



PSHCE Programme Years 7-11
2023-24

For further information on the content of the programme below, please contact the school on admin@ermysteds.uk.

Week 1	Form Time	Integrated Study
Year 7	Form Business	Getting to know you...
Year 8	Form Business	Prejudice and tolerance
Year 9	Form Business	Prejudice and tolerance
Year 10	Form Business	Differences between individuals
Year 11	Form Business	Personality types; who am I?

Week 2	Form Time	Integrated Study
Year 7	Getting to know you...	Getting to know you...
Year 8	Belonging	Prejudice and tolerance
Year 9	Voice and Democracy	Prejudice and tolerance
Year 10	Types of Community	Differences between individuals
Year 11	Personal Identity	Personality types; who am I?

Week 3	Form Time	Integrated Study
Year 7	Opportunities in school	Dealing with change
Year 8	Local community opportunities	Crossing the line: Cyberbullying
Year 9	Charities	Prejudice and tolerance
Year 10	Service Industry Jobs	Differences between individuals
Year 11	What are the characteristics of a service industry	Personality types; who am I?

Week 4	Form Time	Integrated Study
Year 7	Excellence, compassion, determination, opportunity, service	Dealing with change
Year 8	Coming out; mental health; Tomas Hitzlsperger	Crossing the line: Cyberbullying
Year 9	A stigma; coming out, HIV, Gareth Thomas	Prejudice and Tolerance
Year 10	Homophobic bullying, Nigel Owens	What is HIV? NHS
Year 11	Differences between individuals	Personality types; who am I?

Week 5	Form Time	Integrated Study
Year 7	Managing a situation; dealing with change	Needs a helping hand?
Year 8	Basic First Aid; who to call...	Consequences, impact and statistics of bullying.
Year 9	First Aid - Not breathing; heart attack?	Prejudice and Tolerance
Year 10	Bullied to Billionaire	Transgenda - Robert Millar/Pippa York
Year 11	First Aid contributing to society	How personality types relate to jobs

Week 6	Form Time	Integrated Study
Year 7	Everyday First Aid - Burns and bleeding	Needs a helping hand?
Year 8	Introduction to organ donation and transplantation	Consequences, impact and statistics of bullying.
Year 9	What is the purpose of the British Red Cross	Prejudice and Tolerance
Year 10	Life stories behind organ donation	Transgenda - Robert Millar/Pippa York
Year 11	Developing growth mindset - plastic brain	How personality types relate to jobs

Week 7	Form Time	Integrated Study
Year 7	What is growth mindset? Revision/learning methods	Self care and respect for our bodies. Mental health, physical health and sleep
Year 8	Developing growth mindset - train your brain	"Consent" in English Law (Lesson 1 of 2)
Year 9	Developing growth mindset, resilience and challenging your plastic brain	SAFE when searching online - causes and effects of cybercrime
Year 10	Core subject revision methods	English Law - protection us from human behaviour (lesson 1 of 2)
Year 11	Mindset quiz	Stereotyping based on sex, gender, race, religion, sexual orientation and disability

Week 8	Form Time	Integrated Study
Year 7	Review week	Self care and respect for our bodies. Mental health, physical health and sleep
Year 8	Review week	"Consent" in English Law (Lesson 1 of 2)
Year 9	Review week	SAFE when searching online - causes and effects of cybercrime
Year 10	Review week	English Law - protection us from human behaviour (lesson 1 of 2)
Year 11	Review week	Stereotyping based on sex, gender, race, religion, sexual orientation and disability

Week 9	Form Time	Integrated Study
Year 7	Types of learner	Needs and wants
Year 8	Making choices	"Consent" in English Law (Lesson 2 of 2)
Year 9	Types of learner - memory skill tester methods	Staying in control of your money
Year 10	Studying efficiently	English Law - protection us from human behaviour (lesson 2 of 2)
Year 11	Types of learner - fronting up to the fear of failure	Making the most of your money; spending, payment methods, direct debits, standing order, electronic transfer, cheques?

Week 10	Form Time	Integrated Study
Year 7	Developing study skills	Needs and wants
Year 8	Types of learner - developing memory skills	"Consent" in English Law (Lesson 2 of 2)
Year 9	Learning styles? Mixed method recall and understanding?	Staying in control of your money

Year 10	Substance abuse - drug classification	English Law - protection us from human behaviour (lesson 2 of 2)
Year 11	Remembering and forgetting - long and short term memory	Making the most of your money; spending, payment methods, direct debits, standing order, electronic transfer, cheques?

Week 11	Form Time	Integrated Study
Year 7	Goal setting and determination	Saving and managing money
Year 8	Determination to succeed - Billy Monger	What is a budget - income and expenditure
Year 9	How to develop self determination	Careers
Year 10	Motivation, determination and habit forming.	Careers
Year 11	Finding the motivation to study	Part time work, temporary employment, national minimum wage, payslips

Week 12	Form Time	Integrated Study
Year 7	Attitudes to mental health (KS3 PP Lesson 1)	Saving and managing money
Year 8	Promoting emotional well-being (KS3 PP Lesson 2)	What is a budget - income and expenditure
Year 9	Digital resilience and mental health (KS3 PP Lesson 3)	Careers
Year 10	Substance abuse - E cigarettes and the NHS	Careers
Year 11	Psychology of drug addiction and substance abuse	Part time work, temporary employment, national minimum wage, payslips

Week 13	Form Time	Integrated Study
Year 7	Attitudes to mental health (KS3 PP Lesson 4)	All successes however small should be celebrated....
Year 8	All successes however small should be celebrated....	Breaking the cycle of anxiety...
Year 9	Attitudes to mental health (KS3 PP Lesson 5)	Careers
Year 10	Risks associated with vaping - E cigarettes	Careers
Year 11	Controlling emotions and managing your inner chimp	Gambling education PowerPoint and discussion

Week 14	Form Time	Integrated Study
Year 7	What is perfectionism?	All successes however small should be celebrated....
Year 8	Discussing the impact on society of climate change	Breaking the cycle of anxiety...
Year 9	Optimising performance of the human mind	Careers
Year 10	Negativity bias, beating exam stress and anxiety	Careers
Year 11	Microaggression and its impact on society	Gambling education PowerPoint and discussion

Week 15	Form Time	Integrated Study
Year 7	Fundamental British Values - linked to New Year's Resolutions	Our Government provides.....
Year 8	Fundamental British Values - linked to New Year's Resolutions	What is a Democracy?
Year 9	Fundamental British Values - linked to New Year's Resolutions	The British Justice System
Year 10	Fundamental British Values - linked to New Year's Resolutions	FBV and how UK Laws are made
Year 11	Mock Exam Revision	Time management during study leave

Week 16	Form Time	Integrated Study
Year 7	What is a Democracy?	Our Government provides.....
Year 8	Our Government provides....	What is a Democracy?
Year 9	Our Government Provides...	The British Justice System
Year 10	The Respect Programme 1 - Stereotyping	FBV and how UK Laws are made
Year 11	Mock Exams	Mock Exams

Week 17	Form Time	Integrated Study
Year 7	What is a Democracy?	Our Government provides.....
Year 8	Our Government provides....	What is a Democracy?
Year 9	Our Government Provides...	The British Justice System - Common Law V Civil Law
Year 10	The Respect Programme 1 - Challenging Stereotyping	FBV and how UK Laws are made
Year 11	Our Government provides...	FBV and resolutions

Week 18	Form Time	Integrated Study
Year 7	Our Human Rights discussed....	The Universal Declaration of Human Rights
Year 8	Discuss the meaning of Human Rights	What does Being British mean?
Year 9	Is there a relationship between FBV's and Human Rights?	Who is British?
Year 10	Eleanor Roosevelt's fight for Human Rights	The Respect Programme 2 - Multicultural Britain
Year 11	The roles of National and Local Government in upholding FBV's	FBV and resolutions

Week 19	Form Time	Integrated Study
Year 7	What is Genocide?	The Universal Declaration of Human Rights
Year 8	Dr James Smith..what is Genocide? Podcast	What does Being British mean?
Year 9	Jane Elliotts - Blue Eyes/Brown Eyes Experiment	Who is British?

Year 10	Crash Course Philosophy - What does discrimination really mean?	The Respect Programme 2 - Multicultural Britain
Year 11	Crash Course Philosophy - What Drives Discrimination?	FBV and resolutions

Week 20	Form Time	Integrated Study
Year 7	Student Mental Health Week	Voluntary Organisations - upholding our Human Rights
Year 8	Student Mental Health Week	Being British - Extremism?
Year 9	Student Mental Health Week	Identity and Self Esteem
Year 10	Student Mental Health Week	What impact does the Universal Declaration have on society?
Year 11	Student Mental Health Week	Identity and Self Esteem

Week 21	Form Time	Integrated Study
Year 7	Safer Internet Use	Voluntary Organisations - upholding our Human Rights
Year 8	Internet Safety - Exploring online identity (1)	Being British - Extremism?
Year 9	Internet Safety - Exploring online identity (2)	Identity and Self Esteem
Year 10	Internet Safety - Exploring online identity (3)	What impact does the Universal Declaration have on society?
Year 11	Internet Safety - Exploring online identity (4)	Identity and Self Esteem

Week 22	Form Time	Integrated Study
Year 7	Making school safe	Malala's Story - UD of HR
Year 8	Planning for major public events	Run, Hide, Tell
Year 9	Democracy, Justice and Legal Equality	Human Rights at home - Dignitas
Year 10	The cost of national and international disasters	Democracy, Justice and Legal Equality
Year 11	Democratic Society - who should stay and who should go?	Hope to reality....mind management

Week 23	Form Time	Integrated Study
Year 7	Why do we need the rule of Law?	Malala's Story - UD of HR
Year 8	Why do we need the rule of Law?	Run, Hide, Tell
Year 9	What is justice and the philosophy behind justice?	Human Rights at home - Dignitas
Year 10	What is justice and the philosophy behind justice?	Democracy, Justice and Legal Equality
Year 11	What is justice and the philosophy behind justice?	Hope to reality....mind management

Week 24	Form Time	Integrated Study
Year 7	Developing time management skills	Making school safe
Year 8	Considering how you like to learn	Developing planning skills....minimising stress
Year 9	Run, Hide, Tell and knife crime	County Lines and safeguarding in school

Year 10	Run, Hide, Tell and gun crime	LGBT+, democracy, justice and legal equality
Year 11	Run, Hide, Tell and shootings	The Universal Declaration of Human Rights

Week 25	Form Time	Integrated Study
Year 7	Planning for major public events	Making school safe
Year 8	Planning for major public events	Developing planning skills....minimising stress
Year 9	Public events...controlling the controllables	County Lines and safeguarding in school
Year 10	Planning to minimise the impact of national disasters	LGBT+, democracy, justice and legal equality
Year 11	Who should stay and who should go? Democracy and extradition	The Universal Declaration of Human Rights

Week 26	Form Time	Integrated Study
Year 7	Changing your beliefs could change your life	An introduction into e-safety
Year 8	Training your thinking - Islamophobia discussion	Online grooming
Year 9	The wisdom of a third grade drop-out; stereotypes...is Islamophobia real?	Sexual Health
Year 10	Have faith when nobody believes in you	Unhealthy relationships, stalking and harassment
Year 11	Have faith when nobody believes in you	The need for self care, respecting our bodies, healthy and unhealthy lifestyles

Week 27	Form Time	Integrated Study
Year 7	Free world, values and beliefs	An introduction into e-safety
Year 8	Countries rich in resources, yet people live in poverty	Online grooming
Year 9	World conflicts	Sexual Health
Year 10	Solutions, not sides; conflicts in Israel and Palestine	Unhealthy relationships, stalking and harassment
Year 11	GCSE revision planning	The need for self care, respecting our bodies, healthy and unhealthy lifestyles

Week 28	Form Time	Integrated Study
Year 7	Needs and wants	Physical activity - healthy mind and body
Year 8	What is a budget?	Maintaining physical and mental health
Year 9	Made of money? Debt? Credit?	Staying in control of your money
Year 10	Summer holiday work: UK living wage, payslips	Menstruation and how hormone imbalance can change behaviour
Year 11	Revision planning	Drug abuse, self harm and mental health

Week 29	Form Time	Integrated Study
Year 7	Working in finance	Physical activity - healthy mind and body
Year 8	What is a budget - getting financial advice	Maintaining physical and mental health
Year 9	Saving your cash	Staying in control of your money
Year 10	Intersex athletes and Olympic opinion...	Menstruation and how hormone imbalance can change behaviour
Year 11	Test Preparation	Drug abuse, self harm and mental health

Week 30	Form Time	Integrated Study
Year 7	Alcohol abuse and binge drinking	Financial literacy - the meaning of terms
Year 8	Enterprise in business, cash flow, risk management	Physical health and body image - protein supplements V balanced diet
Year 9	Gambling habits, needs and rehabilitation	What is a business; suppliers, customers, markets
Year 10	Financial literacy - borrowing money	Misuse of prescription drugs
Year 11	Supervised revision	Supervised revision

Week 31	Form Time	Integrated Study
Year 7	Alcohol abuse - case studies	Financial literacy - the meaning of terms
Year 8	What is an economy; economic downturn?	Physical health and body image - protein supplements V balanced diet
Year 9	Online gaming and gambling	What is a business; suppliers, customers, markets
Year 10	Case studies - experiences of drug addiction	Misuse of prescription drugs
Year 11	Supervised revision	Supervised revision

Week 32	Form Time	Integrated Study
Year 7	Using teacher/test result feedback effectively	Using feedback to inform academic choices
Year 8	What happens in a public enquiry following a national disaster?	How to prepare effectively for tests
Year 9	Taking risks?	Exam technique and answering exam questions
Year 10	Preparing a revision timetable	What is an economy?
Year 11	Study Leave	Study Leave

Week 33	Form Time	Integrated Study
Year 7	Academic subject/test mark reflection	Using feedback to inform academic choices
Year 8	Academic subject/test mark reflection	How to prepare effectively for tests
Year 9	Body image and performance enhancing drugs	Exam technique and answering exam questions

Year 10	The risks associated with taking performance enhancing drugs	What is an economy?
Year 11	Study Leave	Study Leave

Week 34	Form Time	Integrated Study
Year 7	Using celebrity to raise the profile of a national situation	What is stress? Needing support?
Year 8	What does the job of a social worker involve?	The stress of being a young carer...
Year 9	Test result reflection	Waking up to the importance of sleep
Year 10	Looking after your mental health	Making informed decisions around illegal drug use
Year 11	Study Leave	Study Leave

Week 35	Form Time	Integrated Study
Year 7	The importance of cleaning your teeth - child dental health	What is stress? Needing support?
Year 8	Why donate blood?	The stress of being a young carer...
Year 9	The effects of a poor diet - anorexia in boys	Waking up to the importance of sleep
Year 10	Exam Revision	Making informed decisions around illegal drug use
Year 11	Study Leave	Study Leave

Week 36	Form Time	Integrated Study
Year 7	Consolidation (11 abilities)	Awareness of live streaming
Year 8	Consolidation (11 abilities)	What is pornography, discussions around sexual consent, sensitive pictures, sharing images, self image, external validation.
Year 9	Consolidation (11 abilities)	Talking mental health
Year 10	Consolidation (11 abilities)	Peer pressure, teenage drug dealing
Year 11	Study Leave	Study Leave

Week 37	Form Time	Integrated Study
Year 7	Anxiety disorders	Awareness of live streaming
Year 8	How do others feel?	What is pornography, discussions around sexual consent, sensitive pictures, sharing images, self image, external validation.
Year 9	How relationships affect lives	Talking mental health
Year 10	Negative relationships	Peer pressure, teenage drug dealing
Year 11	Study Leave	Study Leave

Week 38	Form Time	Integrated Study
Year 7	Growth mindset reminder	Our responsibility in the community
Year 8	Growth mindset reminder	Individuals and communities
Year 9	Rape, consent and male attitudes towards sex	The art of your mind
Year 10	Business and enterprise	The art of the mind
Year 11	Study Leave	Study Leave

Week 39	Form Time	Integrated Study
Year 7	The role of charitable organisations	Our responsibility in the community
Year 8	The British heart foundation, strokes, heart attacks	Individuals and communities
Year 9	Rob Burrow - motor neurone disease	The art of your mind
Year 10	Alzheimer's disease	The art of the mind
Year 11	Study Leave	Study Leave