSHE Day 4: 20th March

Becoming World Ready: careers

1. How can languages take me places?
2. How are languages important for the future? Talk
3. What do I want to do in the future? Unifrog
4. What jobs can I do in creative industries
5. Be the change: careers in a mixed economy

PSHE Day 5: 9th Jul

Celebrating our Faith: living a fulfilling life through work

1. Do my actions align with my values?
2. How can I make a difference in my career?
3. Who are our key workers?
4. Who are our key workers? Key worker talk
5. Be the change: what does the bible say about living a fulfilling life?

PSHE Day 2: 28th Nov

Relationships: sexual health

1. What is consent? Session1
2. What are STIs? Session1
3. How do I examine myself?
4. What is safe sex?
5. Be the change: health questionnaire

PSHE Day 1: 19th Oct

Personal Safety: crime

1. Crime and punishment: what is the rule of law?
2. What are the dangers of knife crime?
3. What is County Lines?
4. What are the dangers of stereotyping and discrimination?
5. Be the change: crime

Assembly (w/b Sep. 12)
British values: Democracy

Assembly (w/b Sep. 19)
Safeguarding reminders

World Mental Health Day (Oct. 10)

Careers Focus Week 1 (w/b Oct. 17)

Assembly (w/b Oct. 3)
Black History Month

Assembly (w/b Jan. 9)
Safeguarding reminders
British values: Rule of law

Assembly (w/b Feb. 27)
Empathy Week
British values: Individual liberty

Assembly (w/b Feb. 6)
Safer Internet Day

Assembly (w/b Feb. 7)
Children's Mental Health Week

Careers Focus Week 2 (w/b Feb. 6)

Assembly (w/b Mar. 6)
National Careers Week

Assembly (w/b May. 1)
Freedom of Speech

Assembly (w/b May. 8)
Mental Health Awareness Week

Assembly (w/b May. 15)
Cultural Diversity Week

Assembly (w/b Jun. 5)
Safeguarding: Child Safety Week

Assembly (w/b Jun. 26)
School Diversity Week

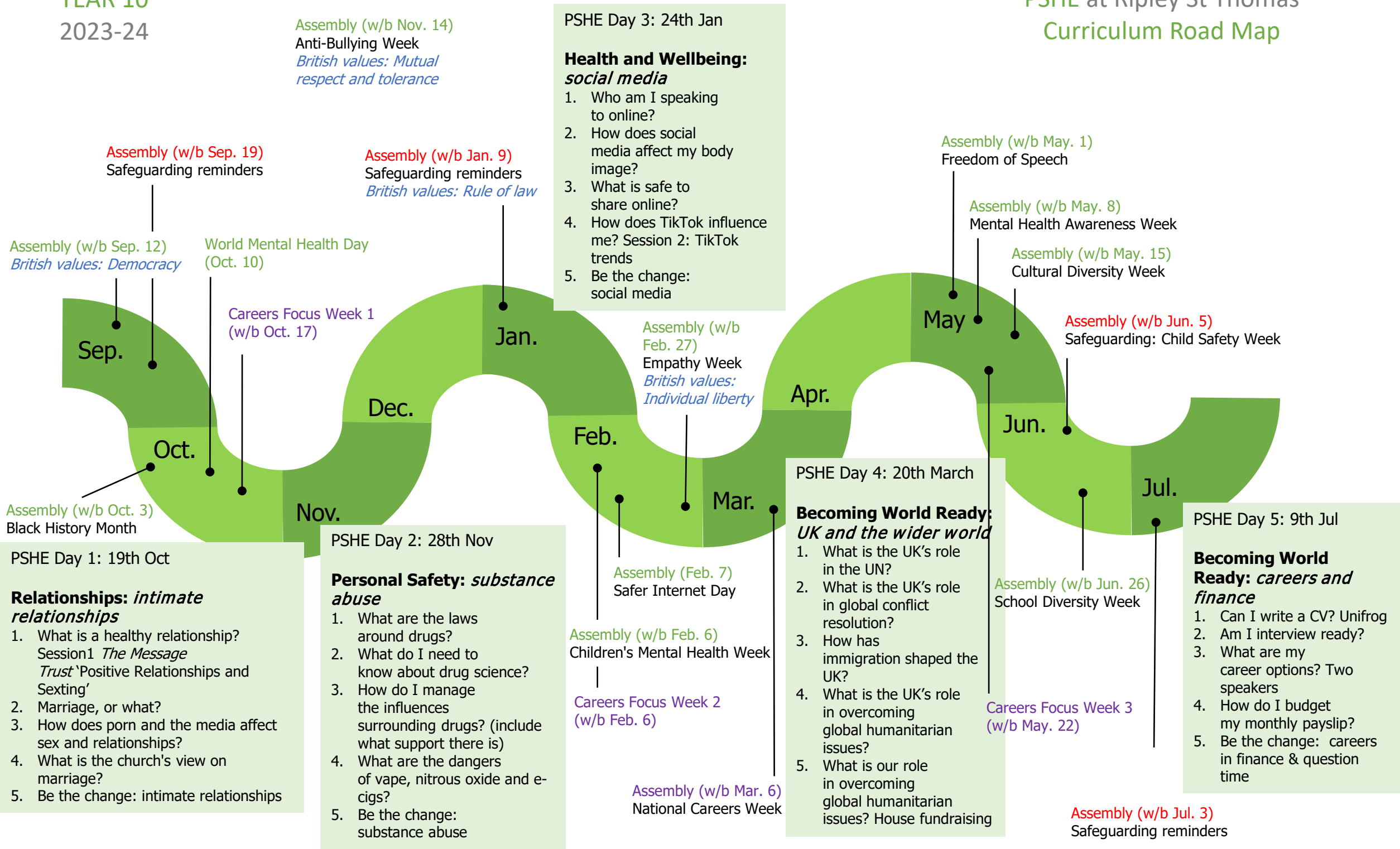
Assembly (w/b Jul. 3)
Safeguarding reminders

Careers Focus Week 3 (w/b May. 22)

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

YEAR 10
2023-24

PSHE at Ripley St Thomas
Curriculum Road Map



Assembly (w/b Sep. 12)
British values: Democracy

Assembly (w/b Sep. 19)
Safeguarding reminders

World Mental Health Day
(Oct. 10)

Assembly (w/b Oct. 3)
Black History Month

PSHE Day 1: 19th Oct

Relationships: intimate relationships

1. What is a healthy relationship?
Session1 *The Message Trust 'Positive Relationships and Sexting'*
2. Marriage, or what?
3. How does porn and the media affect sex and relationships?
4. What is the church's view on marriage?
5. Be the change: intimate relationships

Careers Focus Week 1
(w/b Oct. 17)

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

PSHE Day 2: 28th Nov

Personal Safety: substance abuse

1. What are the laws around drugs?
2. What do I need to know about drug science?
3. How do I manage the influences surrounding drugs? (include what support there is)
4. What are the dangers of vape, nitrous oxide and e-cigs?
5. Be the change: substance abuse

Assembly (w/b Jan. 9)
Safeguarding reminders
British values: Rule of law

PSHE Day 3: 24th Jan

Health and Wellbeing: social media

1. Who am I speaking to online?
2. How does social media affect my body image?
3. What is safe to share online?
4. How does TikTok influence me? Session 2: TikTok trends
5. Be the change: social media

Assembly (w/b Feb. 27)
Empathy Week
British values: Individual liberty

Assembly (Feb. 7)
Safer Internet Day

Assembly (w/b Feb. 6)
Children's Mental Health Week

Careers Focus Week 2
(w/b Feb. 6)

Assembly (w/b Mar. 6)
National Careers Week

PSHE Day 4: 20th March

Becoming World Ready: UK and the wider world

1. What is the UK's role in the UN?
2. What is the UK's role in global conflict resolution?
3. How has immigration shaped the UK?
4. What is the UK's role in overcoming global humanitarian issues?
5. What is our role in overcoming global humanitarian issues? House fundraising

Assembly (w/b May. 1)
Freedom of Speech

Assembly (w/b May. 8)
Mental Health Awareness Week

Assembly (w/b May. 15)
Cultural Diversity Week

Assembly (w/b Jun. 26)
School Diversity Week

Careers Focus Week 3
(w/b May. 22)

Assembly (w/b Jul. 3)
Safeguarding reminders

Assembly (w/b Jun. 5)
Safeguarding: Child Safety Week

PSHE Day 5: 9th Jul

Becoming World Ready: careers and finance

1. Can I write a CV? Unifrog
2. Am I interview ready?
3. What are my career options? Two speakers
4. How do I budget my monthly payslip?
5. Be the change: careers in finance & question time

YEAR 11
2023-24

PSHE at Ripley St Thomas
Curriculum Road Map

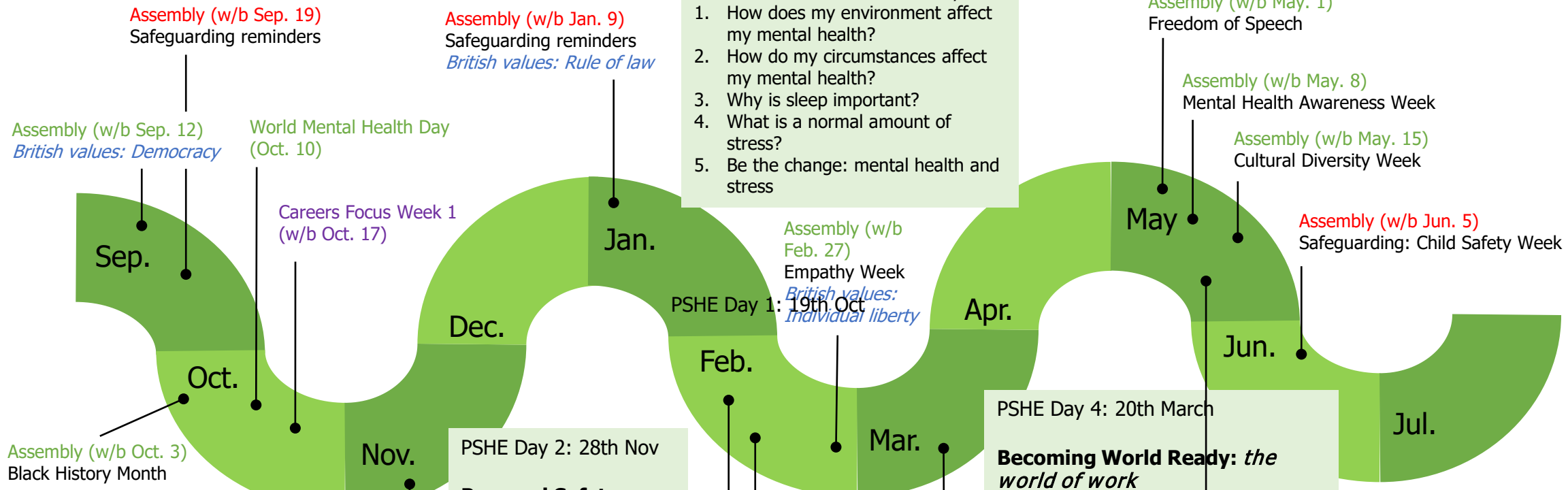
Assembly (w/b Nov. 14)
Anti-Bullying Week
British values: Mutual respect and tolerance

PSHE Day 3: 24th Jan

Health and Wellbeing: mental health & stress

Introduction to the day – David’s trust in God when faced with adversity

1. How does my environment affect my mental health?
2. How do my circumstances affect my mental health?
3. Why is sleep important?
4. What is a normal amount of stress?
5. Be the change: mental health and stress



Assembly (w/b Oct. 3)
Black History Month

PSHE Day 1: 19th Oct

Relationships: commitment & intimacy

1. Why is sex education important? *The Message Trust* 'Relationships and Sex' (their yr9 session)
2. What puts us at increased risk from STI's? session 2
3. What is the 'My body, my rights' campaign?
4. What is abuse and harassment?
5. Be the change: commitment and intimacy

PSHE Day 2: 28th Nov

Personal Safety: using your voice

1. How effective are my communication skills?
2. How can we challenge prejudice and discrimination?
3. What are our British values?
4. How does British politics impact me?
5. Be the change: using your voice

Assembly (w/b Feb. 6)
Children's Mental Health Week

Careers Focus Week 2 (w/b Feb. 6)

Assembly (Feb. 7)
Safer Internet Day

PSHE Day 4: 20th March

Becoming World Ready: the world of work

1. What are the benefits of networking?
2. What is my online reputation?
3. What are my transferrable skills?
4. How can I build professional resilience? (the role of constructive criticism)
5. Be the change: the world of work

Assembly (w/b Mar. 6)
National Careers Week

Careers Focus Week 3 (w/b May. 22)

Assembly (w/b May. 1)
Freedom of Speech

Assembly (w/b May. 8)
Mental Health Awareness Week

Assembly (w/b May. 15)
Cultural Diversity Week

Assembly (w/b Jun. 5)
Safeguarding: Child Safety Week

YEAR 12
2023-24

PSHE at Ripley St Thomas
Curriculum Road Map

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

PSHE Day 3: 24th Jan

Health and Wellbeing: work life balance

1. How do I look after my mental health and emotional wellbeing?
2. What are some healthy coping strategies for managing stress?
3. How can I improve my motivation and work ethic?
4. What is the difference between study skills and revision skills?
5. Be the change: work life balance

