

YEAR 7

PSHE Day 1: 14th Oct

Unit 1 Relationships Education: Friendships & Bullying

This day is all about laying the foundations for the pupils' journeys at Ripley: it introduces the PSHE course and its role in guiding pupils to ask the big questions about who they are, what they stand for and how they fit into the world around them. Year 7 day one in particular, gives pupils time to reflect on the friendships they have made so far at Ripley and gives them space to consider any conflicts or injustices they may encounter, and how they may address them.

PSHE Day 2: 4th Dec

Unit 5 Celebrating Our Faith: Eucharist

Year 7 PSHE Day 2 is the first of three KS3 PSHE days dedicated to 'celebrating our faith'. The purpose of this day is to celebrate Eucharist and understand its significance within Christianity. This builds on pupils' first PSHE day as pupils got to reflect on who they were as an individual and their values, starting to understand their identity. Now, they will start to explore our school's Christian identity and values as a worshipping community. Pupils will be given the chance to continue this exploration during their second 'celebrating our faith day' in Year 8, where pupils will take part in a Youth Alpha Day in churches across Lancaster.

PSHE Day 3: 21st Jan

Unit 2 Personal Safety: Independence & Responsibility

On PSHE day 3, pupils will be consolidating their understanding of 'responsibility' and will consider how their responsibility to themselves, their family, their friends and their community changes as they get older. To help with this, pupils will consider responsibility through a Christian lens of 'Stewardship' and how this can help guide them as they grow older. Part of growing up also involves doing more independently, therefore pupils will explore how to stay safe when they are responsible for themselves. This is the first day of their 'Personal Safety' journey but will build on work pupils have previously around their identity and their friendships.

PSHE Day 4: 26th March

Unit 4 Becoming World Ready: Growing Up & Serving Others

During this PSHE day, Year 7 will be completing activities which will go towards their Archbishop of York award - this award is given for taking part in and organising 5 volunteering projects that have benefited the school and their local community. This builds on the work they have done on the previous PSHE day around responsibility and 'stewardship' and looks at putting this into practice. In addition, pupils learn other responsibilities of growing up, such as the importance of rules and the law and how they can start thinking about what careers they may like in the future.

PSHE Day 5: 6th July

Unit 3 Health & Wellbeing: Resilience

Year 7, day 5 is our pupils first introduction to the Health and Well Being unit. As such, pupils will have an introduction to mental and emotional well-being, considering what it is, what to expect, what coping strategies they can use themselves and when to seek further help. As part of this pupils will dispel any misconceptions and stigmas surrounding negative emotions and mental health. Pupils will also consider what digital resilience is, particularly as they start to interact more online. Finally, pupils will also consider how to show resilience in more challenging times, with feelings that are new to them: this may be times of change, loss or grief.

YEAR 8

PSHE Day 1: 14th Oct

Unit 2 Personal Safety: Personal Identity

This day is all about building on the work pupils' have done in Year 7 in exploring who they are as a person and how they present this to others. At times, who we want to be can clash against what others want us to be: peer pressure and the effects of conforming or not conforming can be challenging. Year 8 Day 1 gives pupils the space to explore the internal and external factors that shape our identity and values, how their identity informs their choices and the consequences of these choices on their own lives and on the lives of those around them. Pupils will explore how aligning their values with their actions creates confidence by living life as their most authentic self. Finally, pupils will also learn about the law around protected characteristics and how this works to promote respect in our society.

PSHE Day 2: 4th Dec

Unit 1 Relationships Education: Commitment & Boundaries

This day is about friendships, the commitments we make to others and what boundaries we should be aware of for healthy and safe relationships. This follows on from PSHE Day 1, where pupils learnt more about themselves and their values. This also builds on the 'relationships' day in Year 7, centred on friendships and bullying, in which pupils explored who they are and what kind of friend they want to be. Year 8 day 2, in particular, focuses on building on the strength of these relationships by looking at concepts such as commitment, empathy and trust. It also draws on lessons from the bible to develop pupils' understanding of good friendships. This will give pupils a solid foundation for looking at romantic and safe sexual relationships in Year 9 onwards. As part of the school's approach to safe guarding and child protection, pupils will also learn about FGM and the law relating to it.

PSHE Day 3: 21st Jan

Unit 3 Health & Wellbeing: Health & Hygiene

Year 8, day 3, is the second day in the Health and Well Being unit for pupils. This focuses more on physical health and hygiene as opposed to mental and emotional health, explored in Year 7. On this day, pupils will explore how they can live and maintain a healthy lifestyle, and in particular how good personal hygiene can protect them against harmful germs and bacteria and therefore keep them healthy. Pupils will also gain a greater understanding of dental hygiene. Pupils will also experience a practical session, in which they will explore the positive impact of exercise on the body - this also builds on from Year 7, where pupils will have discussed the importance of exercise for mental and emotional wellbeing also. Finally, pupils will explore what technology addiction is and how this can impact our mental and physical health.

PSHE Day 4: 26th March

Unit 5 Celebrating Our Faith: Youth Alpha

Year 8 day 4 is their "Youth Alpha Day" where they draw together and conclude the "Youth Alpha course" which is an introduction to the Christian faith, exploring life, faith and meaning. On the Youth Alpha Day, pupils spend the day out of school (half the year group at St Thomas' Church and half at Hope Church), where they engage through an array of activities, videos, discussions, music, testimonies and short talks. It is an incredible opportunity to encourage pupils to think about what they believe and develop themselves spiritually, in line with our school's vision.

PSHE Day 5: 6th July

Unit 4 Becoming World Ready: Democracy

On this PSHE pupils will be exploring what democracy is and the impact media has to influence public opinion and democracy. Pupils will learn about key change-makers in democracy which will inspire them to 'Become World Ready' by considering what role they could play in making a difference in the world on matters that are important to them. This idea will be built on in Year 9 where they will consider what change they want to influence. They will learn more about this in Year 10 when they explore more about the UK's role in the Wider World of politics, all in time to consider how they may 'use their voice' for change in the Year 11 session of the 'Personal Safety' unit. Thus, creating well-rounded and confident individuals.

YEAR 9

PSHE Day 1: 14th Oct

Unit 2 Personal Safety: Crime

This day is all about the impact of negative choices and providing pupils with the knowledge of the law relating to crime and punishment. This builds on work done in the 'Personal Safety' unit of Year 7 around becoming more independent in school and the wider society, and the work done in Year 8 around personal identity and the consequences of actions. Year 9 Day 1 teaches pupils about accountability, the potential dangers of interactions in society and ultimately how to keep themselves safe.

PSHE Day 2: 4th Dec

Unit 1 Relationships & Sex Education: Sexual Health

This day introduces the importance of sex and relationships education in schools: it is all about safety around sexual health. It builds on from the foundations of knowing the qualities of healthy friendships explored in the Year 7 and 8 'relationships' days as it starts to look at aspects of more intimate relationships, such as consent and knowing when it is right to enter into a sexual relationship. It also builds on some of what pupils explored on PSHE Day 1 in terms of choices and consequences, when they also consolidated their understanding of terms such as coercion and exploitation. As such, Year 9 day 2, in particular, aims to educate pupils around 'safer' sex, STI's and screening so that they can make informed choices around their bodies as they grow older.

PSHE Day 3: 21st Jan

Unit 4 Becoming World Ready: Careers

Year 9, day 3, is the third day pupils have in their Careers unit. On this day, pupils will explore the variety of careers open to them within more creative industries as they will gain an understanding of the mixed economy that we live in. Pupils will also explore the value of languages in increasing their career opportunities for the future. At a time when Year 9 pupils are about to select their GCSE options, this day will inspire them to consider which options will give them the opportunities they may value later in life.

PSHE Day 4: 26th March

Unit 3 Health and Wellbeing: Digital Resilience

Year 9 Day 4 is centred on digital resilience as part of the health and wellbeing unit for pupils. In previous years, pupils have explored the concept of resilience, mental and emotional wellbeing and started to look at these things in relation to social media. This day digs deeper into how our interactions with the digital world can impact us but also introduces measures that our pupils can take to stay safe when interacting online and with one another.

PSHE Day 5: 6th July

Unit 5 Celebrating Our Faith: Living a fulfilling life

Year 9 day 5 allows pupils to explore the importance living a life in harmony with their core values, and, in particular, how these may influence their career choices. This builds on work they have done in years 7 and 8 around identity, choices and consequences, and career options - tying all three together under the Christian lens of living a meaningful and fulfilling life. As part of this, pupils will learn more about the role of key workers and what motivates people to join the Police, Fire Service or NHS. Regardless of their beliefs, pupils are encouraged to consider how their choices influence their happiness in the future and to live a life that is right for them.

YEAR 10

PSHE Day 1: 14th Oct

Unit 1 Relationships & Sex Education: *Commitment & Intimacy*

This day is all about exploring what it means to be in a healthy, committed relationship. This builds from the foundations of knowing who you are (explored in Year 7), what a strong friendship should look like and what commitment means (explored in Year 8). Year 10 day 1, in particular, provides pupils with the knowledge they will need to make informed choices within their relationships. This knowledge includes exploring changes in sexual desire (building on work done in Year 9 around sexual health), the various feelings associated with intimacy, sexting and what kind of choices they may be faced with in the future surrounding marriage and family set ups. The aim of this day: to develop skills of respect and self-worth.

PSHE Day 2: 4th Dec

Unit 2 Personal Safety: *Substance Abuse*

Year 10 Day 2 is the fourth session in the 'personal safety' PSHE unit in which pupils learn about the possible dangers they may encounter as they grow. In Year 9, pupils looked at the laws, risks and consequences surrounding crime: now they build on that understanding to look at substance abuse. Pupils will explore the science of drugs, the impact and dangers of their use in terms of physical, mental and legal consequences. They also learn how to manage the influences around drugs such as peer pressure - this builds on the work done in Year 9 around gangs, coercion and exploitation. As we continue to see teenage vaping on the rise, this day is more important than ever for pupils to make informed decisions.

PSHE Day 3: 21st Jan

Unit 3 Health and Wellbeing: *Social Media & Self-Esteem*

Year 10, day 3, is the third day in the Health and Well Being unit. In KS3, pupils have explored the difference being mental health and emotional wellbeing and, within this, explored the concept of resilience. Now, they will take a more focused approach on the impact social media may have on their wellbeing and resilience in relation to their self-esteem and body image. Pupils will also explore potential draw backs to common social media apps, such as Tik Tok and how the content viewed here may influence our opinions, our behaviours and our levels of concentration. This final aspect is particularly important as pupils head into the final stages of their GCSE's. Pupils will evaluate their social media usage and the impact this has on them.

PSHE Day 4: 26th March

Unit 4 Becoming World Ready: *Careers & Finance*

On this PSHE day, Year 10 pupils will consider a range of career and finance topics that will prepare them for the real world. Having previously explored different industries throughout the 'Becoming World Ready' unit from Years 7-9, pupils will now start to build their CV's which they can tailor towards their preferred professions. In addition to developing their interview skills, to help 'sell' themselves and their skills, they will also explore the concept of 'enterprise'. Pupils will also consider how they may protect their finances once in employment by knowing how to budget appropriately - an important life skill. Pupils will build on this in Year 11 when they consider how to manage themselves in employment and protect themselves against fraud.

PSHE Day 5: 6th July

Unit 4 Becoming World Ready: *UK & The Wider World*

Year 10 day 4 is all about the UK and the wider world. On this day, pupils will be encouraged to consider how our country has been shaped by the world around us and how we as a country interact, help and serve others. This day forms part of the 'Becoming World Ready' unit, where previously pupils have explored issues of responsibility within the community, democracy and careers. This takes pupils one step further to consider life beyond Lancaster, or the UK, and consider our place in the world.

YEAR 11

PSHE Day 1: 14th Oct

Unit 1 Relationships & Sex Education: safety in relationships

This day is all about continuing to explore what it means to be in a healthy and safe sexual relationship. Year 11 day 1, in particular, looks at topics such as coercive control, Pornography and STI's: knowledge is power - we want pupils to be as informed as possible to make healthy choices in relationships. Pupils will consider how the reality of STIs connects to deeper questions about sexual choices and consequences, and how to rethink behaviour that causes harm. As well as this, we want pupils to recognise how the behaviour of others can affect them and give them the confidence to set boundaries within their relationships.

PSHE Day 2: 4th Dec

Unit 2 Personal Safety: using your voice

PSHE Day 2 for Year 11 pupils is all about how they can use their voice to create positive change in their lives and the society or world around them. Pupils will learn important communication skills which will help them in all aspects of life; they will consider how they can use these skills to challenge prejudice and discrimination; they will consider the importance of democracy and the benefit of living in a democratic society; they will learn how politics may impact them now, and in the future and how they can affect change. Within this, pupils will be given the opportunity to create their own political party with policies in line with their personal values. This therefore forms part of the 'personal safety' PSHE unit as it helps pupils to understand the aspects of a fairer and safer society, and the role they can play within that.

PSHE Day 3: 21st Jan

Unit 3 Health and Wellbeing: mental health & stress

Year 11, day 3, is all about pupil's gaining a deeper understanding of the difference between their mental well-being and their mental health. Pupils will explore what stress is, and what is normal to feel in response to the new challenges that they face at this stage in their school career. They will also explore important factors, such as sleep, confidence and resilience which can help to reduce these feelings of stress and becoming overwhelmed by such challenges. This builds on work that pupils have done in the Health and Well Being unit in previous years, as they have already explored what mental health and resilience is both in real life and online. Now they can start applying their knowledge to their own circumstances to better help them to thrive.

PSHE Day 4: 26th March

Unit 4 Becoming World Ready: the world of work

Year 11 day 4, is the fifth and final day in the 'Becoming World Ready' unit where pupils will get the opportunity to explore issues relating to work life to prepare them for life beyond Ripley. On this day, pupils will learn important skills such as interview responses, networking, how to understand the place of resilience in the workplace and how to present themselves in a professional manner, particularly when interacting online. Pupils will also learn how to keep themselves protected from fraud. Topics explored on this day, will help pupils to flourish in the next stages of their life.