

KS4 Curriculum Overview: St Hilda's PSHE: we are the St Hilda's family, with Jesus Christ as our cornerstone building on foundations of wisdom, hope, community, dignity and equality, we nurture and support one another to be our very best. We rejoice in our diversity and celebrate our many achievements.

	Year 10	Year 11
Relationships	<ol style="list-style-type: none"> 1. Why do people have sex? Consent and kindness / sexual ethics / Is this behaviour ethical? Kindness 2. Communication in romantic relationships 3. Do our relationships change as we get older? Impact of separation and loss 4. Sexual orientation / Gender identity and homophobia / transphobia. Re-cap Equality Act 2010 5. Pregnancy (importance of healthy behaviours before and during pregnancy. 6. Parenthood (successful parenting and importance of early years of a child's life for brain development) 7. Family - Parent and teenager relationships 	<ol style="list-style-type: none"> 1. What is sexual harassment and what to do about it? (3 lessons) Re-cap protected characteristics and Hate crime / Managing unwanted attention / kindness and sexual ethics / Is this behaviour ethical? Kindness 2. Women's safety 3. Is this Misogyny? – causes and consequences
Keeping safe Online and offline	<ol style="list-style-type: none"> 1. Can you become too reliant on social media? Re-cap online rights and responsibilities / behaviour. What impact can influencers have on our views 2. Dark web, harmful content (deepfakes) and pornography (law on AI and images / other dangers) 3. How do I report harmful content and how can I protect myself 4. Domestic abuse 5. Impact of substance misuse on family and community 6. Emergency First Aid 	<ol style="list-style-type: none"> 1. What is a healthy online relationship? / What is bullying? Stalking, coercive and controlling behaviour 2. Radicalisation and extremism – what to do and how to report. Can social media lead to escalations in conflict? 3-4. Substance misuse – choice, habit or addiction? Substances and risky sexual behaviour / impact on reputation and life choices 5. Why do some young people choose crime 6. Emergency First Aid
Careers and futures	<p>Secure your future: how do I stand out to an employer?</p> <ol style="list-style-type: none"> 1. What sector do I want to work in and how do I find work experience? 2. How do I stand out to an employer? 3. How can I get the most out of my work experience? 4. Managing my online profile for future employment 5. Gambling addiction 	<ol style="list-style-type: none"> 1. What's next for me and what does my future look like? 2. How is the labour market changing and which sector best suits me? 3. Raising ambitions 4. Budgeting skills 5. Do job stereotypes still exist? The changing job market
Health and well-being (Physical)	<ol style="list-style-type: none"> 1. What is contraception? Safer sex (re-cap why people have sex from relationships topic) 2. What are STIs? 3. What is an unintended pregnancy? 4. Being a parent 5. Women's health and menopause / What is a miscarriage? How to access care and support 6. Finding and using health services / Taking responsibility for own health / benefits of regular self-examination and screening 7. Keeping safe, emergency First Aid 	<ol style="list-style-type: none"> 1. Characteristics of a healthy lifestyle 2. Sleep, rest and study – how to create balance when studying for exams 3. Lifesaving science (science relating to blood, organ and stem cell donation) / how to counter misinformation 4. Taking responsibility for own health / benefits of regular self-examination and screening 5. Fertility and reproductive health / What is PCOS? / What is endometriosis? / menstrual and gynaecological health 6. What is Gillick competence / legal age of medical consent 16

Skills, British values and responsibilities	<ol style="list-style-type: none"> 1. What are human rights? 2. What is prejudice and discrimination? 3. What is poverty? 4. Marriage, partnership and rights / law, rights and responsibilities in sexual relationships (inc 'common-law marriage' myth and forced marriages 5. Playing a political role. Why vote? 6. How do politicians get elected? 6. Voting and elections 7. Media, press and disinformation 8. How can we bring change to society? 	<ol style="list-style-type: none"> 1. What are human rights? 2. What is prejudice and discrimination? 3. What is poverty? 4. Marriage, partnership and rights / law, rights and responsibilities in sexual relationships (inc 'common-law marriage' myth and forced marriages 5. Playing a political role. Why vote? 6. Political parties and elections 7. Media, press and disinformation 8. How can we bring change to society?
Health and well-being (mental)	<ol style="list-style-type: none"> 1. Are UK teenagers unhappy? Mental health / self-esteem / support for mental health Inc AI chatbots and misinformation online 2. Helping a friend or relative who is struggling to cope 3. Stress, anxiety and depression and how to manage them 4. Unhealthy coping, warning signs and triggers 	

This is a working document and is subject to change