



## Pakefield High School – LIFE/PSHE Curriculum Intent



## 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:

- Connect
- Achieve
- Nurture



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## New Curriculum 2024-2025

First teaching September 2024



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### Year 7 – Autumn Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Living in the Wider World	Lesson 1: Values and Career Choices	<ol style="list-style-type: none"><li>1. About a broad range of careers and the abilities and qualities required for different careers.</li><li>2. The link between values and career choices.</li><li>3. Challenging stereotypes in career choices.</li></ol>
	Lesson 2: Values and Career Choices	<ol style="list-style-type: none"><li>1. About a broad range of careers and the abilities and qualities required for different careers.</li><li>2. The link between values and career choices.</li><li>3. Challenging stereotypes in career choices.</li></ol>
	Lesson 3: Teamwork and Enterprise Skills	<ol style="list-style-type: none"><li>1. How to be enterprising, including skills of problem solving, communication, teamwork, leadership, and creativity.</li></ol>
	Lesson 4: Saving, Spending and Budgeting	<ol style="list-style-type: none"><li>1. How to save, spend and budget effectively.</li></ol>
	Lesson 5: Exploring Career and Workplace Skills	<ol style="list-style-type: none"><li>1. Transferrable skills.</li><li>2. Speaking and listening (introduction to interview skills)</li></ol>
	Lesson 6: Problem Solving	<ol style="list-style-type: none"><li>1. Introduction to problem solving.</li><li>2. Growth mind-set.</li></ol>



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		3. Real-Life problems.
	Lesson 7: Creative Thinking and Speaking and Listening Skills	<ol style="list-style-type: none"><li>1. Where to use creative thinking.</li><li>2. How creative thinking can help in a career.</li><li>3. Speaking and listening skills.</li></ol>

## 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"><li>1. How to manage physical and emotional changes during puberty.</li><li>2. What is personal hygiene?</li></ol>
	Lesson 2: Healthy and Unhealthy Relationships	<ol style="list-style-type: none"><li>1. How to recognise unhealthy relationships.</li><li>2. Qualities and behaviours relating to different types of positive relationships.</li><li>3. How to evaluate romantic relationships.</li></ol>
	Lesson 3: Self-Worth and the Media	<ol style="list-style-type: none"><li>1. How to develop self-worth and self-efficacy.</li><li>2. How to recognise and challenge media stereotypes.</li></ol>
	Lesson 4: Feeling Comfortable	<ol style="list-style-type: none"><li>1. What it means to feel comfortable.</li><li>2. Personal boundaries.</li><li>3. Seeking and giving permission.</li></ol>
	Lesson 5: Unwanted Contact and FGM	<ol style="list-style-type: none"><li>1. How to recognise and respond to inappropriate and unwanted contact.</li><li>2. About FGM and how to access help/support for this.</li></ol>
	Lesson 6: Living a Diverse Society	<ol style="list-style-type: none"><li>1. Identity, rights and responsibilities.</li></ol>



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		2. How to live in a diverse society.
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### Year 7 – Summer Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Health and Wellbeing	Lesson 1: Bullying	<ol style="list-style-type: none"><li>1. Types of bullying.</li><li>2. Signs and effects of different types of bullying.</li><li>3. Responding to bullying.</li></ol>
	Lesson 2: Cyberbullying	<ol style="list-style-type: none"><li>1. What is cyberbullying?</li><li>2. How to respond to cyberbullying.</li><li>3. What to do to keep yourself safe online.</li></ol>
	Lesson 3: Water Safety	<ol style="list-style-type: none"><li>1. How to stay safe around water.</li><li>2. Safety procedures.</li><li>3.</li></ol>
	Lesson 4: First Aid (Head Injuries)	<ol style="list-style-type: none"><li>1. Different types of head injury.</li><li>2. How to respond in an emergency situation.</li></ol>



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	Lesson 5: First Aid (Asthma)	<ol style="list-style-type: none"><li>1. Know the potential triggers of asthma.</li><li>2. How to respond in an emergency situation.</li></ol>
	Lesson 6: CPR Life Saving Skills	<ol style="list-style-type: none"><li>1. How to carry out CPR.</li><li>2. Practising how to carry out CPR using specialist equipment.</li></ol>

## Year 8 – Autumn Term

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



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		2. The risks of 'sexting' and how to manage requests or pressure to send an image.
	Lesson 5: Introduction to Contraception	1. Introduction to different forms of contraception. 2. What each contraceptive method does.
	Lesson 6: Gender Identity and Sexual Orientation	1. Gender identity, transphobia and gender-based discrimination. 2. Challenging homophobia and biphobia. 3. How to recognise and challenge racism and religious discrimination.
	Lesson 7: Types of Families	1. Family structures. 2. How families can be different.

## Year 8 – Spring Term

<b>Topic</b>	<b>Lesson</b>	<b>Outcomes</b>
Health and Wellbeing	Lesson 1: Alcohol: Units and Effects	1. What are units? What does this mean? 2. Effects of alcohol. 3. Impact of alcohol on decision making.
	Lesson 2: Smoking and the Effects of Nicotine	1. What is nicotine? 2. What are the effects of nicotine? 3. Addiction.
	Lesson 3: Vaping – Laws, Risks and Effects	1. The risks of e-cigarettes/vapes. 2. Social influence and vaping.





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	Lesson 4: Medicinal and Recreational Drugs	<ol style="list-style-type: none"><li>1. What are medicinal drugs?</li><li>2. What are recreational drugs?</li><li>3. How to use over the counter and prescription medications safely.</li></ol>
	Lesson 5: Social Influence and Drugs	<ol style="list-style-type: none"><li>1. How to manage influences in relation to substance use.</li><li>2. How to recognise and promote positive social norms and attitudes.</li><li>3. Developing digital resilience</li></ol>
	Lesson 6: Self-Harm and Coping Strategies	<ol style="list-style-type: none"><li>1. What is self-harm?</li><li>2. Emotional wellbeing.</li><li>3. Where to get support for self-harm.</li></ol>

## 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"><li>1. Defining 'grooming'</li><li>2. How to recognise online grooming in different forms (sexual or financial exploitation, extremism, radicalisation)</li><li>3. How to respond and seek support in cases of online grooming.</li></ol>
	Lesson 2: Age-Restrictions and the Media	<ol style="list-style-type: none"><li>1. What are age-restrictions?</li><li>2. Why do we have them?</li><li>3. What products have age restrictions?</li></ol>
	Lesson 3: Online Financial Safety and Gambling	<ol style="list-style-type: none"><li>1. Distinguishing between content which is publicly and privately shared.</li><li>2. Protecting financial security online</li></ol>



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		3. 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"> <li>1. What is a budget?</li> <li>2. What do I have to pay for in adult life?</li> <li>3. Being able to strategically budget effectively.</li> </ol>
	Lesson 5: Managing online presence	<ol style="list-style-type: none"> <li>1. How to have a positive online presence.</li> <li>2. How your online presence can affect job opportunities/future careers.</li> </ol>
	Lesson 6: How Can I Build Enterprise Skills?	<ol style="list-style-type: none"> <li>1. How to work effectively as a team.</li> <li>2. Leadership skills.</li> <li>3. A business mind-set.</li> </ol>

## 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"> <li>1. Law of consent.</li> <li>2. Effectively communicating consent.</li> <li>3. The legal and moral duty is with the seeker of consent.</li> </ol>
	Lesson 2: Managing Conflict with Family/Friends	<ol style="list-style-type: none"> <li>1. What does conflict look like?</li> <li>2. Causes of conflict in different contexts e.g. friends/ family.</li> <li>3. Conflict resolution strategies.</li> <li>4. Dealing with relationship breakdowns – family changes, friends.</li> </ol>
	Lesson 3: Unprotected Sex and STIs	<ol style="list-style-type: none"> <li>1. What is unprotected sex?</li> <li>2. What are STIs?</li> <li>3. Negotiating safer sex.</li> <li>4. Consequences of unprotected sex e.g. pregnancy.</li> </ol>



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	Lesson 4: Contraception and Sexual Activity	<ol style="list-style-type: none"><li>1. Different forms of contraception.</li><li>2. Where to source contraception.</li><li>3. Understanding the best methods of contraception.</li></ol>
	Lesson 5: Pornography and Sharing Explicit Images	<ol style="list-style-type: none"><li>1. What is pornography? (basic definition at this stage)</li><li>2. Sending and receiving explicit images (including laws on this)</li><li>3. Risks of sending images online.</li><li>4. Securing yourself online.</li></ol>
	Lesson 6: How Has Pornography Distorted Sexual Relationships	<ol style="list-style-type: none"><li>1. How the portrayal of relationships in the media and pornography might affect expectations.</li><li>2. Understanding boundaries in relationships.</li><li>3. Reality of relationships.</li></ol>
	Lesson 7: CPR Life Saving Skills	<ol style="list-style-type: none"><li>1. How to carry out CPR.</li><li>2. Practising how to carry out CPR using specialist equipment.</li></ol>

## Year 9 – Spring Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Living in the Wider World	Lesson 1: GCSE's and Options	<ol style="list-style-type: none"><li>1. What are my options?</li><li>2. What is Pakefield's offer of options?</li></ol>
	Lesson 2: Setting My Goals for the Future	<ol style="list-style-type: none"><li>1. Different types of employment and career pathways.</li><li>2. How to manage feelings relating to future employment.</li><li>3. How to work towards aspirations and set meaningful, realistic goals for the future.</li></ol>
	Lesson 3: Options Post 16.	<ol style="list-style-type: none"><li>1. What different options are available post 16?</li><li>2. GCSE's/A-Levels/T-Levels/BTEC/Diplomas/AAQ's/Apprenticeships.</li></ol>



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		3. Further Education.
	Lesson 4: Understanding Life at University	1. What will University life look like? 2. What will I be responsible for?
	Lesson 5: Budgeting, Saving and Spending – Adult Life	1. Managing a budget. 2. Understanding ways to save money. 3. Bank account options. 4. Spending appropriately.
	Lesson 6: Making Decisions About My Future	1. My personal approach to my options. 2. Habits and strategies to support progress. 3. Decision making skills.

## Year 9 – Summer Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Health and Wellbeing	Lesson 1: What is Testicular Cancer? Why Should I Self-Examine?	1. The links between some lifestyle choices and some cancers. 2. The importance of screening and how to perform self-examination. 3. What is testicular torsion?



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	Lesson 1: What is Breast Cancer? Why Should I Self-Examine?	<ol style="list-style-type: none"><li>1. Myths about Cancer.</li><li>2. The importance of screening and how to perform self-examination.</li></ol>
	Lesson 3: Drugs – The Law and managing risks.	<ol style="list-style-type: none"><li>1. Positive social norms in relation to drug and alcohol use.</li><li>2. Legal and health risks in relation to drug and alcohol use, including addiction and dependence.</li><li>3. County Lines</li></ol>
	Lesson 4: Drugs and their effects	<ol style="list-style-type: none"><li>1. The effects of drugs.</li><li>2. Myths in relation to using substances.</li></ol>
	Lesson 5: Knife Crime and Carrying Weapons	<ol style="list-style-type: none"><li>1. The legal and physical risks of carrying a knife.</li><li>2. Knife crime and the law.</li></ol>
	Lesson 6: Gangs	<ol style="list-style-type: none"><li>1. How to recognise passive, aggressive and assertive behaviour and how to communicate assertively.</li><li>2. How to manage risk in relation to gangs.</li></ol>

## Year 10 – Autumn Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Living in the Wider World (6 x lessons)	Lesson 1: Work Experience Preparation	<ol style="list-style-type: none"><li>1. Researching an appropriate work placement based on: interests, responsibilities in the workplace, health and safety.</li></ol>



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Sex and Relationships (1 x lessons)	Lesson 2: Work Experience Preparation	<ol style="list-style-type: none"> <li>1. Exploring job sectors and job roles using the personality test.</li> <li>2. What a letter of application looks like.</li> <li>3. Begin drafting emails/letters.</li> </ol>
	Lesson 3: Planning for Post 16.	<ol style="list-style-type: none"> <li>1. What different options are available post 16?</li> <li>2. GCSE's/A-Levels/T-Levels/BTEC/AAQ'S/Apprenticeships</li> <li>3. Further Education</li> </ol>
	Lesson 4: Skills and Qualities for Employment – Part 1	<ol style="list-style-type: none"> <li>1. The difference between a skill, quality and interest.</li> <li>2. What different employers are looking for?</li> </ol>
	Lesson 5: Skills and Qualities for Employment – Part 2	<ol style="list-style-type: none"> <li>1. The difference between a skill, quality and interest</li> <li>2. What different employers are looking for?</li> </ol>
	Lesson 6: Budgeting	<ol style="list-style-type: none"> <li>1. How to manage money.</li> </ol>
	Lesson 7: Equality and Belonging	<ol style="list-style-type: none"> <li>1. What is the Equality Act?</li> <li>2. Diversity and values.</li> <li>3. Community, inclusion, respect and belonging.</li> <li>4. How social media may distort, mis-represent or target information in order to influence beliefs and opinions.</li> </ol>

## Year 10 – Spring Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Sex and Relationships	Lesson 1: Extremism and Radicalisation	<ol style="list-style-type: none"> <li>1. What is extremism?</li> <li>2. What is radicalisation?</li> <li>3. Behaviours and signs to look out for.</li> </ol>



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	Lesson 2: Pornography	<ol style="list-style-type: none"><li>1. Laws around pornography.</li><li>2. Opportunities and risks of forming and conducting relationships online.</li><li>3. How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours.</li></ol>
	Lesson 3: Revenge Porn	<ol style="list-style-type: none"><li>1. What is revenge porn?</li><li>2. Laws for this crime.</li><li>3. How to deal with this situation.</li><li>4. Case studies of where this is seen in the media.</li></ol>
	Lesson 4: Consent – Manipulation and Coercion	<ol style="list-style-type: none"><li>1. The ethical and legal implications in relation to consent, including manipulation, coercion and capacity to consent.</li><li>2. How to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support.</li><li>3. How to recognise and challenge victim blaming.</li></ol>
	Lesson 5: Pregnancy and Fertility	<ol style="list-style-type: none"><li>1. What are the stages of pregnancy?</li><li>2. Birth and miscarriage.</li><li>3. Unplanned pregnancy and other options including abortion, adoption and fostering.</li></ol>
	Lesson 6: Deep Fakes	<ol style="list-style-type: none"><li>1. What is a Deep Fake?</li><li>2. The effect of AI on individuals/society.</li></ol>

## Year 10 – Summer Term



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<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Health and Wellbeing	Lesson 1: Reframing Negative Thinking	<ol style="list-style-type: none"> <li>1. How to manage challenges during adolescence.</li> <li>2. How to re-frame negative thinking.</li> <li>3. Signs of emotional or mental health.</li> <li>4. Strategies to improve mental health and emotional wellbeing.</li> </ol>
	Lesson 2: Mental Health/Emotional Wellbeing	<ol style="list-style-type: none"> <li>1. What mental ill health looks like?</li> <li>2. What are the signs of mental ill health?</li> <li>3. Know where to get support for mental health.</li> </ol>
	Lesson 3: Body Modifications	<ol style="list-style-type: none"> <li>1. An awareness of why people change what they look like.</li> <li>2. The impact body modifications can have on people.</li> <li>3. Internal and external influences and their impacts on self-expression.</li> </ol>
	Lesson 4: Gambling	<ol style="list-style-type: none"> <li>1. How others can influence gambling related decisions.</li> <li>2. What 'impulsivity' and 'delayed gratification' are?</li> <li>3. Ways to manage peer and media influences on gambling decisions.</li> </ol>
	Work Experience	

### Year 11 – Autumn Term

<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
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Living in the Wider World (5 x lessons)	Lesson 1: Work Experience Reflection	<ol style="list-style-type: none"> <li>1. Work experience placement reflection – evaluation of the placement.</li> <li>2. The impact on your future career choices.</li> <li>3. The value of your placement.</li> </ol>
	Lesson 2 : Planning for Post 16	<ol style="list-style-type: none"> <li>1. What different options are available post 16?</li> <li>2. GCSE's/A-Levels/T-Levels/BTEC/AAQ'S/Apprenticeships.</li> <li>3. Further Education.</li> </ol>
	Lesson 3: CV Writing – Preparing for Next Steps	<ol style="list-style-type: none"> <li>1. Writing a CV.</li> <li>2. Personal statements.</li> <li>3. Interview techniques.</li> </ol>
	Lesson 4: Mortgages	<ol style="list-style-type: none"> <li>1. The difference between renting and buying.</li> <li>2. The benefits of renting and buying.</li> <li>3. The process of getting a mortgage.</li> </ol>
	Lesson 5: Tax and National Insurance	<ol style="list-style-type: none"> <li>1. What is Tax and National Insurance?</li> <li>2. How to calculate tax and national insurance contributions.</li> <li>3. What National Insurance and tax is spent on</li> <li>4. Why some people pay more tax than others.</li> </ol>
	Lesson 6: Cost of Living	<ol style="list-style-type: none"> <li>1. What the 'cost of living crisis.' means.</li> <li>2. Why there is a 'cost of living crisis?'</li> <li>3. What is causing families to struggle financially?</li> </ol>
	Lesson 7: Readiness for Parenthood	<ol style="list-style-type: none"> <li>1. Different types of families and changing family structures.</li> <li>2. How to evaluate readiness for parenthood and positive parenting qualities.</li> <li>3. Fertility and how it varies and changes.</li> </ol>
Sex and Relationships (1 x lessons)		

## Year 11 – Spring Term



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<u>Topic</u>	<u>Lesson</u>	<u>Outcomes</u>
Sex and Relationships	Lesson 1: Contraception	<ol style="list-style-type: none"><li>1. Types of contraception.</li><li>2. Where to find contraception.</li><li>3. NHS schemes.</li><li>4. Pros and cons of different types of contraception.</li></ol>
	Lesson 2: Marriage and Changing Relationships	<ol style="list-style-type: none"><li>1. What is marriage?</li><li>2. Types of marriages.</li><li>3. Forced marriage.</li><li>4. Safely accessing support for arranged marriage.</li><li>5. Managing change, loss, grief or bereavement.</li></ol>
	Lesson 3: Abusive, Controlling or Unhealthy Relationships.	<ol style="list-style-type: none"><li>1. What an unhealthy relationship looks like.</li><li>2. What controlling behaviour might look like.</li><li>3. Where to get support if you believe you are in a controlling or abusive relationship.</li></ol>
	Lesson 4: Assertive Communication	<ol style="list-style-type: none"><li>1. Communicating assertively in a relationship or outside of one.</li><li>2. Communicating wants and needs.</li><li>3. How to handle unwanted attention.</li></ol>
	Lesson 5: Recognising Abusive Relationships	<ol style="list-style-type: none"><li>1. What 'abuse' means.</li><li>2. What abusive and unhealthy behaviours look like.</li><li>3. How people can access support within an abusive relationship.</li></ol>
	Lesson 6: Sextortion	<ol style="list-style-type: none"><li>1. What is sextortion?</li><li>2. How is sextortion effecting individuals/society?</li><li>3. Laws around sextortion.</li></ol>

## Statistics and Data Behind Curriculum Choices



## **Pakefield High School – LIFE/PSHE Curriculum Intent**



**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.



## **Pakefield High School – LIFE/PSHE Curriculum Intent**



### **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.