



ARNOLD LODGE

4 - 18 yrs Co-educational Independent Day School

Key Stage 4: PSHEE Curriculum Map

Year 10: Cycle of Topics

1. Rights and Responsibilities

2. Violence, Crimes & Seeking Safety

3. Exploring Relationships & Sex Education

4. Exploring World Issues

5. Mental Health & Wellbeing

6. Exploring British Values

Year 10 Overview

PSHEE at Arnold Lodge is based on six core themes: 1. Rights, responsibilities and British Values, 2. Celebrating Diversity & Equality, 3. Relationships and Sex Education, 4. Staying Safe online and offline, 5. Health & Wellbeing, 6. Life Beyond School.

These themes spiral throughout the PSHEE curriculum in the senior school and are based on the recent statutory PSHE and RSE (Relationships and Sex Education) guidance.

Pupils are not formally assessed in PSHEE. In KS4, PSHEE sessions take place during mentor time once a week. Copies of lesson resources are available for families upon request. Please contact Rachel Davenport on rdavenport@arnoldlodge.com

In year 10 pupils start the year by learning about Rights and Responsibilities. This unit includes exploring the impacts of social media on body image and the ethical aspects of targeted advertising before moving on to understanding different types of rights and responsibilities that exist. The unit finishes with looking at ethical business practices and the gender pay gap.

In HT2 pupils look at topics on the staying safe theme where they will explore issues such as honour-based violence, online gambling, social media, keeping personal data safe online and human trafficking. In January, pupils will study the Relationships and Sex Education theme where they will learn about the impact of pornography on perceptions and impacts of relationships, how to deal with unwanted pressure and the importance of reporting sexual harassment. Pupils will also learn about different ways to access support. The fourth unit that pupils will study looks at world issues where pupils will explore the role of international organisations, look at events such as Brexit and how they can raise awareness and campaign about different issues such as sexual assault, the rights of women and ethical consumerism.

In the Summer term pupils learn about mental health and wellbeing. They will learn about different types of mental illness and how to cope with any issues that they might experience themselves. It will also equip them to support friends who may be going through difficulties by promoting emotional wellbeing. Pupils finish the year by exploring British Values. In this unit they will look at what British Values are and how they can contribute to a diverse society that protects members of British society. This includes combating homophobia and protecting Human Rights.



Topic of Learning		Half-Termly Overview: Knowledge and Skills
HT1	Rights and Responsibilities <ul style="list-style-type: none"> Theme 6 	<ul style="list-style-type: none"> Explore the link between body image and social media Evaluate the role of targeted advertising Understand the legal position of gay marriage across different countries Understand the different types of rights and responsibilities that exist Understand ethical business practices Explore the gender pay gap in society Understand the common features of a payslip, including tax and National Insurance
HT2	Violence, Crimes & Seeking Safety <ul style="list-style-type: none"> Theme 4 	<ul style="list-style-type: none"> Explore honour-based violence and the different forms it can take Explore recent statistics related to forced marriages in the UK and Commonwealth countries Evaluate the risks associated with online gaming and online gambling Understand the risks associated with social media validation Understand the importance of keeping personal online data safe Identify why the dark web can be so dangerous Examine human trafficking to the UK and evaluate the government's response Understand the causes behind the rise in knife in the UK
HT3	Exploring Relationships & Sex Education <ul style="list-style-type: none"> Theme 3 	<ul style="list-style-type: none"> Evaluate different ways to raise awareness and campaign against FGM Understand how to deal effectively and assertively with requests and pressure to send sexts Examine the impact of porn on society and relationships Explore how common access to pornographic material can affect attitudes and beliefs towards sex, relationships and self-esteem Understand the different types of abuse and where to turn to for help Explore the laws regarding rape and sexual assault Examine the impact sexualisation of the media is having on teenagers
HT4	Exploring World Issues <ul style="list-style-type: none"> Theme 2 	<ul style="list-style-type: none"> Understand the role international organisations play in the world Evaluate the arguments for and against Brexit Understand the different issues impacting countries across the world and how other countries can help them Understand the importance of being an ethical consumer Evaluate why some world conflicts are difficult to solve Explore the changing role of women in society over the past 100 years Understand the importance of speaking out about sexual misconduct and sexual harassment
HT5	Mental Health & Wellbeing	<ul style="list-style-type: none"> Define the term sexual abuse and understand the law relating to it Evaluate how technology and smart phones can be both rewarding and damaging to our lives



	<ul style="list-style-type: none">• Theme 5	<ul style="list-style-type: none">• Explore different types of mental illnesses• Understand why some people self harm• Identify warning signs that yourself or a loved one is struggling with mental health• Learn strategies to improve emotional wellbeing
HT6	Exploring British Values <ul style="list-style-type: none">• Theme 1	<ul style="list-style-type: none">• Understand how to spot fake news• Evaluate the difference between a cult and a religion• Understand where our sense of identity comes from• Explore how British values can be used to combat homophobia• Evaluate how we can protect Human Rights in the modern world• Explore how Human Rights are protected in the UK



Year 11: Cycle of Topics

1. Your future and beyond

2. Staying Safe

3. Adult Health and Looking After Yourself

4. Sexual Health Unit

Year 11 Overview

PSHEE at Arnold Lodge is based on six core themes: 1. Rights, responsibilities and British Values, 2. Celebrating Diversity & Equality, 3. Relationships and Sex Education, 4. Staying Safe online and offline, 5. Health & Wellbeing, 6. Life Beyond School.

These themes spiral throughout the PSHEE curriculum in the senior school and are based on the recent statutory PSHE and RSE (Relationships and Sex Education) guidance.

Pupils are not formally assessed in PSHEE. In KS4, PSHEE sessions take place during mentor time once a week.

In year 11, pupils start off the year by thinking about their futures and how best to prepare themselves for the year ahead. Topics in this unit include time management and dealing with exam stress as well as exploring the effect that social media and digital footprints could have in future. This is also a great opportunity to explore topics such as women's equality and LGBTQ+ rights. Pupils will learn about payslips and tax contributions. In HT2, pupils will focus on how to stay safe both in school and outside. They will learn about the dangers associated with online streaming, as well as looking at different types of drugs and developing strategies to help them not to give in to peer pressure. Pupils will look at the links between social media and the increasing pressure on body image, as well as exploring the long term impacts of cosmetic and aesthetic procedures.

In January, pupils move on to the health unit, where they will learn more about the importance of regular self-examination, organ donation and stem cells and different options available in pregnancy. There will also be an opportunity to explore the morals, laws and ethics surrounding abortion and a session on parenthood. This leads in to the following unit on sexual health where pupils will not only have a refresher on contraception and STIs but also learn about fertility and the importance of sexual health. Throughout this topic there is an emphasis on healthy relationships which encourages pupils to think about respect, love and equips them with the tools they might need to report and deal with abuse or harassment.



Topic of Learning		Half-Termly Overview: Knowledge and Skills
HT1	Your Future and Beyond Theme 6	<ul style="list-style-type: none"> • Evaluate how technology and smart phones can be both rewarding and damaging in our lives • Discuss and debate sensitive LGBTQ+ topics regarding religion, politics, law and homosexuality • To understand how to manage stress and relaxation • To identify coping strategies for social media wellness and improving self esteem • To evaluate the importance of paying tax and NI contributions • To understand the key events that led up to women gaining equal rights with men
HT2	Staying Safe Theme 4	<ul style="list-style-type: none"> • To explore the consequences associated with live streaming on the Internet • To understand how to protect yourself from peer pressure to experiment with NPS drugs • To understand how to stay safe at a festival or a party • To explore how different countries are dealing with the drugs trade • To understand the differences between aesthetic and cosmetic procedures • To understand the different levels of drug use and realise the consequences of drug use on wider society • To understand why and how to build an online personal brand
HT3	Adult Health and Looking After Yourself Theme 5	<ul style="list-style-type: none"> • To be aware of blood donation, and other forms of donation, including stem cell donation • To evaluate the medical ethics of gene technology and stem cell research • To understand the options available for unplanned pregnancies • To be able to explain the religious and legal perspectives on abortion • To understand how difficult prostate cancer can be to detect • To understand the importance of a smear test and cervical screening • To understand how to perform self-examinations for breast and testicular changes • To understand the many ways people can become parents in 2022 • To identify where to turn to for help with abusive relationships
HT4	Sexual Health Unit Theme 3	<ul style="list-style-type: none"> • To define the term Peer on Peer abuse and understand what constitutes abuse • To explore circumstances when peer pressure becomes peer abuse • To understand the various ways women can become pregnant including IVF Treatment • To explore alcohol abuse and drink spiking and the risks associated with both • To explore common myths about pregnancy and fertility • To explore which forms of contraception protect against pregnancy, STI's or both • To increase awareness of the process of a young person's sexual health consultation at a clinic. • To understand the importance of respecting others and especially those we are in a relationship with



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