

PSD Curriculum Overview 2021 - 2022

Year 7

Day 1 - Staying safe					
Title	1. Risk Assessments and first aid	2. Alcohol	3. How to respond in an emergency	4. Smoking	5. Road safety
Objectives	Health and safety in school Health and safety in community Basic first aid techniques	Health risks with alcohol Under-age drinking Impact on mental health	Basic first aid techniques Burn hazards Burn first aid	Health risks with smoking Advertising Financial implications	Risks on the road Safety measures Community responsibility

Day 2 - Online safety and cyber bullying					
Title	1. Healthy relationships	2. Causes & results of online bullying	3. Internet safety	4. Online safety and the law	5. How to create safe online profiles
Objectives	What is a healthy relationship? How are they developed? What are they like online?	Types of online bullying Impact on mental health How to report online bullying	Risky behaviours online Strategies to keep safe online Safety support resources CSE links Trustworthy sources of information	Responsible online behaviours Legal implications Online grooming/CSE links	Different types of social media Dangers sharing personal info Safe and secure profiles Use for positive self-promotion

Day 3 - Economic wellbeing					
Title	1. Impact of money	2. Poverty debt	3. Budgeting	4. Employment	5. Case study
Objectives	Impact of money on our physical and emotional needs and wants	Causes of debt Impact on emotional wellbeing	Real life budgeting scenarios Importance of saving money	Local jobs market information Importance of work Benefits of work	Types of jobs in technological and digital markers

Day 4 - Healthy relationships					
Title	1. Types of relationships	2. Healthy and unhealthy relationships	3. Protect from unhealthy relationship	4. Online relationships	5. Family
Objectives	Types of relationships, and how they are good for wellbeing The importance of marriage inc. legal benefits	Types and examples of exploitation, ie – physical, emotional, financial, sexual. Links to grooming / CSE Consent laws	Impact of unhealthy relationships Forced Marriage Rights in arranged marriages Improving relationships Peer pressure	False on-line identities Risks meeting people in person Manipulation of social media Legal implications of sexting	The roles and responsibilities of parents Characteristics of successful parenting

Day 5 - Democracy and citizenship					
Title	1. UK parliament and the role of MPs	2. Current political issues	3. British Values	4. Rule of law and hate crime	5. LGBT+ rights
Objectives	Role of Commons and Lords What happens in elections	What do MPs do in parliament? How are laws passed by MPs?	Poverty, education, health, policing Extremism and radicalisation	Importance of democracy Extremist threats to democracy	Role and importance of policing Role of the courts / punishment

Day 6 - Conflict resolution					
Title	1. What is friendship?	2. Conflict situations	3. Respectful behaviour	4. Conflict resolution	5. Diverse community
Objectives	What would a friend do in different safeguarding scenarios	Local and global conflicts Conflict in relationships	Importance of cultural identities Homophobic behaviour	Responses to terror attacks in Manchester/London./Finsbury Focus on Jo Cox	EDL threat to community cohesions Role of ISIS sympathisers in the UK Impact of terrorism in the UK/globally

Year 8

Day 1 - Human rights and responsibilities (British Values)					
Title	1. Societal roles and responsibilities	2. UN Charter on Human Rights	3. Discrimination	4. The law	5. Sustainability
Objectives	What are roles and responsibilities? How to establish a society with clear laws, rules, roles and responsibilities	How does UN Charter protect human rights e.g. racism, homophobia, hate crime, Islamophobia, gender, age	Forms of discrimination The law and discrimination Impact on society and values	How and why does the law protect human rights and liberties? The role of police	Sustainable solutions to global issues What can we do as individuals to be responsible global citizens?

Day 2 - The law and British values					
Title	1. Decision making	2. Terrorism/Extremism	3. Antisocial behaviour	4. Islamic extremism	5. EDL
Objectives	What factors can influence decision that result in inappropriate behaviour?	Case studies of young people recruited to join extremist organisations	Gang culture Youth violence Human trafficking linked to gangs	Recruitment methods Examples of actions Use of social media to promote beliefs	Recruitment methods Examples of actions Use of social media to promote beliefs

Day 3 - Health day (Brook)					
Title	1. Sexual health	2. Healthy lifestyles	3. Contraception	4. Healthy body	5. FGM
Objectives	Dangers of sexting Under-age sexual relationships Grooming and sexual exploitation	Healthy and balanced diets Physical exercise Weight - obesity	Types of contraceptives How to use contraceptives Importance of using contraceptives	How does the body develop? Puberty and menstruation cycle Development milestones	What is FGM? Myths? Why does it happen? Risks What to do if worried about risk?

Day 4 - Mental health and emotional wellbeing					
Title	1. What is mental health?	2. Anxiety disorders	3. Addictions	4. Eating disorders	5. Self harming
Objectives	Spectrum of mental health issues Signs and symptoms Myth-busting and young people issues	Anxiety - causes and symptoms Impact of social media/advertising Support available	What is an addiction? Addictions linked to mental health? Addictions to mobile phones	Binge eating, anorexia and bulimia Impact of social media/advertising Support available in community	Forms of self-harm Self-harm & impact on mental health Support available in community

Day 5 - Healthy relationships					
Title	1. Trust in relationships	2. Good and bad relationships	3. Violent relationships	4. Forced marriage	5. Sexuality and orientation
Objectives	Loudmouth Theatre Company focus on abusive teenage relationships and roles / responsibilities in relationships	What types of behaviour are associated these relationships? Impact on mental health? Recognising trustworthy sources of information.	Peer on peer abuse Female abuse towards males Domestic violence / CSE / grooming	Definition / difference from arranged Reasons for forced marriage Support against forced marriages	Development of LGBT rights Civil Partnerships Same-sex relationships / families

Day 6 - Careers and work related learning					
Title	1. The local economy	2. Career stereotypes	3. Employability skills	4. Job advertisements	Case study: NHS
Objectives	Types of jobs and career opportunities in local businesses, ie - ISHIDA	Challenging traditional role of women in the workplace by meeting female staff from ISHIDA / Apprenticeships	What makes a good CV? Importance of CV? What do employers want evidence of?	What information do they contain? What skills do different types of jobs require?	Careers in the NHS Qualifications required Skill development

Year 9

Day 1 - Extremist radicalisation					
Title	1. Valuing diversity	2. Extremism	3. The role of technology in radicalisation	4. EDL and impact of Brexit	5. ISIL
Objectives	The impact of individual's beliefs and actions on community cohesion Respecting diversity The impact of media	How violent extremism differs from legitimate protest and dissent. Ways to respond to worrying behaviours	How are extremist groups using social media networks to recruit and indoctrinate?	Why did UK vote to leave EU? How has this added to tension in UK? How have EDL used this?	Why have young people joined? What has life been like after joining? Reality vs myth promoted by ISIL

Day 2 - Drugs awareness					
Title	1. What is an addiction?	2. Drugs classification	3. Drugs and the law	4. Drugs and gangs	5. Support
Objectives	Why do people take drugs? How / why become addicted? Which drugs are most addictive?	How / why drugs classified? Overview of impact on human body Overview of impact on mental health	What are the legal implications of producing, selling and possessing certain drugs?	Drugs, gang culture and youth violence? How have young people been drawn into this?	What types of support is available? What support in Birmingham? What support on-line?

Day 3 - Relationships and sexual health					
Title	1. Sexual relationships	2. Equality in relationships	3. Pornography	4. Sexually transmitted diseases	5. Contraception
Objectives	LM: consent in all relationships – focus on honour-based violence and forced marriage	Equal rights in relationships Cultural expectations of relationship Gender stereotypes in relationships Actively communicating consent	Sexting - exploitation Grooming/Role of social media Legal implications	Effects of different STIs on body Access to sexual health services	How to access contraceptives Types & misconceptions Natural contraceptives

Day 4 - Personal health					
Title	1. Reproductive health	2. First aid	3. Cosmetic surgery	4. Disease prevention	5. Immunisation and vaccination
Objectives	Reproductive system Fertility (including factors that can affect it) Menopause	How to administer basic first aid (revisit session delivered in Year 7)	Impact of media on body image What are the risks of cosmetic and aesthetic procedures, ie – tattoos, body piercings, tanning, etc?	Disease prevention e.g. diabetes/cancer How do we check for both?	Why important? Advantages and disadvantages? Moral choices over medicine

Day 5 - Financial management					
Title	1. How do people get money	3. Controlling finances	3. Debt management	4. Media	5. University life
Objectives	Benefits Loans Credit	What expenses do adults face? What are current levels of taxation and NI?	How do people get into debt? Hire purchase / Credit cards What support is available if in debt?	How can the media encourage people to get into debt? On-line gambling addictions.	Why do people go to University? What costs will students incur? Managing student finances

Day 6 - Online safety					
Title	1. Digital footprints	2. Images online	3. Online dangers	4. Anti-social behaviour	5. Social media influence on behaviour
Objectives	What happens to any information people post about themselves on-line? Who can access it and how?	Revenge porn and the legal implications of generating, possessing, posting and sharing inappropriate images on-line.	Case studies of CSE and human trafficking victims as a result of building relationships on-line	Risks of accounts being hacked Trolling/On-line stalking/Discrimination Identity theft and fraud	Impact on our personal identity, ie – health, fashion, careers, values, behaviour, diet, political views, etc

Year 10

Day 1 - Crime and punishment					
Title	1. Gang culture	2. Youth violence	3. Knife crime	4. Organised crime	5. Courts and the law
Objectives	How / why do people join gangs? Risks and dangers of gang membership Impact on communities – County Lines	Examples of youth violence / County Lines Reasons for increase in violence Links with organised criminal activity	Why do people carry knives? What are the dangers and risk? What are the human consequences?	Human trafficking Child Sexual Exploitation Prostitution / county Lines	What happened in juvenile courts? What types of sentences can be issued to young people for criminal actions? Upskirting

Day 2 - BAIT CSE					
Title	1. Risks of exploitation	2. Grooming	3. Teenage relationships	4. Consent in relationships	5. Human trafficking
Objectives	How can young people be sexually, physically and emotionally exploited in relationships? (inc. peer abuse)	Grooming (inc. peer abuse) Stalking, harassment and victim blaming	How can people be abused? Why does abuse happen in teenage relationships? Is it different from older relationships? Peer on peer	Why is consent important? How does it keep people safe? Different types of consent Right to choose to delay sex or enjoy intimacy without sex	What is human trafficking? How do people become victims? How is it linked to County Lines?

Day 3 - Human rights and responsibilities					
Title	1. Definitions	2. Pregnancy and miscarriage	3. Abortion	4. Forced marriage	5. Honour based violence
Objectives	Rights and responsibilities in relationships? Importance of marriage / family institution Coercive control	Reproductive system Miscarriage Teenage parenthood Parenting skills	Religious, legal and moral interpretations Physical procedure Short and long term effects on body Alternatives e.g. adoption	What are rights / responsibilities in marriage? How are 'forced marriages' an infringement on rights? Support?	Why is HBV carried out? Local examples of HBV and support What are people's rights against HBV?

Day 4 - Drugs education					
Title	1. Effects of drugs	2. Drugs and the law	3. Effects of cannabis	4. Effects of legal highs	5. Effects of cocaine/heroin
Objectives	LM 'Working for Marcus' to show how easy it is for young people to be dragged into drugs world	What does the law say about the selling, possession and use of cannabis?	What impact does the regular use of cannabis have on people physically and emotionally?	What are legal highs? What impact on body? What does the law say about use, selling and possession?	Why do people use these drug? What impact on body? What does the law say about use, selling and possession?

Day 5 - Emotional resilience					
Title	1. Resilience	2. Stress	3. Self harming	4. The media	5. Resilience
Objectives	What factors affect our resilience? How can we make ourselves more resilient?	Why do young people become stressed? School, family, health, exercise, diet, relations, social media	Contributing factors Impact on physical/emotional development	How is mental health portrayed in the media? What do the government need to do to tackle youth mental health?	Examples of different types of strategies young people can use to increase levels of resilience

Day 6 - Careers and work related learning					
Title	1. Writing a CV	2. Interview techniques	3. Applying for jobs	4. Local labour markets	5. Work experience
Objectives	What information is required? How do CVs need to adapt based on the job people apply for?	What do employers expect? Planning prior to interview Practice on answering questions	What makes an effective letter of application? How do letters need to tailored to details in job adverts?	How are job opportunities changing in Birmingham? What skills does a 21st century workforce need?	Planning for placements Importance of work experience How to plan / apply?

Year 11

Day 2 - Careers and work related learning

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Objectives	What information is required? How do CVs need to adapt based on the job people apply for?	What do employers expect? Planning prior to interview Practice on answering questions	What makes an effective letter of application? How do letters need to tailored to details in job adverts?	How are job opportunities changing in Birmingham? What skills does a 21st century workforce need?	Planning for placements Importance of work experience How to plan / apply?

Day 3 - Human rights and responsibilities

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