



Maidstone Grammar School
for Girls

Non sibi sed omnibus

PSHE, RSE and Citizenship Curriculum at MGGS

The statutory curriculum for RSE and Health Education (Department for Education 2020) has two main strands for secondary level; Relationships and Sex Education (RSE) and Health Education, which must be taught in all key stages.

At MGGS, the PSHE programme has two areas of focus

- Relationships and Sex Education (RSE), including Health and Wellbeing
- Living in the Wider World, including Citizenship and Careers education

Aims

- To support the development of the skills, attitudes and values to enable students to develop good relationships and value and respect themselves and others; develop a healthy and safe lifestyle; become better informed citizens; make and act on informed decisions and have a sense of purpose.
- To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support.

PSHE Curriculum at MGGS

Health and wellbeing

Relationships

Living in the wider world

	Autumn term	Spring term	Summer term
Year 7	<p>Transition, Building Relationships</p> <p>Transition to secondary school, anti-bullying, resilience, self-worth, romance and friendships (including online) and relationship boundaries, online safety.</p>	<p>Health and puberty</p> <p>Personal hygiene, healthy lifestyles, exercise, diet, influences on health including sleep, tooth decay, dental health, immunisation and vaccination.</p>	<p>Community, Careers</p> <p>Equality of opportunity in careers and life choices, and different types and patterns of work</p>
Year 8	<p>Emotional wellbeing</p> <p>First aid, team building, mindfulness, diet and sleep, managing emotions, stress and positive mental health, bereavement, including coping strategies.</p>	<p>Financial decision making, careers</p> <p>Saving, borrowing, budgeting and making financial choices, Equality of opportunity in careers and life choices, and different types and patterns of work.</p>	<p>Identity, rights, responsibility, equality and discrimination</p> <p>Human rights, diversity, gender identity, sexual orientation, discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia.</p>
	<p>Community and democracy</p> <p>British values, democracy, political systems.</p>		
Year 9	<p>Peer influence, substance use and gangs, Digital literacy, Employability skills.</p>	<p>Emotional wellbeing, Healthy lifestyles</p> <p>Diet, exercise, sleep, lifestyle balance</p>	<p>Intimate relationships</p> <p>Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to</p>

	<p>Online safety, digital literacy, media reliability, and gambling hooks.</p> <p>Healthy and unhealthy friendships, assertiveness, resolving conflict, substance misuse, drugs/alcohol, and gang exploitation.</p>	and healthy choices, resilience, coping strategies.	<p>pornography, healthy relationships, 'sexting', sexual harassment.</p> <p>Respectful relationships, families and parenting, healthy relationships, conflict resolution, and relationship changes.</p>
	<p>Employability and online presence. Setting goals, learning strengths, career options and goal setting as part of the GCSE options process.</p>		
Year 10	<p>Mindset, Preparation for GCSEs, Citizenship, Financial decision making</p> <p>Resilience, mindset, coping with stress, impact of physical activity on mental wellbeing.</p>	<p>Healthy relationships, Addressing extremism and radicalisation, Political Systems</p> <p>Challenging stereotypes and equality. Communities, belonging and challenging extremism. Electoral systems, local, regional and international governance and law.</p>	<p>Mental Health, Exploring Influence</p> <p>Mental health and ill health, stigma, safeguarding health, including during periods of transition or change. First aid. The influence and impact of drugs, gangs, role models and the media. Drug and alcohol misuse.</p>
	<p>The impact of financial decisions, debt, gambling and the impact of advertising on financial choices.</p>		
Year 11	<p>Setting goals, Communication in relationships and families</p> <p>Self-efficacy, stress management, future opportunities, preparing for GCSEs, revision, work/life balance.</p>	<p>Personal Wellbeing, Independence, Physical Safety, Health</p> <p>Risk-taking behaviour, STIs, pornography and online images, road safety. Cancer awareness, screening, mindfulness. Responsible health choices, and safety</p>	<p>Building for the future</p> <p>Transition into Sixth Form and higher education. Skills for further education, employment and career progression.</p>
	<p>Application processes, and skills for further education, employment and</p>		

	<p>career progression</p> <p>Personal values, assertive communication and consent (including in relation to contraception and sexual health), relationship challenges and abuse, FGM, grooming, criminal and violent behaviour in relationships. Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships. Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography.</p>	in independent contexts	
Year 12	<p>Building healthy relationships, Diversity and equality, Positive mental health</p> <p>Team building, self-care, LGBTQ+, human rights, racism, discrimination and disability.</p>	<p>RS Conference, Physical health</p> <p>Equality, rights, political systems and the right to vote.</p>	<p>Preparing for the future</p> <p>Stress management, and future opportunities, preparing for post school options including university, apprenticeships and employment, revision, work/life balance.</p>
	<p>Healthy lifestyles, maintaining positive mental health, physical health (kickboxing, cooking), promoting independence.</p>	<p>Breast cancer awareness, sexual health and intimate relationships assemblies, meningitis study.</p>	
Year 13	<p>Finance, Intimate Relationships, Personal Safety, Next Steps, RS Conference</p> <p>Intimate relationships, including</p>	<p>Looking after ourselves and others</p> <p>Revision, mindfulness, first aid, debt/gambling, food choices, body image.</p>	<p>Wellbeing and preparation for the future</p> <p>Self-efficacy, stress management, future opportunities, preparing for A</p>

	consent, grooming, forces marriage and violent and criminal relationships, pornography and online imagery, human rights and equality.		Level examinations, revision, work/life balance.
	Sexual health, drugs/alcohol, personal safety.		
	Digital safety, managing finances, preparation for transition after school.		