

Bower Park Academy CPSHE Overview 2023-2024

	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
7	<p>Health and wellbeing</p> <p><u>Transition into secondary school</u></p> <ul style="list-style-type: none"> - Introduction - Child on child abuse - Bullying or Banter - Time Management - Road Safety and Bus etiquette - Diet, exercise and energy drinks <p>RS2, RS4, RS7, RS9, RS10, RS13</p>	<p>Relationships</p> <p><u>Friendships and ourselves</u></p> <ul style="list-style-type: none"> - What does community mean and reflecting on our relationships - Friendships - Bullying - Cyberbullying - Emotions - Feeling good about ourselves <p>RS1, RS2, RS3, RS7, RS9, RS10</p>	<p>Relationships</p> <p><u>Family, Marriage and parenting</u></p> <ul style="list-style-type: none"> - Different types of family - Parenting – What makes a good parent? - Domestic abuse - Marriage and long-term relationships - the law around rights - Different types of marriage, including same sex and forced marriage. - Young people’s rights, including when Parents separate <p>RS1, RS2, RS4, RS6</p>	<p>Living in the Wider World</p> <p><u>Careers</u></p> <ul style="list-style-type: none"> - Careers and Your Future - Transition points and your life - Personal qualities and skills - Finding careers information - Career Management - Character Traits and Skills - Action Points <p>RS8</p>	<p>Health and Wellbeing</p> <p><u>Health</u></p> <ul style="list-style-type: none"> - Healthy routines - Unwanted contact linked to puberty - FGM <p><u>Drugs</u></p> <ul style="list-style-type: none"> - Understanding Drugs - Tobacco, risk and influences - Alcohol and Risk <p>RS4, RS5, RS6, RS11, RS12</p>	<p>Living in the Wider world</p> <p><u>Financial Decision Making</u></p> <ul style="list-style-type: none"> - What does budget mean? -Income, outgoings, committed spending and discretionary spending -Savings – Why is this important? -What is borrowing, loans, credit history, manageable and unmanageable debt? -Next steps - Apprenticeships, employment and going to university -The world of work – What are compulsory deductions? Income tax, national insurance and pensions -Planning for the future
	Baseline Assessment		Baseline Assessment			Baseline Assessment
8	<p>Health and wellbeing</p> <p><u>Making a difference</u></p> <ul style="list-style-type: none"> - Rudeness Trust, Loyalty and commitment 	<p>Relationships</p> <p><u>Stereotyping and discrimination</u></p> <ul style="list-style-type: none"> - The effects of discrimination - The effects and dangers of stereotyping 	<p>Relationships</p> <p><u>Relationships and Sex Education</u></p> <ul style="list-style-type: none"> - What are positive and negative relationships? 	<p>Living in the wider world</p> <p><u>Online safety</u></p> <ul style="list-style-type: none"> - Internet Safety - Selfie Safety - Cyberbullying 	<p>Health and Wellbeing</p> <p><u>Exploring influence</u></p> <ul style="list-style-type: none"> - Vaping - Relationships/Peer influence - Gangs x2 	<p>Living in the Wider world</p> <p><u>Financial Decision Making</u></p> <ul style="list-style-type: none"> - What does budget mean? -Income, outgoings, committed spending and discretionary spending

Bower Park Academy CPSHE Overview 2023-2024

	<ul style="list-style-type: none"> - Healthy thinking and being - Mental Health - Body Image - Mental and physical wellbeing 	<ul style="list-style-type: none"> - Gender discrimination - Discrimination due to disability - Racial discrimination - Religious discrimination - What are British Values? 	<ul style="list-style-type: none"> - Showing affection (link to consent) - What is sex and sexual experiences? - Contraception - STI's, the symptoms, consequences and methods of cure. - Consent - The dangers of pornography - The dangers of sexting 	<ul style="list-style-type: none"> - Anti-Social Media - Social media's effects on relationships - Esafety and Sexual Exploitation 	<p style="text-align: center;"><u>First Aid</u></p> <ul style="list-style-type: none"> - Basic treatment of common illnesses x2 	<ul style="list-style-type: none"> -Savings – Why is this important? -What is borrowing, loans, credit history, manageable and unmanageable debt? -Next steps - Apprenticeships, employment and going to university -The world of work – What are compulsory deductions? Income tax, national insurance and pensions -Planning for the future
		Baseline Assessment		Baseline Assessment	Baseline Assessment	
9	<p style="text-align: center;">Health and Wellbeing</p> <p style="text-align: center;"><u>Mental health</u></p> <ul style="list-style-type: none"> - Attitudes to mental health - Promoting emotional wellbeing - Digital Resilience - Unhealthy coping strategies - Healthy coping strategies - How to evaluate our impact and involvement on others mental health 	<p style="text-align: center;">Relationships</p> <p style="text-align: center;"><u>Sexuality and Identity</u></p> <ul style="list-style-type: none"> - Inner and Outer identity - Stereotyping dangers linked to misogyny and forms of discrimination - Sexuality and gender identity - LGBT+ Community - Homophobia and the consequences - Tolerance and respect 	<p style="text-align: center;">Relationships</p> <p style="text-align: center;"><u>Relationships and Sex Education</u></p> <ul style="list-style-type: none"> - Where's the best place to find out about relationships and Sex? - Reasons to have or delay sex - Recognising and Managing Risks - Avoiding pressures if not ready - What is consent and why it is so important? - 	<p style="text-align: center;">Living in the Wider World</p> <p style="text-align: center;"><u>Careers</u></p> <ul style="list-style-type: none"> - Employability - Job interview - Enterprising - Interpersonal skills - CV writing - Options information 	<p style="text-align: center;">Health and Wellbeing</p> <p style="text-align: center;"><u>Body image</u></p> <ul style="list-style-type: none"> - Body image - Body shaming - Male body image <p style="text-align: center;"><u>Drugs</u></p> <p style="text-align: center;">Exploring attitudes Drugs The law and managing risks</p>	<p style="text-align: center;">Living in the Wider World</p> <p style="text-align: center;"><u>Awareness of others</u></p> <ul style="list-style-type: none"> - Peer pressure - Gang recruitment - Online grooming - WhatsApp Groups - First Aid: CPR

Bower Park Academy CPSHE Overview 2023-2024

	RS1, RS2, RS3, RS4, RS6, RS7, RS8, RS10, RS12	RS2, RS3, RS4, RS5, RS6, RS7	Domestic Violence and abuse - Contraception and STI's (Condom Demo) - Choices in relation to pregnancy - The dangers of sexting. RS1, RS2, RS3, RS4, RS5, RS6, RS8		RS2, RS3, RS4, RS7, RS6, RS8, RS9, RS11	RS2, RS3, RS4, RS6, RS7, RS8, RS13
	Baseline Assessment		Baseline Assessment			Baseline Assessment
10	<p align="center">Relationships</p> <p align="center"><u>Relationships and Sex Education</u></p> <ul style="list-style-type: none"> - Healthy Relationships and avoiding unhealthy ones - Domestic violence and abusive relationships including misogyny - Consent and Rape - Safe sex - Tolerance and Respect towards the LGBTQ+ Community - Teen Pregnancy - Relationship break ups <p>RS1, RS2, RS3, RS4, RS5, RS6</p>		<p align="center">Living in the Wider World Health and Wellbeing</p> <p align="center"><u>Careers and drugs and alcohol</u></p> <ul style="list-style-type: none"> - Drugs and alcohol – substance use and assessing risk - Drugs and alcohol – substance use and managing influence - Drugs and alcohol – Help seeking and sources of support - Preparing for work experience - Employability skills - Leadership skills - CV writing <p>RS1, RS2, RS4, RS8, RS11</p>		<p align="center">Health and Wellbeing</p> <p align="center"><u>Mental Health</u></p> <ul style="list-style-type: none"> - Mental Health and Anxiety - Resilience - Social Anxiety - Self Confidence - Self Esteem - Happiness and Positivity - First Aid 1-2 lessons <p>RS7, RS8, RS9</p>	
					Baseline Assessment	

Bower Park Academy CPSHE Overview 2023-2024

11	<p style="text-align: center;">Relationships</p> <p style="text-align: center;"><u>Relationships and Sex Education</u></p> <ul style="list-style-type: none"> - Attitudes towards sex - Managing unwanted attention with a link to dangers of image sharing - How to gain consent - Contraception and STIs – Testing, places for support - Pregnancy options (x 2 lessons) <p>RS2, RS3, RS4, RS5, RS6</p>	<p style="text-align: center;">Health and Wellbeing Living in the Wider World</p> <p style="text-align: center;"><u>Careers and managing stress and revision</u></p> <ul style="list-style-type: none"> -What are my post 16 options? - Exam stress and revision - Time management - College searching and applications - Planning for the future - Interview techniques <p>RS2, RS3, RS7, RS8</p>	<p style="text-align: center;">Health and Wellbeing</p> <p style="text-align: center;"><u>Mental Health</u></p> <ul style="list-style-type: none"> -Reframing negative thinking - Recognising mental ill health and when to get help - Promoting Emotional wellbeing <p>RS7</p>	
	Baseline Assessment			

RS1	Families	RS8	Internet Safety and harms
RS2	Respectful relationships, including friendships	RS9	Physical health and fitness
RS3	Online and media	RS10	Healthy eating
RS4	Being safe	RS11	Drugs, alcohol and tobacco
RS5	Intimate and sexual relationships, including sexual health	RS12	Health and prevention
RS6	The Law	RS13	Basic first aid
RS7	Mental Wellbeing	RS14	Changing adolescent body