



**Subject: Social and Emotional Learning (SEL)**

**Curriculum Intent Statement**

PSHE/RSE education is a school subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain.

As part of The Balfour Journey, Stafford Manor High School aims to provide a coherent programme of Personal, Social, Health and Economic Education (PSHE), including Relationships, Sex and Health Education (RSE) and Careers information, advice and guidance which is rooted in our school values.

Accessible to all, it will maximise outcomes for every student so that they know more, remember more and understand more about themselves and the world in which they live. Our intent is to provide a personal development curriculum that provides opportunities for pupils to reflect on and clarify personal values and attitudes; explore complex and sometimes conflicting values and attitudes that students encounter now, and in the future.

The PSHE/RSE curriculum we deliver is rooted in the PSHE Association syllabus which is to equip pupils to live healthy, safe, productive, capable, responsible and balanced lives through core themes of Health and Wellbeing, Relationships and Living in the Wider World. We also deliver an RSE curriculum which follows the Statutory Government guidance.

KS3

Year 7

Term	Curriculum coverage	Home learning
Autumn term 1	<p><b>Health and Wellbeing: Transition and Safety</b></p> <ul style="list-style-type: none"> <li>Managing the challenges of moving to a new school.</li> <li>Identifying, expressing and managing emotions</li> <li>Establish and manage friendships</li> <li>Improving Study Skills</li> <li>Personal and travel safety strategies</li> <li>Responding to an emergency situation</li> </ul>	<p><b>Every Child Matters: Dealing with Change</b>  <a href="https://campaignresources.dhsc.gov.uk/campaigns/school-zone/">https://campaignresources.dhsc.gov.uk/campaigns/school-zone/</a></p> <p><b>St John Ambulance</b>  <a href="https://www.sja.org.uk/get-advice/first-aid-lesson-plans/">https://www.sja.org.uk/get-advice/first-aid-lesson-plans/</a></p>
Autumn term 2	<p><b>Living in the Wider World: Careers, Teamwork, Enterprise Skills and Raising Aspirations</b></p> <ul style="list-style-type: none"> <li>How to be enterprising</li> <li>Careers and the abilities required for different careers</li> <li>Equality of opportunity</li> <li>Challenging stereotypes, broadening horizons and how to identify future career aspirations</li> <li>The links between values and career choices</li> </ul>	<p><b>Environment Agency: Careers for change</b>  <a href="https://pshe-association.org.uk/resource/environment-agency-careers-for-change">https://pshe-association.org.uk/resource/environment-agency-careers-for-change</a></p>



<p>Spring term 1</p>	<p><b>Relationships: Diversity</b></p> <ul style="list-style-type: none"> <li>• Identity, rights and responsibilities</li> <li>• Living in a diverse society</li> <li>• Challenging prejudice, stereotypes and discrimination</li> <li>• The signs and effects of bullying, including online</li> <li>• How to respond to bullying</li> <li>• How to support others</li> </ul>	<p><b>Every Child Matters: Bullying and Cyberbullying</b>  <a href="https://campaignresources.dhsc.gov.uk/campaigns/school-zone/">https://campaignresources.dhsc.gov.uk/campaigns/school-zone/</a></p> <p><b>NSPCC: Talk Relationships</b>  <a href="https://learning.nspcc.org.uk/services/talk-relationships">https://learning.nspcc.org.uk/services/talk-relationships</a></p>
<p>Spring term 2</p>	<p><b>Health and Wellbeing: Health and Puberty</b></p> <ul style="list-style-type: none"> <li>• Healthy lifestyle choices including diet, dental health, physical activity and sleep</li> <li>• Caffeine, smoking and alcohol</li> <li>• Managing physical and emotional changes during puberty</li> <li>• Personal hygiene</li> <li>• Recognising and responding to inappropriate and unwanted contact</li> <li>• FGM</li> </ul>	<p><b>Every Child Matters: Puberty and Sleep</b>  <a href="https://campaignresources.dhsc.gov.uk/campaigns/school-zone/">https://campaignresources.dhsc.gov.uk/campaigns/school-zone/</a></p> <p><b>A Better Medway</b>  <a href="https://pshe-association.org.uk/rselessonpackks1-4">https://pshe-association.org.uk/rselessonpackks1-4</a></p> <p><b>Freedom Charity: Forced Marriage and FGM</b>  <a href="https://freedomcharity.org.uk/">https://freedomcharity.org.uk/</a></p>
<p>Summer term 1</p>	<p><b>Relationships: Building Relationships</b></p> <ul style="list-style-type: none"> <li>• Self-worth and self-efficacy</li> <li>• Qualities and behaviours relating to different types of positive relationships</li> <li>• How to recognise unhealthy relationships</li> <li>• Recognising and challenging media stereotypes</li> <li>• Evaluating expectations for romantic relationships</li> <li>• Consent: How to seek and assertively communicate consent</li> </ul>	<p><b>A Better Medway</b>  <a href="https://pshe-association.org.uk/rselessonpackks1-4">https://pshe-association.org.uk/rselessonpackks1-4</a></p> <p><b>BBFC: Making Choices</b>  <a href="https://www.bbfc.co.uk/education/key-stage-3-pshe-resource">https://www.bbfc.co.uk/education/key-stage-3-pshe-resource</a></p>
<p>Summer term 2</p>	<p><b>Living in the Wider World: Financial Decision Making</b></p> <ul style="list-style-type: none"> <li>• Making safe financial choices</li> <li>• Ethical and unethical business practices and consumerism</li> <li>• Saving, spending and budgeting</li> <li>• Managing risk-taking behaviour</li> </ul>	<p><b>Bank of England</b>  <a href="https://www.bankofengland.co.uk/education/econome">https://www.bankofengland.co.uk/education/econome</a></p>



Term	Curriculum coverage	Home learning
Autumn term 1	<p><b>Health and Wellbeing: Drugs and Alcohol</b></p> <ul style="list-style-type: none"> <li>• Medicinal and recreational drugs</li> <li>• Over consumption of energy drinks</li> <li>• The relationships between habit and dependence</li> <li>• How to use over the counter and prescription medicines safely</li> <li>• Risks of alcohol, tobacco, nicotine and e-cigarettes</li> <li>• Managing influences in relation to substance use</li> <li>• How to recognise and promote positive social norms and attitudes</li> </ul>	<p><b>PSHE Association: Drugs and Alcohol</b>  <a href="https://pshe-association.org.uk/resource/drugs-alcohol-education">https://pshe-association.org.uk/resource/drugs-alcohol-education</a></p> <p><b>Every Child Matters: Smoking and Alcohol</b>  <a href="https://campaignresources.dhsc.gov.uk/campaigns/school-zone/">https://campaignresources.dhsc.gov.uk/campaigns/school-zone/</a></p>
Autumn term 2	<p><b>Living in the Wider World: Community and Careers</b></p> <ul style="list-style-type: none"> <li>• Equality of opportunity in life and work</li> <li>• Challenging stereotypes and discrimination in relation to work and pay</li> <li>• Employment, self-employment and voluntary work</li> <li>• Setting aspirational goals for future careers and challenging expectations that limit choices</li> </ul>	<p><b>Environment Agency: Careers for change</b>  <a href="https://pshe-association.org.uk/resource/environment-agency-careers-for-change">https://pshe-association.org.uk/resource/environment-agency-careers-for-change</a></p>
Spring term 1	<p><b>Relationships: Discrimination</b></p> <ul style="list-style-type: none"> <li>• Managing influences on beliefs and decisions</li> <li>• Group-think and persuasion</li> <li>• Developing self-worth and confidence</li> <li>• Gender identity, transphobia and gender-based discrimination</li> <li>• Recognising and challenging homophobia and biphobia</li> <li>• Recognising and challenging racism and religious discrimination</li> </ul>	<p><b>Changing Faces: A World of Difference</b>  <a href="https://www.changingfaces.org.uk/a-world-of-difference-resources-for-teaching-about-visible-difference/">https://www.changingfaces.org.uk/a-world-of-difference-resources-for-teaching-about-visible-difference/</a></p> <p><b>Belonging and community: Addressing Discrimination and Extremism</b>  <a href="https://pshe-association.org.uk/belonging-and-community?utm_campaign=Programme+Builder+tracking+links&amp;utm_source=inclusion-belonging-ks4">https://pshe-association.org.uk/belonging-and-community?utm_campaign=Programme+Builder+tracking+links&amp;utm_source=inclusion-belonging-ks4</a></p>
Spring term 2	<p><b>Health and wellbeing: Emotional Wellbeing</b></p> <ul style="list-style-type: none"> <li>• Attitudes towards mental health</li> <li>• Challenging misconceptions stigma</li> <li>• Daily wellbeing</li> <li>• Managing emotions</li> <li>• Developing digital resilience</li> <li>• Unhealthy coping strategies</li> <li>• Health coping strategies</li> </ul>	<p><b>Every Child Matters: Dealing with Change, Online Stress and FOMO</b>  <a href="https://campaignresources.dhsc.gov.uk/campaigns/school-zone/">https://campaignresources.dhsc.gov.uk/campaigns/school-zone/</a></p> <p><b>Mind</b>  <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a></p>



<p>Summer term 1</p>	<p><b>Relationships: Identify and Relationships</b></p> <ul style="list-style-type: none"> <li>• Demonstrating positive behaviours in healthy relationships</li> <li>• Gender identity and sexual orientation</li> <li>• Consent: the law and communicating it</li> <li>• The risks of sexting and how to manage requests</li> <li>• Basic forms of contraception</li> </ul>	<p><b>NSPCC Talk Relationships</b> <a href="https://learning.nspcc.org.uk/services/talk-relationships">https://learning.nspcc.org.uk/services/talk-relationships</a></p> <p><b>A Better Medway</b> <a href="https://pshe-association.org.uk/rselessonpackks1-4">https://pshe-association.org.uk/rselessonpackks1-4</a></p> <p><b>BBFC: Making Choices</b> <a href="https://www.bbfc.co.uk/education/key-stage-3-pshe-resource">https://www.bbfc.co.uk/education/key-stage-3-pshe-resource</a></p>
<p>Summer term 2</p>	<p><b>Living in the Wider World: Digital Literacy</b></p> <ul style="list-style-type: none"> <li>• Using social networking sites safely</li> <li>• Online grooming and how to respond to and seek support</li> <li>• Assessing media sources: Are they bias or misleading?</li> <li>• Assessing and managing risks in relation to gambling and chance-based transactions</li> <li>• Protection financial security</li> </ul>	<p><b>CIFAS Anti-Fraud Education</b> <a href="https://www.cifas.org.uk/insight/public-affairs-policy/anti-fraud-lesson-plans">https://www.cifas.org.uk/insight/public-affairs-policy/anti-fraud-lesson-plans</a></p> <p><b>PSHE Association: Exploring Cybercrime</b> <a href="https://pshe-association.org.uk/resource/nca-exploring-cybercrime">https://pshe-association.org.uk/resource/nca-exploring-cybercrime</a></p>

Year 9

Term	Curriculum coverage	Home learning
<p>Autumn term 1</p>	<p><b>Health &amp; Wellbeing: Peer influence, Substance Use and Gangs</b></p> <ul style="list-style-type: none"> <li>• Healthy and unhealthy relationships</li> <li>• Assessing risk and managing influences, including online</li> <li>• Group think and how it affects behaviour</li> <li>• Recognising passive, aggressive behaviours and how to communicate assertively</li> <li>• Managing risks in relation to gangs</li> <li>• Legal and physical risks of carrying a knife</li> <li>• Positive social norms in relation to drugs and alcohol use</li> <li>• Legal and health risks in relation to drug and alcohol use</li> </ul>	<p><b>A Better Medway: Gangs, Managing Risks and Staying Safe</b> <a href="https://pshe-association.org.uk">https://pshe-association.org.uk</a></p> <p><b>Preventing Involvement in Serious and Organised Crime</b> <a href="https://pshe-association.org.uk">https://pshe-association.org.uk</a></p>
<p>Autumn term 2</p>	<p><b>Living in the Wider World: Setting Goals</b></p> <ul style="list-style-type: none"> <li>• Transferable skills, abilities and interests</li> <li>• Demonstrating strengths</li> <li>• Different types of employment and career pathways</li> <li>• Managing feelings relating to future employment</li> <li>• Aspirations: Setting meaningful, realistic goals for the future</li> <li>• GCSE and post-16 options</li> </ul>	<p><b>Environment Agency: Careers for change</b> <a href="https://pshe-association.org.uk/resource/environment-agency-careers-for-change">https://pshe-association.org.uk/resource/environment-agency-careers-for-change</a></p> <p><b>PSHE Association: Developing Learning Skills</b></p> <p><b>PSHE Association: Navigating work, study and careers</b></p>



<p>Spring term 1</p>	<ul style="list-style-type: none"> <li>• Skills and decision making</li> </ul> <p><b>Relationships: Respectful Relationships</b></p> <ul style="list-style-type: none"> <li>• Types of families and parenting</li> <li>• Positive relationships in the homes and ways to reduce homelessness amongst young people</li> <li>• Conflict and causes in different contexts</li> <li>• Conflict resolution strategies</li> <li>• Managing relationships and family challenges</li> <li>• Accessing support services</li> </ul>	<p><b>Somethings not right</b> <a href="https://pshe-association.org.uk">https://pshe-association.org.uk</a></p> <p><b>CRESST: Curious about Conflict</b> <a href="https://www.cresst.org.uk/resource/ks3-curious-about-conflict-pshe-lessons/">https://www.cresst.org.uk/resource/ks3-curious-about-conflict-pshe-lessons/</a></p>
<p>Spring term 2</p>	<p><b>Relationships: Intimate Relationships</b></p> <ul style="list-style-type: none"> <li>• Readiness for sexual activity</li> <li>• The facts and misconceptions relating to consent and the right to withdraw consent</li> <li>• STI's and the consequences of unprotected sex (pregnancy)</li> <li>• Contraception</li> <li>• How media and pornography may affect sexual expectations</li> <li>• Access and manage risks of sending, sharing or passing on sexual images</li> </ul>	<p><b>NSPCC: Talk Relationships</b> <a href="https://learning.nspcc.org.uk/services/talk-relationships">https://learning.nspcc.org.uk/services/talk-relationships</a></p> <p><b>You Before Two</b> <a href="https://youbeforetwo.co.uk/">https://youbeforetwo.co.uk/</a></p> <p><b>NHS</b> <a href="https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/">https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/</a></p>
<p>Summer term 1</p>	<p><b>Health and Wellbeing: Healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>• The relationship between physical and mental health</li> <li>• Balancing work, leisure, exercise and sleep</li> <li>• Informed healthy eating choices</li> <li>• Managing body image</li> <li>• Making independent health choices</li> </ul>	<p><b>CoppaFeel!</b> <a href="https://coppafeel.org/teachers-educators/">https://coppafeel.org/teachers-educators/</a></p> <p><b>Every Child Matters: Sleep</b> <a href="https://campaignresources.dhsc.gov.uk/campaigns/school-zone/">https://campaignresources.dhsc.gov.uk/campaigns/school-zone/</a></p> <p><b>Every Child Matters: Exam Stress</b> <a href="https://campaignresources.dhsc.gov.uk/campaigns/school-zone/">https://campaignresources.dhsc.gov.uk/campaigns/school-zone/</a></p> <p><b>PSHE Association: The Truth Undressed</b> <a href="https://pshe-association.org.uk/canesten-the-truth-undressed">https://pshe-association.org.uk/canesten-the-truth-undressed</a></p>
<p>Summer term 2</p>	<p><b>Living in the Wider World: Employability Skills</b></p> <ul style="list-style-type: none"> <li>• Employment rights and responsibilities</li> <li>• Skills for enterprise and employability</li> <li>• Giving and acting upon constructive feedback</li> <li>• Managing your 'personal brand' online</li> <li>• Habits and strategies to support progress</li> <li>• Identifying and accessing support for concerns relating to life online</li> </ul>	<p><b>CIFAS Anti-Fraud Education</b> <a href="https://www.cifas.org.uk/insight/public-affairs-policy/anti-fraud-lesson-plans">https://www.cifas.org.uk/insight/public-affairs-policy/anti-fraud-lesson-plans</a></p> <p><b>Bank of England</b> <a href="https://www.bankofengland.co.uk/education/econome">https://www.bankofengland.co.uk/education/econome</a></p>



Term	Curriculum coverage	Home learning
Autumn term 1	<b>Health and Wellbeing: Mental Health</b> <ul style="list-style-type: none"> <li>Challenges during adolescence</li> <li>Reframing negative thinking</li> <li>Promoting mental and emotional health and wellbeing</li> <li>Signs of emotional or mental ill-health</li> <li>Accessing support and treatment</li> <li>The portrayal of mental health in the media</li> </ul>	<b>BBFC: Emotional Wellbeing and the Media</b> <a href="https://www.bbfc.co.uk/education/teachers-and-educators/key-stage-4-pshe-resource">https://www.bbfc.co.uk/education/teachers-and-educators/key-stage-4-pshe-resource</a>
Autumn term 2	<b>Living in the Wider World: Financial Decision Making</b> <ul style="list-style-type: none"> <li>Effective budgeting and evaluating saving options</li> <li>Preventing and managing debt</li> <li>Targeted advertising</li> <li>Gambler's fallacy</li> <li>Managing influences related to gambling</li> <li>The relationship between gambling and debt</li> <li>Fraud and cybercrime</li> </ul>	<b>CIFAS Anti-Fraud Education</b> <a href="https://www.cifas.org.uk/insight/public-affairs-policy/anti-fraud-lesson-plans">https://www.cifas.org.uk/insight/public-affairs-policy/anti-fraud-lesson-plans</a>  <b>Bank of England</b> <a href="https://www.bankofengland.co.uk/education/econome">https://www.bankofengland.co.uk/education/econome</a>  <b>YGAM</b> ygam.org.uk
Spring term 1	<b>Relationships: Healthy Relationships</b> <ul style="list-style-type: none"> <li>Relationship values and the role of pleasure in relationships</li> <li>Assumptions, misconceptions and social norms about sex, gender and relationships</li> <li>The opportunities and risks of forming and conducting relationships online</li> <li>The impact of pornography on sexual attitudes, expectations and behaviours</li> <li>The ethical and legal implications in relation to consent and how to recognise manipulation, coercion and pressure</li> <li>Recognising and challenging victim blaming</li> </ul>	<b>University of Exeter: Working out Relationship</b> <a href="https://www.exeter.ac.uk/research/groups/law/frs/projects/workingoutrelationships/">https://www.exeter.ac.uk/research/groups/law/frs/projects/workingoutrelationships/</a>  <b>Medway Public Health Directorate: Relationships and Sex Education</b> <a href="https://www.medway.gov.uk/info/200309/education">https://www.medway.gov.uk/info/200309/education</a>
Spring term 2	<b>Health and Wellbeing: Exploring Influence</b> <ul style="list-style-type: none"> <li>Positive and negative role models</li> <li>Becoming a positive role model</li> <li>Gang culture</li> <li>The impact of drugs and alcohol</li> <li>How to keep yourself and others safe in situations that involve alcohol and substance misuse</li> <li>Seeking support for substance use and addiction</li> <li>Managing peer pressure in relation to substance, gangs and crime including exit strategies</li> </ul>	<b>Act For Youth: Run Hide Tell</b> <a href="https://www.protectuk.police.uk/advice-and-guidance/response/act-youth-run-hide-tell">https://www.protectuk.police.uk/advice-and-guidance/response/act-youth-run-hide-tell</a>  <b>Medway Public Health Directorate: Gangs, managing risks and staying safe</b> <a href="https://www.medway.gov.uk/info/200309/education">https://www.medway.gov.uk/info/200309/education</a>
Summer term 1	<b>Relationships: Addressing Extremism and Radicalisation</b>	<b>PSHE Association: Belonging and Community</b>



	<ul style="list-style-type: none"> <li>The Equality Act, diversity and values</li> <li>How social media may distort, misrepresent or target information in order to influence beliefs and opinions</li> <li>Managing conflicting views, misleading information and challenging discrimination</li> <li>How to recognise and respond to extremism and radicalisation</li> </ul>	<a href="https://pshe-association.org.uk/belonging-and-community">https://pshe-association.org.uk/belonging-and-community</a>
Summer term 2	<p><b>Living in the Wider World: Careers</b></p> <ul style="list-style-type: none"> <li>Strengths and interests in relation to career development</li> <li>Opportunity in learning and work</li> <li>Responsibilities in the work place</li> <li>Managing practical problems and health and safety</li> </ul>	<p><b>Environment Agency: Growing Careers for positive change</b>  <a href="https://pshe-association.org.uk/resource/growing-careers-for-positive-change">https://pshe-association.org.uk/resource/growing-careers-for-positive-change</a></p>

Year 11

Term	Curriculum coverage	Home learning
Autumn term 1	<p><b>Health and Wellbeing: Building for the Future</b></p> <ul style="list-style-type: none"> <li>Judgement and challenging stereotypes</li> <li>How to maintain a health self-concept</li> <li>The causes of stress and how to manage them</li> <li>Positive and safe ways to create content online</li> </ul>	<p><b>Every Child Matters: Dealing with Change, Exam Stress</b>  <a href="https://campaignresources.dhsc.gov.uk/campaigns/school-zone/">https://campaignresources.dhsc.gov.uk/campaigns/school-zone/</a></p> <p><b>AYPH: A Fair and Equal Opportunity to be healthy</b>  <a href="https://ayph.org.uk/a-fair-and-equal-opportunity-to-enjoy-good-health/">https://ayph.org.uk/a-fair-and-equal-opportunity-to-enjoy-good-health/</a></p>
Autumn term 2	<p><b>Living in the Wider World: Next Steps</b></p> <ul style="list-style-type: none"> <li>Effective revision techniques</li> <li>Post-16 options and career pathways</li> <li>Application process, CV writing, personal statements and interview techniques</li> <li>Employability skills and your rights, responsibilities and challenges when working part times and studying</li> </ul>	<p><b>Environment Agency: Growing Careers for positive change</b>  <a href="https://pshe-association.org.uk/resource/growing-careers-for-positive-change">https://pshe-association.org.uk/resource/growing-careers-for-positive-change</a></p>
Spring term 1	<p><b>Relationships: Communication in Relationships</b></p> <ul style="list-style-type: none"> <li>Communicating your wants and needs assertively</li> <li>Unwanted attention: Harassment and Stalking</li> <li>Unhealthy, exploitive and abusive relationships and how to access support</li> </ul>	<p><b>CEOP Education: Online Blackmail</b>  <a href="https://www.ceopeducation.co.uk/professionals/resources/online-blackmail">https://www.ceopeducation.co.uk/professionals/resources/online-blackmail</a></p> <p><b>Medway Public Health Directorate: Relationships and Sex Education</b>  <a href="https://www.medway.gov.uk/info/200309/education">https://www.medway.gov.uk/info/200309/education</a></p>
Spring term 2	<p><b>Health and Wellbeing: Independence</b></p> <ul style="list-style-type: none"> <li>Emergency First Aid</li> <li>Screening and performing self-examinations</li> <li>Cosmetic and aesthetic body alterations</li> </ul>	<p><b>St John Ambulance</b>  <a href="https://www.sja.org.uk/get-advice/first-aid-lesson-plans/">https://www.sja.org.uk/get-advice/first-aid-lesson-plans/</a></p> <p><b>CoppaFeel!</b>  <a href="https://coppafeel.org/teachers-educators/">https://coppafeel.org/teachers-educators/</a></p>



		<p><b>NHS: Blood and Transplant</b>  <a href="https://www.nhsbt.nhs.uk/">https://www.nhsbt.nhs.uk/</a></p>
<p>Summer term 1</p>	<p><b>Relationships: Families</b>                  Parenthood and positive parenting qualities                  Unplanned pregnancy options                  Honour based violence and forced marriage</p>	<p><b>You Before Two</b>  <a href="https://youbeforetwo.co.uk/">https://youbeforetwo.co.uk/</a></p> <p><b>University of Exeter: Modern Families</b>  <a href="https://www.exeter.ac.uk/research/groups/law/frs/projects/modern-families/">https://www.exeter.ac.uk/research/groups/law/frs/projects/modern-families/</a></p>
<p>Summer term 2</p>		