



Northampton International Academy

PSHE Curriculum Overview (Secondary) 2024-25



Why Teach Personal, social, health and economic education?

Our PSHE curriculum is wide ranging and made makes a strong contribution to our pupils' personal development and helps to prepare them to become responsible, respectful and active citizens who can play their part and become actively involved in public life as adults. The curriculum links closely with the RSE and dedicated careers curriculums, tutor programme which includes Votes for Schools, the programme of assemblies, external visitors, parent and carer workshops and other events. It is also developed through all other curriculum subjects. In our curriculum overview we have identified the important knowledge we want our pupils to learn. Through our PSHE curriculum, we:

- enable pupils to develop the knowledge, skills and attributes they need to manage many of the critical opportunities, challenges and responsibilities they will face at different stages of their lives and as they grow up and enter into adulthood.
- support pupils' personal development and help them to develop self-esteem, resilience, empathy and to stay safe and healthy.
- equip pupils with a good understanding of different risks they may face and the knowledge and skills necessary to make safe and informed decisions.
- give pupils an age-appropriate understanding of the fundamental British values: democracy, the rule of law, individual liberty and mutual respect for and tolerance of others, including those with different faiths and beliefs and those without faith.
- give pupils an age-appropriate understanding of the Equalities Act including in relation to the protected characteristics and what this means in pupils' lives.
- support pupils' social, moral spiritual and culture development.

Substantive Big Ideas

Our PSHE curriculum has 7 key themes pupils learn about.

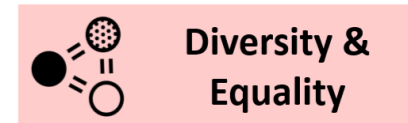
These strands, covered in each year are:



Relationships



Identity



Diversity & Equality



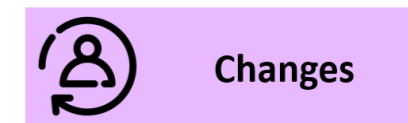
Careers



Rights & Responsibility



Lifestyle



Changes

The DNA of NIA

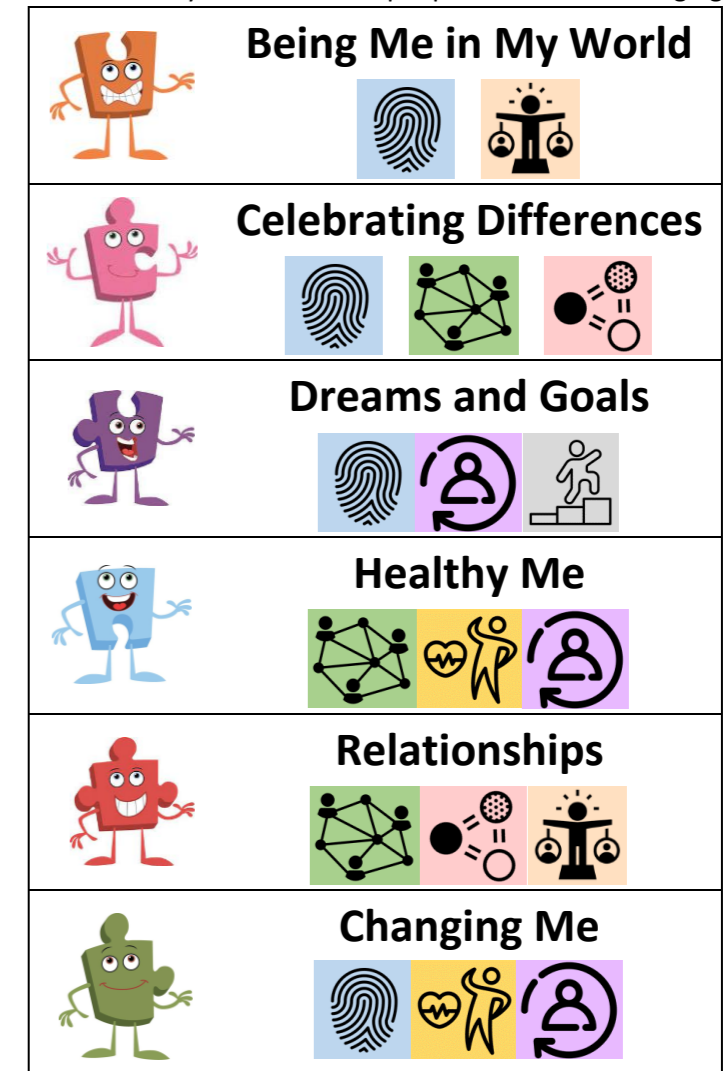
The DNA of NIA *character drivers* are:



Staff at NIA reinforce these constantly: through the PSHE curriculum as well as the wider curriculum and school life. .

Jigsaw – PSHE Lessons

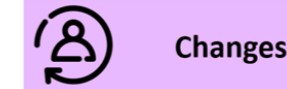
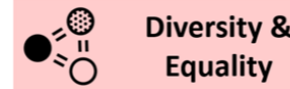
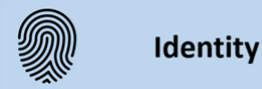
Our PSHE curriculum draws upon the 'Jigsaw' resources. Through this, as well as other resources such as 'Votes for Schools', assemblies, tutor time, we help to prepare pupils for life, helping them really know and value who they are and understand how they relate to other people in this ever-changing world.





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PSHE Curriculum Map – Topics by Term (Jigsaw Curriculum)



	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
Autumn 1 Being me in My World 	Unique me, differences & conflict, my influences, peer pressure, online safety, sexting, consequences, online legislation	Self-identity, family and identity, stereotypes, personal beliefs and judgements, managing expectations, first impressions, respect for the beliefs of others. Active listening	Perceptions about intimate relationships, consent, sexual exploitation, peer approval, grooming, radicalization, county lines, risky experimentation, positive and negative self-identity, abuse and coercion, coercive control	Human rights, societal freedom, understanding safety in UK and beyond, ending relationships safely, stages of grief, loss and bereavement, social media and culture, use of online data, threats to online safety, online identity, assessing and managing risk	Equality in relation to disability including hidden, consequences of not adhering to Equality Act, employers' responsibilities, benefits of multicultural societies, impact of unfair treatment on mental health, misuse of power, campaigning for equality	Diversity, Safety and Health including LGBT equality in the UK, Toxic Masculinity, carrying a knife, Gangs, Dealing with My Anger, What is Cancer and Medical Ethics and Blood Donation.
Autumn 2 Celebrating Differences 	Bullying, prejudice & discrimination, Equality Act, bystanders, stereotyping, challenging negative behaviour and attitudes	Positive change made by others, how positive behaviour affects feelings of wellbeing, social injustice, inequality, community cohesion and support, multiculturalism, race and religion, prejudice, LGBT+ bullying	Protected characteristics, Equality Act, phobic and racist language, legal consequences of bullying and hate crime, sexism, ageism, positive and negative language, banter, bullying in the workplace, direct and indirect discrimination, harassment, victimisation. Prejudice, discrimination and stereotyping	Equality including in the workplace, in society, in relationships. Equality and vulnerable groups. Power and control	Aspiration on; career, finances, relationships, health. Skills identification, realistic goals, gambling, financial pressure, debt, dream jobs, skill set, education and training options, long-term relationship dreams and goals, parenting skills and challenges, resilience, what to do when things go wrong.	Drugs and Risk Education including Alcohol Safety, Substance Misuse, Drugs and their Effects, Drugs Education and Drugs Classifications
Spring 1 Dreams and Goals 	Celebrating success, identifying goals, employment, learning from mistakes, overcoming challenges, planning skills, safe & unsafe choices, substances, gangs, exploitation, emergency first aid	Long-term goals, skills, qualifications, careers, money and happiness, ethics and mental wellbeing, budgeting, variation in income, positive and negative impact of money, online legal responsibilities, gambling issues	Personal strengths, health goals, SMART planning, links between body image and mental health, nonfinancial dreams and goals, mental health and ill health, media manipulation, self-harm, anxiety disorders, eating disorders, depression.	Impact of physical health in reaching goals, relationships and reaching goals, work/life balance, connections and impact on mental health, benefits of helping others, online profile and impact on future goals	Managing anxiety and stress, exam pressure, concentration strategies, work- life balance, sexual health, hygiene, self-examination, STIs, sexual pressure, fertility, contraception, pregnancy facts and myths, identifying a range of health risks and strategies for staying safe	Health and Wellbeing including Healthy Eating and Cholesterol, Immunisation and Vaccinations, Healthy Eating Habits, Poor Diet and Health Risks, Eating Disorders and Stress Management
Spring 2 Healthy Me 	Stress and anxiety, managing mental health, physical activity and mental health, effects of substances, nutrition, sleep, vaccination and immunisation, importance of information on making health choices	Long-term physical health, responsibility for own health, dental health, stress triggers, substances and mood, legislation associated with substances, exploitation and substances, medicine, vaccinations, immunisation Blood donation	Misperceptions about young peoples' health choices, physical and psychological effects of alcohol, alcohol and the law, alcohol dependency, drug classification, supply and possession legislation, emergency situations, first aid, CPR, substances and safety, sources of advice and	Improving health, sexual health, blood-borne infections, self-examination, diet and long-term health, misuse of prescription drugs, common mental health disorders, positive impact of volunteering, common threats to health including chronic disease, epidemics, misuse of antibiotics Organ donation Stem cells	Stages of intimate relationships, positive and negative connotations of sex, protecting sexual and reproductive health, safely ending relationships, spectrum of gender and sexuality, LGBT+ rights and protection under the Equality Act, "coming out" challenges, LGBT+ media stereotypes, power, control and sexual experimentation, forced marriage, honour-based violence, FGM and other abuses, hate crime, sources of	Personal Finance including Taxes and the UK, Banks and Money, Types of Employment and Paperwork, What is Debt, Income and State Benefits, Role of Trade Unions and Insurance Types
Summer 1 Relationships 	Characteristics of healthy relationships, healthy romantic relationships, consent, relationships and change, emotions within friendships, being discerning, assertiveness, sexting	Positive relationship with self, social media and relationship with self, negative self-talk, managing a range of relationships, personal space, online etiquette, online privacy and personal safety, coercion, unhealthy balance of power in relationships, sources of support	Power and control in intimate relationships, risk in intimate relationships, importance of sexual consent, assertiveness skills, sex and the law, pornography and stereotypes, contraception choices, family planning, STIs, support and advice services	Sustaining long-term relationships, relationship choices, ending relationships safely, consequences of relationships ending e.g. bullying, revenge porn, grief-cycle. Divorce and separation, impact of family breakup on children, understanding love, fake news and rumourmongering, abuse in teenage relationships. Legislation, support and advice		Positive Wellbeing including Dealing with Depression, Stress and Performance, Dealing with Anxiety, Fears and Anxiety, Sleep Hygiene and Mental Health, Promoting Emotional Wellbeing and Resilience and Growing Up
Summer 2 Changing Me 	Puberty changes, FGM, breast flattening/ironing, responsibilities of parenthood, types of committed relationships, happiness and intimate relationships, media and self-esteem, self-image, brain changes in puberty, sources of help and support	Types of close intimate relationships, physical attraction, legal status of relationships, behaviours in healthy and unhealthy romantic relationships, pornography, sexuality, alcohol and risky behaviour	Mental health stigma, triggers, support strategies, managing emotional changes, resilience and how to improve it, reflection on importance of sleep in relation to mental health, reflection on body and brain changes, stereotypes	Impact of societal change on young people, role of media on societal change, reflection on change so far and how to manage it successfully, decision making, sexual identity gender, spectrum of sexuality, stereotypes in romantic relationships, sexual identity and risk, family change, sources of support.		Sixth Form Careers including Post 16 Options, Planning for the Future. Personal Branding, Writing and Personal Statement, CV Writing, Making Applications for Post 16, Interview Preparation and What is an entrepreneur