



Pakefield High School – LIFE/PSHE Curriculum Intent



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The LIFE/PSHE curriculum at Pakefield High School aims to support students to become a well-rounded individual who contributes to society, leading a safe and healthy life, in a career path of their choice.

Students participate in a one-hour lesson per fortnight, which focuses on the statutory requirements of the Relationships and Sex Education. These lessons and form time sessions also focus on delivering core elements of the PSHE curriculum to provide students with a bespoke curriculum which prepares them for entering the world of work, managing healthy lifestyles and contributing positively to society.

Pakefield High School has three core values, which all underpin our LIFE/PSHE curriculum offer. These are:

- Achieve
- Connect
- Nurture



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New Curriculum 2023-2024

First teaching September 2023



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Year 7 – Autumn Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Living in the Wider World	Lesson 1: Teamwork and Enterprise Skills	1. How to be enterprising, including skills of problem solving, communication, teamwork, leadership, and creativity.
	Lesson 2: Values and Career Choices	1. About a broad range of careers and the abilities and qualities required for different careers 2. The link between values and career choices 3. Challenging stereotypes in career choices
	Lesson 3: Values and Career Choices	1. About a broad range of careers and the abilities and qualities required for different careers 2. The link between values and career choices 3. Challenging stereotypes in career choices
	Lesson 4: Saving, Spending and Budgeting	1. How to save, spend and budget effectively.
	Lesson 5: Exploring Career and Workplace Skills	1. Transferrable skills 2. Speaking and listening (introduction to interview skills)
	Lesson 6: Problem Solving	1. Introduction to problem solving



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		<ol style="list-style-type: none">2. Growth mind-set3. Real-Life problems
	Lesson 7: Creative Thinking and Speaking and Listening Skills	<ol style="list-style-type: none">1. Where to use creative thinking2. How creative thinking can help in a career3. Speaking and listening skills

Year 7 – Spring Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Sex and Relationships	Lesson 1: Physical and Emotional Changes During Puberty	<ol style="list-style-type: none">1. How to manage physical and emotional changes during puberty.2. What is personal hygiene?
	Lesson 2: Healthy and Unhealthy Relationships	<ol style="list-style-type: none">1. How to recognise unhealthy relationships.2. Qualities and behaviours relating to different types of positive relationships.3. How to evaluate romantic relationships.
	Lesson 3: Self-Worth and the Media	<ol style="list-style-type: none">1. How to develop self-worth and self-efficacy.2. How to recognise and challenge media stereotypes.
	Lesson 4: Unwanted Contact and FGM	<ol style="list-style-type: none">1. How to recognise and respond to inappropriate and unwanted contact.2. About FGM and how to access help/support for this.
	Lesson 5: Feeling Comfortable	<ol style="list-style-type: none">1. What it means to feel comfortable2. Personal boundaries3. Seeking and giving permission
	Lesson 6: CPR Life Saving Skills	<ol style="list-style-type: none">1. How to carry out CPR2. Practising how to carry out CPR using specialist equipment



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Year 7 – Summer Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Health and Wellbeing (3 x lessons)	Lesson 1: Living a Diverse Society	<ol style="list-style-type: none">1. Identity, rights and responsibilities2. How to live in a diverse society.
	Lesson 2: Bullying	<ol style="list-style-type: none">1. Types of bullying2. Signs and effects of types of bullying3. Responding to bullying
	Lesson 3: Cyberbullying	<ol style="list-style-type: none">1. What is cyberbullying?2. How to respond to cyberbullying3. What to do to keep yourself safe online
Living in the Wider World (3 x lessons)	Lesson 4: First Aid	<ol style="list-style-type: none">1. How to respond in an emergency situation
	Lesson 5: First Aid	<ol style="list-style-type: none">1. Basic first aid



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	Lesson 6: Water Safety	<ol style="list-style-type: none">1. How to stay safe around water2. Safety procedures
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Year 8 – Autumn Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Sex and Relationships	Lesson 1: Effectively Communicating Consent in Relationship.	<ol style="list-style-type: none">1. Law of consent2. Effectively communicating consent3. The legal and moral duty is with the seeker of consent
	Lesson 2: Avoiding Assumptions	<ol style="list-style-type: none">1. What does consensual behaviour look like?2. Making assumptions in consensual situations
	Lesson 3: Forming Relationships and Commitment	<ol style="list-style-type: none">1. The qualities of positive, healthy relationships2. How to demonstrate positive behaviours in healthy relationships3. Forming new partnerships and developing relationships
	Lesson 4: Sexting	<ol style="list-style-type: none">1. What is sexting?2. The risks of 'sexting' and how to manage requests or pressure to send an image



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	Lesson 5: Introduction to Contraception	<ol style="list-style-type: none">1. Introduction to different forms of contraception.2. What each contraceptive does
	Lesson 6: Gender Identity and Sexual Orientation	<ol style="list-style-type: none">1. Gender identity, transphobia and gender-based discrimination2. Challenging homophobia and biphobia3. How to recognise and challenge racism and religious discrimination
	Lesson 7: Types of Families	<ol style="list-style-type: none">1. Family structures2. How families can be different

Year 8 – Spring Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Health and Wellbeing	Lesson 1: Alcohol: Units and Effects	<ol style="list-style-type: none">1. What are units? What does this mean?2. Effects of alcohol3. Impact of alcohol on decision making
	Lesson 2: Smoking and the Effects of Nicotine	<ol style="list-style-type: none">1. What is nicotine?2. What are the effects of nicotine?3. Addiction
	Lesson 3: Vaping – Laws, Risks and Effects	<ol style="list-style-type: none">1. The risks of e-cigarettes/vapes2. Social influence and vaping
	Lesson 4: Medicinal and Recreational Drugs	<ol style="list-style-type: none">1. What are medicinal drugs?2. What are recreational drugs?3. How to use over the counter and prescription medications safely.
	Lesson 5: Social Influence and Drugs	<ol style="list-style-type: none">1. How to manage influences in relation to substance use2. How to recognise and promote positive social norms and attitudes.3. Developing digital resilience



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	Lesson 6: Self-Harm and Coping Strategies	<ol style="list-style-type: none">1. What is self-harm?2. Emotional wellbeing3. Where to get support for self-harm
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Year 8 – Summer Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Living in the Wider World	Lesson 1: Risks of Online Grooming	<ol style="list-style-type: none">1. Defining 'grooming'2. How to recognise online grooming in different forms (sexual or financial exploitation, extremism, radicalisation)3. How to respond and seek support in cases of online grooming
	Lesson 2: Age-Restrictions and the Media	<ol style="list-style-type: none">1. What are age-restrictions?2. Why do we have them?3. What products have age restrictions?
	Lesson 3: Online Financial Safety and Gambling	<ol style="list-style-type: none">1. Distinguishing between content which is publicly and privately shared.2. Protecting financial security online3. How to manage and assess risks in relation to gambling and chance-based transactions
	Lesson 4: How Can I Budget Effectively?	<ol style="list-style-type: none">1. What is a budget?2. What do I have to pay for in adult life?



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		3. Being able to strategically budget effectively
	Lesson 5: How Can I Build Enterprise Skills?	<ol style="list-style-type: none"> 1. How to work effectively as a team 2. Leadership skills 3. A business mind-set
	Lesson 6: Aspirational Goals and Types of Employment	<ol style="list-style-type: none"> 1. Types of occupations including self-employment, employment and voluntary work 2. How to set aspirational goals for future careers and challenge expectations.

Year 9 – Autumn Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Sex and Relationships	Lesson 1: Respectful Relationships	<ol style="list-style-type: none"> 1. Different types of families and parenting (single parents, same sex parents, blended families, adoption and fostering) 2. Positive relationships in the home and ways to reduce homelessness among young people
	Lesson 2: Managing Conflict with Family/Friends	<ol style="list-style-type: none"> 1. What does conflict look like? 2. Causes of conflict in different contexts e.g. friends/ family. 3. Conflict resolution strategies 4. Dealing with relationship breakdowns – family changes, friends
	Lesson 3: Contraception and Sexual Activity	<ol style="list-style-type: none"> 1. Different forms of contraception 2. Where to source contraception 3. Understanding the best methods of contraception



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	Lesson 4: Unprotected Sex and STIs	<ol style="list-style-type: none"> 1. What is unprotected sex? 2. What are STIs? 3. Negotiating safer sex 4. Consequences of unprotected sex e.g. pregnancy
	Lesson 5: Pornography and Sharing Explicit Images	<ol style="list-style-type: none"> 1. What is pornography? (basic definition at this stage) 2. Sending and receiving explicit images (including laws on this) 3. Risks of sending images online 4. Securing yourself online
	Lesson 6: How Has Pornography Distorted Sexual Relationships	<ol style="list-style-type: none"> 1. How the portrayal of relationships in the media and pornography might affect expectations 2. Understanding boundaries in relationships 3. Reality of relationships
	Lesson 7: CPR Life Saving Skills	<ol style="list-style-type: none"> 1. How to carry out CPR 2. Practising how to carry out CPR using specialist equipment

Year 9 – Spring Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Living in the Wider World	Lesson 1: About GCSE and Options	<ol style="list-style-type: none"> 1. What are my options? 2. GCSE's/A-Levels/T-Levels/BTEC/Diplomas 3. Further Education 4. What is Pakefield's offer of options?
	Lesson 2: Setting My Goals for the Future	<ol style="list-style-type: none"> 1. Different types of employment and career pathways 2. How to manage feelings relating to future employment 3. How to work towards aspirations and set meaningful, realistic goals for the future.
	Lesson 3: Employability	<ol style="list-style-type: none"> 1. Young people's employment rights and responsibilities 2. Skills requires for enterprise and employability.



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		<ol style="list-style-type: none">3. Managing your 'personal brand' online4. Transferrable skills, abilities, and interests
	Lesson 4: Budgeting, Saving and Spending – Adult Life	<ol style="list-style-type: none">1. Managing a budget2. Understanding ways to save money3. Bank account options4. Spending appropriately
	Lesson 5: Making Decisions About My Future	<ol style="list-style-type: none">1. My personal approach to my options2. Habits and strategies to support progress.3. Decision making skills
	Lesson 6: Leadership	<ol style="list-style-type: none">1. Leadership skills2. What does an effective leader look like?3. Managing/leading a team

Year 9 – Summer Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Health and Wellbeing	Lesson 1: What is Cancer? Why Should I Self-Examine?	<ol style="list-style-type: none">1. The links between some lifestyle choices and some cancer2. Importance of screening and how to perform self-examination
	Lesson 2: Drug and Alcohol – Addiction and Dependence	<ol style="list-style-type: none">1. Positive social norms in relation to drug and alcohol use2. Legal and health risks in relation to drug and alcohol use, including addiction and dependence.3. County Lines
	Lesson 3: Drugs – County Lines	<ol style="list-style-type: none">1. What is County Lines?2. What are the risks of being involved with this



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		3. Laws and consequences
	Lesson 4: Knife Crime and Carrying Weapons	1. The legal and physical risks of carrying a knife. 2. Knife crime and the law
	Lesson 5: The Risk of Gangs	1. How to recognise passive, aggressive and assertive behaviour and how to communicate assertively. 2. To manage risk in relation to gangs
	Lesson 6: Body Image and Physical Health	1. How to manage influences on body image 2. To make independent choices 3. To take increased responsibility for physical health, including testicular self-examination

Year 10 – Autumn Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Living in the Wider World (3 x lessons)	Lesson 1: Launch Work Experience	1. Researching an appropriate work placement based on: interests, responsibilities in the workplace, health and safety.
	Lesson 2: Exploring Job Sectors and Job Roles	1. Exploring job sectors and job roles using the personality test. 2. Taking inspiration from family and friends' job roles
	Lesson 3: Researching Work Experience Opportunities	1. Where could I go for work experience? 2. Begin drafting emails/letters



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Sex and Relationships (4 x lessons)	Lesson 4: Equality and Belonging	<ol style="list-style-type: none"> 1. What is the Equality Act? 2. Diversity and values 3. Community, inclusion, respect and belonging. 4. How social media may distort, mis-represent or target information in order to influence beliefs and opinions
	Lesson 5: Extremism and Radicalisation	<ol style="list-style-type: none"> 1. What is extremism? 2. What is radicalisation? 3. Behaviours and signs to look out for
	Lesson 6: Pornography	<ol style="list-style-type: none"> 1. Laws around pornography 2. Opportunities and risks of forming and conducting relationships online. 3. How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours
	Lesson 7: Revenge Porn	<ol style="list-style-type: none"> 1. What is revenge porn? 2. Laws against this crime 3. How to deal with this situation 4. Case studies of where this is seen in the media

Year 10 – Spring Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Sex and Relationships (2 x lessons)	Lesson 1: Consent – Manipulation and Coercion	<ol style="list-style-type: none"> 1. The ethical and legal implications in relation to consent, including manipulation, coercion and capacity to consent. 2. How to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support 3. How to recognise and challenge victim blaming



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Living in the Wider World (4 x lessons)	Lesson 2: Pregnancy and Fertility	<ol style="list-style-type: none"> 1. What are the stages of pregnancy? 2. Birth and miscarriage 3. Unplanned pregnancy and other options including abortion, adoption, fostering
	Lesson 3: The Budgeting Money Game	<ol style="list-style-type: none"> 1. How to effectively budget and evaluate savings options 2. How to prevent debt and manage debt, including understanding credit ratings, pay day lending, APR and loans.
	Lesson 4: How Can I Ensure My Work Experience is Effective?	<ol style="list-style-type: none"> 1. Preparing for my work placement based on: interests, responsibilities in the workplace, health and safety. 2. What can I learn in preparation for this? 3. What do I want to get out of work experience? 4. Do I have any questions for my employer?
	Lesson 5: Work Experience Preparation	<ol style="list-style-type: none"> 1. Preparing for my work placement based on: interests, responsibilities in the workplace, health and safety. 2. What can I learn in preparation for this? 3. What do I want to get out of work experience? 4. Do I have any questions for my employer?
	Lesson 6: Work Experience Preparation	<ol style="list-style-type: none"> 1. Preparing for my work placement based on: interests, responsibilities in the workplace, health and safety. 2. What can I learn in preparation for this? 3. What do I want to get out of work experience? 4. Do I have any questions for my employer?

Year 10 – Summer Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Health and Wellbeing (4 x lessons)	Lesson 1: Emotional Wellbeing	<ol style="list-style-type: none"> 1. How to manage challenges during adolescence 2. How to re-frame negative thinking 3. Signs of emotional or mental health 4. Strategies to improve mental health and emotional wellbeing



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Living in the Wider World (2 x lessons)	Lesson 2: Mental Health Stigma and Media Influence	<ol style="list-style-type: none"> 1. Stigma, stereotypes and misinformation behind mental health and challenging this. 2. Portrayal of mental health in the media 3. Access support and treatment
	Lesson 3: Impact of Substance Use	<ol style="list-style-type: none"> 1. Impact of drugs and alcohol on individuals, personal safety, families and wider communities 2. How drugs and alcohol affect decision making. 3. How to keep self and others safe in situations that involve substance use
	Lesson 4: Gang Culture	<ol style="list-style-type: none"> 1. The media's impact on perceptions of gang culture 2. How to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crimes
	Lesson 5: Running a Business	<ol style="list-style-type: none"> 1. Skills to run a business 2. How to be self-employed 3. Managing people
	Lesson 6: Gambling, Debt and Finance	<ol style="list-style-type: none"> 1. Targeted Advertising 2. Thinking errors e.g. gamblers fallacy, susceptibility to gambling 3. Strategies for managing influences related to gambling, including online. 4. Relationship between gambling and debt

Year 11 – Autumn Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Living in the Wider World (3 x lessons)	Lesson 1: Introduction to Post-16 Pathways	<ol style="list-style-type: none"> 1. What are my options? 2. Sixth forms, colleges, apprenticeships, university 3. Rights, responsibilities and challenges in relation to working part time whilst studying



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Sex and Relationships (4 x lessons)	Lesson 2: Application Process/CV Writing	<ol style="list-style-type: none"> 1. Writing a CV 2. Personal statements 3. Interview techniques 4. Online branding (yourself)
	Lesson 3: Application Process/CV Writing	<ol style="list-style-type: none"> 1. Writing a CV 2. Personal statements 3. Interview techniques 4. Online branding (yourself)
	Lesson 4: Readiness for Parenthood	<ol style="list-style-type: none"> 1. Different types of families and changing family structures 2. How to evaluate readiness for parenthood and positive parenting qualities 3. Fertility and how it varies and changes
	Lesson 5: Contraception	<ol style="list-style-type: none"> 1. Types of contraception 2. Where to find contraception 3. NHS schemes 4. Pros and cons of types of contraception
	Lesson 6: Marriage and Changing Relationships	<ol style="list-style-type: none"> 1. What is marriage? 2. Types of marriages 3. Forced marriage. 4. Safely accessing support for arranged marriage. 5. Managing change, loss, grief or bereavement
	Lesson 7: Abusive, Controlling or Unhealthy Relationships	<ol style="list-style-type: none"> 1. Signs of controlling relationships 2. Emotional wellbeing in a relationship 3. What should a healthy relationship look like

Year 11 – Spring Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
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Sex and Relationships Continued (2 x lessons)	Lesson 1: Assertive Communication	<ol style="list-style-type: none"> 1. Communicating assertively in a relationship or outside of one 2. Communicating wants and needs. 3. How to handle unwanted attention
	Lesson 2: What is Sexual Harassment?	<ol style="list-style-type: none"> 1. Defining sexual harassment 2. Defining stalking 3. How to deal with sexual harassment or stalking online
Living in the Wider World (4 x lessons)	Lesson 3: Understanding Money in Employment	<ol style="list-style-type: none"> 1. What does a payslip look like? 2. What is tax? 3. What is national insurance? 4. What is a pension?
	Lesson 4: Application Processes to Further Education	<ol style="list-style-type: none"> 1. Interview practice 2. Writing a CV 3. Personal statements 4. Online 'brand' – how do you come across?
	Lesson 5: Application Processes to Further Education	<ol style="list-style-type: none"> 1. Interview practice 2. Writing a CV 3. Personal statements 4. Online 'brand' – how do you come across?
	Lesson 6: Application Processes to Further Education	<ol style="list-style-type: none"> 1. Interview practice 2. Writing a CV 3. Personal statements 4. Online 'brand' – how do you come across?

Statistics and Data Behind Curriculum Choices



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At Pakefield we want our LIFE/PSHE curriculum to be bespoke to meet the needs of our young people. In order to effectively deliver this, we have analysed data which has informed some decisions around the content we deliver and at what time in a student's life at Pakefield. We also take into consideration feedback from the regular student voice data collection to understand what our young people want to know more about during their time with us.

Decision: Implementing financial literacy and a focus on 'real world' situations and finance.

- 7.8% of 7-16 year olds say families could not keep houses warm enough.
- 1/3 of parents struggle with the costs of uniform and trips (students gain an understanding to the wider world of finance and why these difficulties may occur)
- 81% of 15-18 year olds worry about money
- Over 20% of 7-11 year olds have paid for things online.
- 11% of 11-16 year olds have spent their own money on gambling.
- Rising amount of scams or crypto promotion online – particularly across social media.

Decision: Knowledge rich curriculum, tackling prevalent topics which are relevant in today's society and media.

- It has now been proven that students 'go to' when wanting to find something out is Tik Tok as opposed to Google. Therefore, we need to ensure that students know how to manage what reliable sources are.



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Decision: To put a focus on sexual harassment within the curriculum in both KS3 and KS4.

- 22% of girls aged 7-12 years old have experienced jokes from boys about their appearance.
- Boys as young as 5 are using objectifying language (Atkinson, 2021)
- 86% of young women in the UK have been sexually harassed in public.
- 1/3 of girls have reported 'unwanted touching' in schools
- 80% of all girls in a 2022 study had seen elements of sexism.
- Almost 50% of women experienced online abuse during lockdown.
- Most common spaces in a school environment for sexual harm to take place are: Toilets (33%), Playground (22%) or Classrooms (19%).

Decision: To teach explicitly about pornography earlier in the curriculum based on data – preventative measure.

- 60% of young people were 14 or younger when they had witnessed pornography for the first time.
- 25% of young people were 12 or under when they had witnessed pornography for the first time.
- 79% of young adults (18-21) have seen porn involving sexual violence before turning 18.
- 42% stated girls 'enjoy' acts of sexual aggression as it has been demonstrated in the pornography they have viewed, distorting what a relationship should look like.
- 90% of girls and 50% of boys are said to be sent explicit images/videos that they did not want to see.