# Benton Park School PSHE Curriculum

## Key stage 3

| | Personal Development (PD) | Relationships (RSE) | Health and Wellbeing | Living in the wider world |
|---|---|---|---|---|
| Year 7 | Democracy<br><br>Citizenship rights and responsibilities<br><br>Being good citizens<br><br>Change in our communities | Celebrating Diversity<br><br>Bullying and Cyber Bullying<br><br>Protected characteristics<br><br>Building relationships<br><br>Discrimination | Mental Health and Well being<br><br>Dealing with Grief and loss<br><br>Coping with change<br><br>Puberty<br><br>FGM<br><br>Consent | Screen Addiction<br><br>Online Safety<br><br>Enterprise<br><br>Charity<br><br>Finance and skills |
| Year 8 | Democracy<br><br>Respect<br><br>Exploring British values<br><br>Citizenship and hate crimes | Identity<br><br>Relationships<br><br>Sexting and the law<br><br>Discrimination<br><br>Racism<br><br>Equality | Healthy lifestyle<br><br>Addiction<br><br>School Food Champion Project<br><br>Cancer identification<br><br>Drugs | Charity<br><br>Careers<br><br>Aspirations<br><br>Online Safety- misinformation, AI, critical thinking<br><br>Finance and life skills |
| Year 9 | Democracy<br><br>Human Rights and war<br><br>The environment | Sexual consent and the law<br><br>Safe Sex<br><br>Same sex relationships<br><br>Domestic violence<br><br>Challenging misogyny<br><br>Sextortion | Gangs and county lines<br><br>Peer pressure<br><br>Energy drinks<br><br>Healthy living<br><br>Mental health | Charity<br><br>Online Stress<br><br>Enterprise<br><br>Fraud education<br><br>Finances |

# Benton Park School PSHE Curriculum

## Key stage 4

| | Personal Development (PD) | Relationships (RSE) | Health and Wellbeing | Living in the wider world |
|---|---|---|---|---|
| Year 10 | Democracy<br><br>Charity<br><br>Islamophobia<br><br>Womens rights<br><br>Trade Unionism<br><br>Euthanasia<br><br>Capitol Punishment<br><br>Blood Donation | What is Incel?<br><br>What is toxic culture?<br><br>What are sexual offences?<br><br>Harrassment<br><br>Positive sexual relationships and consent<br><br>Teenage pregnancies<br><br>The danger of Pornography and revenge Porn | Fake news<br><br>Positive role models<br><br>What is radicalisation?<br><br>Happiness and positivity<br><br>Social media and self esteem<br><br>Mental health | Navigating financial institutions<br><br>Avoiding debt<br><br>Gambling<br><br>Online Gambling |
| Year 11 | Democracy<br><br>Charity<br><br>Dealing with Stress and Anxiety<br><br>Self regulation and me<br><br>Exam Stress<br><br>Assertiveness | Emotional Abuse<br><br>Forced marriage<br><br>Peer on peer abuse<br><br>Sexual Offences<br><br>Consent, rape and sexual abuse | Independent living<br><br>Study skills<br><br>Reslience<br><br>Cancer awareness and prevention | University or college<br><br>CV Building<br><br>Job Interviews<br><br>Self Management |

## Benton Park School Special Recognition