

**Year 7 PSD Overview 2019-21**

<b>PSD Day 1 – Staying Safe</b>				
<b>Session 1 – Risk Assessments</b>	<b>Session 2 – Alcohol</b>	<b>Session 3 – How to respond in an emergency?</b>	<b>Session 4 – Smoking</b>	<b>Session 5 – Road Safety</b>
<u>Focus</u> Health and safety in school Health and safety in community	<u>Focus</u> Health risks with alcohol Under-age drinking Impact on mental health	<u>Focus</u> Basic First Aid techniques	<u>Focus</u> Health risks with smoking Advertising Financial implications	<u>Focus</u> Risks on the road Safety measures Community responsibility

<b>PSD Day 2 – On-line safety and Cyber-Bullying</b>				
<b>Session 1 – Healthy relationships</b>	<b>Session 2 – Causes and results of online bullying</b>	<b>Session 3 – Internet Safety</b>	<b>Session 4 – On-line safety and the Law</b>	<b>Session 5 – How to create safe on-line profiles</b>
<u>Focus</u> What is a healthy relationship? How are they developed? What are they like on-line?	<u>Focus</u> Types of on-line bullying Impact on mental health How to report on-line bullying	<u>Focus</u> Risky behaviours on-line Strategies to keep safe on-line Safety support resources On-line grooming / CSE links	<u>Focus</u> Responsible on-line behaviours Legal implications On-line grooming/CSE links	<u>Focus</u> Different types of social media Dangers sharing personal info. Safe and secure profiles

<b>PSD Day 3 – Economic Well-Being</b>				
<b>Session 1 – Impact of money</b>	<b>Session 2 – Poverty debt</b>	<b>Session 3 – Budgeting</b>	<b>Session 4 – Employment</b>	<b>Session 5 – Case Study</b>
<u>Focus</u> Impact of money on our physical and emotional needs and wants	<u>Focus</u> Causes of debt Impact on emotional well-being	<u>Focus</u> Real life budgeting scenarios Importance of saving money	<u>Focus</u> Local jobs market information Importance / benefits of work	<u>Focus</u> Types of jobs in technological and digital markers.

<b>PSD Day 4 – Healthy Relationships</b>				
<b>Session 1 – Types of relationships</b>	<b>Session 2 – Exploitative relationships</b>	<b>Session 3 – How to protect against unhealthy relationship</b>	<b>Session 4 – On-line relationships</b>	<b>Session 5 – Posting Images On-line</b>
<u>Focus</u> Family dynamics / friendships Marriage / Civil partnerships LGBT relationships Peer on peer relationships	<u>Focus</u> Types and examples of exploitation, ie – physical, emotional, financial, sexual. Links to grooming / CSE	<u>Focus</u> Forced Marriage Rights in arranged marriages Relationship rights / responsibilities	<u>Focus</u> False on-line identities Risks meeting people in person Manipulation of social media	<u>Focus</u> Sexting Pressure used to coerce Legal implications

<b>PSD Day 5 – Democracy and Citizenship</b>				
<b>Session 1 – UK Parliament</b>	<b>Session 2 – Role of MPs</b>	<b>Session 3 – Current political issues</b>	<b>Session 4 – British Values</b>	<b>Session 5 – The rule of Law</b>
<u>Focus</u> Role of Commons and Lords What happens in elections?	<u>Focus</u> What does MP do in Parliament? How are Laws passed by MPs?	<u>Focus</u> Poverty, Extremism / Radicalisation, Education, Health, Policing, CSE	<u>Focus</u> Importance of democracy Extremist threats to democracy	<u>Focus</u> Role and importance of policing Role of the courts / punishment

<b>PSD Day 6 – Conflict Resolution</b>				
<b>Session 1 – What is friendship</b>	<b>Session 2 – Conflict Situations</b>	<b>Session 3 – Respectful behaviour</b>	<b>Session 4 – Conflict Resolution</b>	<b>Session 5 – Diverse Community</b>
<u>Focus</u> What would a friend do in different safeguarding scenarios?	<u>Focus</u> Local and global conflicts Conflict in relationships, ie – reference to peer on peer, exploitation, grooming, domestic violence	<u>Focus</u> Importance of cultural / ethnic identities and relationships. Homophobic behaviour	<u>Focus</u> Focus on responses to terror attacks in Manchester/London and Finsbury mosque – focus on Jo Cox	<u>Focus</u> EDL threat to community cohesion Role of ISIS sympathisers in the UK Impact of terrorism in UK/globally

## Year 8 PSD Overview 2019-21

### PSD Day 1 – Human Rights and Responsibilities (British Values)

<b>Session 1 – Roles and Responsibilities in society</b>	<b>Session 2 – UN Charter on Human Rights</b>	<b>Session 3 – Discrimination</b>	<b>Session 4 – The Law</b>	<b>Session 5 – Sustainability</b>
<u>Focus</u> How to establish a society with clear laws, rules, roles and responsibilities	<u>Focus</u> How does UN Charter protect human rights ie- racism, homophobia, hate crime, Islamophobia, gender, age	<u>Focus</u> Forms of discrimination The law and discrimination Impact on society and values	<u>Focus</u> How and why does the law protect human rights and liberties?	<u>Focus</u> How do we find sustainable solutions to global issues?

### PSD Day 2 – Health Day (delivered by professionals)

<b>Session 1 – Sexual Health</b>	<b>Session 2 – Healthy lifestyles</b>	<b>Session 3 – Contraception</b>	<b>Session 4 – Healthy Body</b>	<b>Session 5 – FGM</b>
<u>Focus</u> Dangers of sexting Under-age sexual relationships Grooming and sexual exploitation	<u>Focus</u> Healthy and balanced diets Physical exercise Weight - obesity	<u>Focus</u> Types of contraceptives How to use contraceptives Importance of using contraceptives	<u>Focus</u> How does the body develop? Puberty and menstruation cycle Development milestones	<u>Focus</u> What is FGM? Myths? Why does it happen? RiskS What to do if worried about risk?

### PSD Day 3 – The Law and British Values

<b>Session 1 – Decision Making</b>	<b>Session 2 – Terrorism / Extremism</b>	<b>Session 3 – Anti-Social Behaviour</b>	<b>Session 4 – Islamic Extremism</b>	<b>Session 5 – English Defence League</b>
<u>Focus</u> What factors can influence decision that result in inappropriate behaviour?	<u>Focus</u> Case studies of young people recruited to join extremist organisations	<u>Focus</u> Gang culture Youth violence Human trafficking linked to gangs	<u>Focus</u> Recruitment methods Examples of actions Use of social media to promote beliefs	<u>Focus</u> Recruitment methods Examples of actions Use of social media to promote beliefs

### PSD Day 4 – Mental Health and Emotional Well-Being

<b>Session 1 – What is mental health?</b>	<b>Session 2 – Anxiety disorders</b>	<b>Session 3 – Addictions</b>	<b>Session 4 – Eating Disorders</b>	<b>Session 5 – Self-Harming</b>
<u>Focus</u> Spectrum of mental health issues Signs and symptoms Myth-busting and young people issues	<u>Focus</u> Why do people become anxious? How is it displayed? Impact of social media / advertising Support available in community	<u>Focus</u> What is an addiction? Addictions linked to mental health? Addictions to mobile phones – impact on emotional development	<u>Focus</u> Binge eating, anorexia and bulimia Impact of social media / advertising Emotional impact on mental health Support available in community	<u>Focus</u> Forms of self-harm Reasons for self-harm Impact on mental health Support available in community

### PSD Day 5 – Careers and Work Related Learning

<b>Session 1 – The local economy</b>	<b>Session 2 – Career Stereotypes</b>	<b>Session 3 – Employability Skills</b>	<b>Session 4 – Job Advertisements</b>	<b>Session 5 – Case Study: NHS</b>
<u>Focus</u> Types of jobs and career opportunities in local businesses, ie - ISHIDA	<u>Focus</u> Challenging traditional role of women in the workplace by meeting female staff from ISHIDA / Apprenticeships	<u>Focus</u> What makes a good CV? Importance of CV? What do employers want evidence of?	<u>Focus</u> What information do they contain? What skills do different types of jobs require?	<u>Focus</u> Careers in the NHS Qualifications required Skill development

### PSD Day 6 – Healthy Relationships

<b>Session 1 – Trust in relationships</b>	<b>Session 2 – Good &amp; bad relationships</b>	<b>Session 3 – Violent relationships</b>	<b>Session 4 – Forced Marriage</b>	<b>Session 5 – Sexuality and orientation</b>
<u>Focus</u> Loudmouth Theatre Company focus on abusive teenage relationships and roles / responsibilities in relationships	<u>Focus</u> What types of behaviour are associated these relationships? What impact can these relationships have on mental health? Impact of divorce and separation	<u>Focus</u> Peer on peer abuse Female abuse towards males Domestic violence / CSE / grooming	<u>Focus</u> Definition / difference from arranged Reasons for forced marriage Support against forced marriages	<u>Focus</u> Development of LGBT rights Civil Partnerships Same-sex relationships / families

**Year 9 PSD Overview 2019-21**

PSD Day 1 – Extremist Radicalisation				
<p align="center"><b>Session 1 – Inappropriate use of technology</b></p> <p><u>Focus</u> Who is stereotypical on-line groomer? What methods used to befriend?</p>	<p align="center"><b>Session 2 – Technology as a recruitment tool</b></p> <p><u>Focus</u> How are extremist groups using social media networks to recruit and indoctrinate?</p>	<p align="center"><b>Session 3 – The media</b></p> <p><u>Focus</u> How do the media help to create 'stereotypical' views of people associated with extremist groups?</p>	<p align="center"><b>Session 4 – Brexit and the EDL</b></p> <p><u>Focus</u> Why did UK vote to leave EU? How has this added to tension in UK? How have EDL used this to promote their beliefs and ideology?</p>	<p align="center"><b>Session 5 – ISIL</b></p> <p><u>Focus</u> Why have young people joined? What has life been like after joining? How is the reality different from the myth promoted by ISIL?</p>

PSD Day 2 – Drugs Awareness				
<p align="center"><b>Session 1 – What is an addiction?</b></p> <p><u>Focus</u> Why do people take drugs? How / why become addicted? Which drugs are most addictive?</p>	<p align="center"><b>Session 2 – Drugs Classification</b></p> <p><u>Focus</u> How / why drugs classified? Overview of impact on human body Overview of impact on mental health</p>	<p align="center"><b>Session 3 – Drugs and the Law</b></p> <p><u>Focus</u> What are the legal implications of producing, selling and possessing certain drugs?</p>	<p align="center"><b>Session 4 – Drugs and Gangs</b></p> <p><u>Focus</u> How have drugs contributed to the development of gang culture and youth violence? How have young people been drawn into this?</p>	<p align="center"><b>Session 5 – Support</b></p> <p><u>Focus</u> What types of support can people get? What support in Birmingham? What support on-line?</p>

PSD Day 3 – Relationships and Sexual Health				
<p align="center"><b>Session 1 – Sexual Relationships</b></p> <p><u>Focus</u> Presentation by Loudmouth theatre company on the issue of consent all relationships – focus on honour-based violence and forced marriage</p>	<p align="center"><b>Session 2 – Equality in relationships</b></p> <p><u>Focus</u> Why is it important for partners in all forms of relationships to have equal rights? Cultural expectations of relationship Gender stereotypes in relationships</p>	<p align="center"><b>Session 3 – Pornography</b></p> <p><u>Focus</u> Sexting - Use of force / sexual exploitation Grooming / Role of social media Legal implications of taking, possessing and sharing such images</p>	<p align="center"><b>Session 4 – Sexually Transmitted Infections</b></p> <p><u>Focus</u> Effects of different STIs on body Access to sexual health services</p>	<p align="center"><b>Session 5 – Contraception</b></p> <p><u>Focus</u> How to access contraceptives How to use different forms Myths around taking the pill Natural contraceptives</p>

PSD Day 4 – Personal Health				
<p align="center"><b>Session 1 – Influence of media on lifestyles</b></p> <p><u>Focus</u> How does TV, music, news, social media influence the decision we make about our body, health and lifestyle choices?</p>	<p align="center"><b>Session 2 – First Aid</b></p> <p><u>Focus</u> How to administer basic first aid (revisit session delivered in Year 7)</p>	<p align="center"><b>Session 3 – Cosmetic surgery</b></p> <p><u>Focus</u> What are the risks of cosmetic and aesthetic procedures, ie – tattoos, body piercings, tanning, etc?</p>	<p align="center"><b>Session 4 – Disease prevention</b></p> <p><u>Focus</u> What practical lifestyle choices can we take to prevent disease like cancer and diabetes? How do we check for both?</p>	<p align="center"><b>Session 5 – Immunisation and vaccination</b></p> <p><u>Focus</u> Why important? Advantages and disadvantages? Moral choices over medicine</p>

PSD Day 5 – Financial Management				
<p align="center"><b>Session 1 – How do people get access to money?</b></p> <p><u>Focus</u> What types of benefits do people get? Where can people loan money from? How do people use HP and credit?</p>	<p align="center"><b>Session 2 – Controlling finances</b></p> <p><u>Focus</u> What expenses do adults face? What things will you need to pay when living on your own? What are current levels of taxation and NI?</p>	<p align="center"><b>Session 3 – Debt management</b></p> <p><u>Focus</u> How / why do people get into debt? Risks associated with HP / Credit cards What support is available if in debt?</p>	<p align="center"><b>Session 4 – Media</b></p> <p><u>Focus</u> How can the media encourage people to get into debt? On-line gambling addictions.</p>	<p align="center"><b>Session 5 – University life</b></p> <p><u>Focus</u> Why do people go to University? What costs will students incur? What do students have to do to manage finances?</p>

PSD Day 6 – On-line safety				
<p align="center"><b>Session 1 – Digital Footprints</b></p> <p><u>Focus</u> What happens to any information people post about themselves on-line? Who can access it and how?</p>	<p align="center"><b>Session 2 – Images On-line</b></p> <p><u>Focus</u> Revenge porn and the legal implications of generating, possessing, posting and sharing inappropriate images on-line.</p>	<p align="center"><b>Session 3 – On-line friendships</b></p> <p><u>Focus</u> Case studies of young people sexually groomed and victims of human trafficking as a result of building relationships on-line</p>	<p align="center"><b>Session 4 – Anti-social behaviour</b></p> <p><u>Focus</u> Risks of accounts being hacked New trend of trolling / on-line stalking Discrimination through social media Identity theft and fraud</p>	<p align="center"><b>Session 5 – How does social media influence our behaviour?</b></p> <p><u>Focus</u> Impact on our personal identity, ie – health, fashion, careers, values, behaviour, diet, political views, etc</p>

## Year 10 PSD Overview 2019-21

### PSD Day 1 – Crime and Punishment (British Values)

<b>Session 1 – Gang Culture</b>	<b>Session 2 – Youth Violence</b>	<b>Session 3 – Knife Crime</b>	<b>Session 4 – Organised Crime</b>	<b>Session 5 – Courts and the Law</b>
<u>Focus</u> How / why do people join gangs? Risks and dangers of gang membership Impact on communities – County Lines	<u>Focus</u> Examples of youth violence / County Lines Reasons for increase in violence Links with organised criminal activity	<u>Focus</u> Why do people carry knives? What are the dangers and risk? What are the human consequences?	<u>Focus</u> Human trafficking Child Sexual Exploitation Prostitution / county Lines	<u>Focus</u> What happened in juvenile courts? What types of sentences can be issued to young people for criminal actions?

### PSD Day 2 – BAIT – Child Sexual Exploitation

<b>Session 1 – Risks of exploitation</b>	<b>Session 2 – Grooming</b>	<b>Session 3 – Teenage relationships</b>	<b>Session 4 – Consent in relationships</b>	<b>Session 5 – Human Trafficking</b>
<u>Focus</u> How can young people be sexually, physically and emotionally exploited in relationships? (inc. peer abuse)	<u>Focus</u> How can young people be groomed on-line and in physical relationships? (inc. peer abuse). Stalking, harassment and victim-blaming	<u>Focus</u> How can people be abused? Why does abuse happen in teenage relationships? Is it different from older relationships?	<u>Focus</u> Why is consent important? How does it keep people safe? Different types of consent	<u>Focus</u> What is human trafficking? How do people become victims? What can their lives be like? How is it linked to County Lines?

### PSD Day 3 – Human Rights and Responsibilities (Relationships)

<b>Session 1 – Definitions</b>	<b>Session 2 – Teenage Pregnancy</b>	<b>Session 3 – Abortion</b>	<b>Session 4 – Forced Marriage</b>	<b>Session 5 – Honour-based violence</b>
<u>Focus</u> What are the key rights and responsibilities in different types of relationships? Importance of marriage / family institution	<u>Focus</u> Teenage parenthood Parenting skills	<u>Focus</u> Religious and moral interpretations Physical procedure Short and long term effects on body	<u>Focus</u> What are rights / responsibilities in marriage? How are 'forced marriages' an infringement on rights? Support?	<u>Focus</u> Why is HBV carried out? Local examples of HBV and support What are people's rights against HBV?

### PSD Day 4 – Emotional Resilience

<b>Session 1 – Resilience</b>	<b>Session 2 – Stress</b>	<b>Session 3 – Self-harming</b>	<b>Session 4 – The media</b>	<b>Session 5 – Resilience strategies</b>
<u>Focus</u> What factors affect our resilience? How can we make ourselves more resilient?	<u>Focus</u> Why do young people become stressed? What role does school, family, health, exercise, diet, relations, social media have on stress levels?	<u>Focus</u> What factors may contribute to someone self-harming? What impact can repeated self-harming have on physical/emotional development?	<u>Focus</u> How is mental health portrayed in the media? (Positive and negative) What do the government need to do to tackle youth mental health?	<u>Focus</u> Examples of different types of strategies young people can use to increase levels of resilience

### PSD Day 5 – Drugs Education

<b>Session 1 – Effects of drugs</b>	<b>Session 2 – Cannabis and the Law</b>	<b>Session 3 – Effects of Cannabis</b>	<b>Session 4 – Effects of Legal Highs</b>	<b>Session 5 – Effects of Cocaine/Heroin</b>
<u>Focus</u> Loudmouth Theatre Company performance on 'Working for Marcus' to show how easy it is for young people to be dragged into drugs world	<u>Focus</u> What does the law say about the selling, possession and use of cannabis?	<u>Focus</u> What impact does the regular use of cannabis have on people physically and emotionally?	<u>Focus</u> What are legal highs? What impact on body? What does the law say about use, selling and possession?	<u>Focus</u> Why do people use these drug? What impact on body? What does the law say about use, selling and possession?

### PSD Day 6 – Careers and Work Related Learning

<b>Session 1 – Writing a CV</b>	<b>Session 2 – Interview Techniques</b>	<b>Session 3 – Applying for jobs</b>	<b>Session 4 – Local Labour markets</b>	<b>Session 5 – Work Experience</b>
<u>Focus</u> What information is required? How do CVs need to adapt based on the job people apply for?	<u>Focus</u> What do employers expect? Planning prior to interview Practice on answering questions	<u>Focus</u> What makes an effective letter of application? How do letters need to tailored to details in job adverts?	<u>Focus</u> How are job opportunities changing in Birmingham? What skills does a 21 <sup>st</sup> century workforce need?	<u>Focus</u> Planning for placements Importance of work experience How to plan / apply?