



Maidstone Grammar School
for Girls
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MGGS PSHE /RSE Overview Years 7-13, 2022-2023-

<u>Intent</u>	<u>Implementation</u>	<u>Impact</u>
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.	Our core values Resilience, Inspiration, Support and Excellence which we promote in assemblies, tutor time, during RISE days and in our rewards systems are embedded to our whole school life. Our whole school policies, behaviour for learning systems and rewards system promote an inclusive environment that meets the needs of all pupils, irrespective of age, disability, gender reassignment, race, religion or belief, sex or sexual orientation.	Staff and students feel proud to be part of the MGGS community. A shared culture that promotes equality of opportunity so that all pupils can thrive together, understanding that difference is a positive, not a negative, and that individual characteristics make people unique. All students to recognise online and offline risks to their wellbeing.

Overarching concepts developed through the curriculum.

1. Identity (their personal qualities, attitudes, skills, attributes and achievements and what influences these; understanding and maintaining boundaries around their personal privacy, including online)
2. Relationships (including different types and in different settings, including online)
3. A healthy (including physically, emotionally and socially), balanced lifestyle (including within relationships, work-life, exercise and rest, spending and saving and lifestyle choices)



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4. Risk (identification, assessment and how to manage risk, rather than simply the avoidance of risk for self and others) and safety (including behaviour and strategies to employ in different settings, including online in an increasingly connected world)
5. Diversity and equality (in all its forms, with due regard to the protected characteristics set out in the Equality Act 2010)
6. Rights (including the notion of universal human rights), responsibilities (including fairness and justice) and consent (in different contexts)
7. Change (as something to be managed) and resilience (the skills, strategies and ‘inner resources’ we can draw on when faced with challenging change or circumstance)
8. Power (how it is used and encountered in a variety of contexts including online; how it manifests through behaviours including bullying, persuasion, coercion and how it can be challenged or managed through negotiation and ‘win-win’ outcomes)
9. Career (including enterprise, employability and economic understanding)

Lessons contain content that covers at least one of the nine protected characteristics. The nine protected characteristics are as follows: Race, Disability, Sex and Sexual Orientation, Marriage, Civil Partnership, Gender Reassignment, Pregnancy and Religion.

Health and Wellbeing

Relationship and Sex Education

Living in the Wider World

MEGA



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YEA R 7	RD1 Health and wellbeing - transition	RD2 RSHE Relationships	RD3 Living in the Wider World	RD4 Health and Wellbeing	RD5 Careers	MEGA Enrichment
7	Transition L1 Road safety L2 Fire Safety L3 What makes a good friend L5 What is RISE L6 Team building	Friendships, Respect and Relationships L1 - Bullying Consent and Boundaries L2 – Friendships L3 - Its not okay L4 - Resilience L5 - Online safety L6 - Peer pressure	Global Citizenship L1 Global Citizenship L2 Plastic pollution L3 Ethical finance L5 & 6 House project Linked to fundraising Guest speaker	Puberty and hygiene L1 Introduction to puberty L2 Puberty girls focus L3 Girls Puberty (feminine Hygiene Products) L4 Personal Hygiene and staying Clean and Healthy L5 L6	Careers L1 Dream Job - Guest speaker - Employer L2 Gender and Stereotyping L3 Job Match L4 LMI L5 Skills L6 Unifrog Treasure Hunt	Big Questions > How do our lives today compare to lives in the past (WW2)? Reflecting on the pandemic. > Can live performance help to make the world a better place? > Why should I be governed?



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						Mindset - how to self reflect/think positively
YEA R 8	RD1 Relationships and Conflict	RD2 Mental Health and Wellbeing	RD3 Relationships	RD4 Health and Wellbeing	RD5 - Living in the wider world Crime and Society	MEGA Enrichment
	L1 Peer Pressure L2 Consent L3 Sexting <u>L4 Budgeting & Planning - external (The Money Charity)</u> L5 Domestic conflict, abuse and running away L6 Forced & arranged marriages	L1 Stress 1 L2 Stress 2 L3 Mental health L4 Body image and obesity L5 Anxiety <u>L6 Yoga- external (Claire Bates)</u>	<u>L1 Domestic violence and abuse - external (Stand Against Violence)</u> L2 Online relationships L3 LGBTQ+ L4 Feminism L5 Apprentice 1 L6 Apprentice 2	L1 Sun Safety L2 Mindfulness L3 Energy Drinks <u>L4 Personal Safety & First Aid - external (The Red Cross)</u> L5 Self Esteem L6 Equality	L1 Criminal responsibility L2 Cyber Crime L3 County Lines L4 Job Interviews <u>L5 Team Building - external (Army)</u> L6 Multicultural Britain	Big Questions Who are the world's greatest explorers? Mindset - how to self reflect
YEA R 9	RD1 Keeping Healthy	RD2 Living in the wider world - risky behaviour	RD3 Careers	RD4 Mental Health	RD5 Human rights and respect	MEGA Enrichment



	<p>L1: Drugs and alcohol: Exploring attitudes L2: Drugs and alcohol: Drugs, the law and managing risk L3: Drugs and alcohol: Drugs and their effects: alcohol and cannabis L4: Drugs and alcohol: Managing influence L5 & 6: The dangers of smoking and vaping</p>	<p>Risky Behaviour offline L1: Personal Safety L2: Self defence: external L3: Risk Taking L4: Avoiding gangs and criminal behaviour L5 & 6: Knife crime and safety</p>	<p>Step into the NHS Competition: Getting to know jobs in the NHS Job satisfaction Creating an NHS job advert</p>	<p>L1: Happiness and positivity L2: Mental health- suicide L3 & 4: Bereavement grief & loss L5: Anxiety L6: Social Anxiety</p>	<p>Equality and diversity: living in the global world L1: The Equality Act and anti-discrimination laws L2: Breaking down stereotypes L3: Prejudice and discrimination in Britain L4: Challenging Islamophobia and hate crimes L5: Equality in the UK L6: Celebrating diversity</p>	<p>Planning for your future Mindfulness Sport and physical wellbeing (running) Growth mindset and understanding schema</p>
10	RD1: Relationship and sex	RD2: Living in the wider world - online safety	RD3: The British political system	RD4: Drugs	RD5: Identity	MEGA Enrichment



10	<p>L1: What is a healthy relationship? L2: How to recognise abuse (outside agency) L3: Conflict resolution - Self Defence (Outside agency) L4: Harassment L5: GUEST SPEAKER - Mindset L6: GCSE Resources</p>	<p><i>L1: Password Protection</i> <i>L2: Cyberbullying</i> L3: Police Support (focus on Cyberbullying) L4: Social Media Validation L5 : Online Stresses (Every Mind Matters) L6: Apprenticeship</p>	<p>Enrichment trip to the House of Commons - links to careers and British values</p>	<p>L1: Drugs and their impact (outside agency) L2: Drugs and the law L3: Why do people take drugs? (outside agency, focus: alcohol) L4: Online Gambling and Gaming L5: What are the risks and how to reduce them? L6: Careers</p>	<p>L1: Who am I? L2: Eating disorders L3: My relationship with food L4: What is identity: LGBT L5: Sexuality L6: Looking after yourself</p>	<p>Using Art to support your mental health</p> <p>Sport and physical wellbeing</p> <p>Self Care</p>
11	<p>RD1 CAREERS AND CURRICULUM - preparing for the future.</p>	<p>RD2 RSHE</p>	<p>RD3 WELLBEING</p>	<p>RD4 FINANCIAL LITERACY</p>	<p>Sixth Form induction related to careers</p>	<p>MEGA Enrichment</p>



	<p>L1: Introduction to careers - preparing for the future. (Mindset - HRO) L2: Unifrog/Post 16 Options/careers L3:CV's/ What's in a job?/Interview Skills. L4: Exam Preparation -revision techniques L5: Exam Preparation - revision techniques (outside agency) L6: Exam preparation.</p>	<p>L1 Mindset - mock preparation. L2 Body image L3 Sharing sexual images L4 Relaxation/mental health L5 Uniform part 2 L6 Think differently</p>	<p>L1: Self defence 1 L2: Aspiration and motivation L3: STI L4: Relationships L5: Study skills L6: Exam preparation</p>	<p>L1: Prepar L2: Taxes Lesson L3: Understanding pensions L4: Game of Life L5: Home Budgeting L6: Mindful Colouring</p>		<p>Using Art to support your mental health</p> <p>Sport and physical wellbeing</p> <p>Self Care</p>
12	RD1 Making A Great Start to your A levels	RD2 -Religious Education - Ethical choices	RD3 Taking Control of the Decisions you Make	RD4 Preparation for Exams	RD5 UCAS and future focus/ Yr12 Induction - separate schedule	MEGA Enrichment
	<p>L1: Develop and maintain positive mental health L2: Active session (benchball) L3: Careers (Linkedin)</p>	<p>See separate schedule for L1-4 L5: Unifrog launch L6:</p>	<p>L1: Online relationships/coercive relationships? L2: Drugs and alcohol L3: Healthy eating habits</p>	<p>L1: Sleep, hygiene and mental health L2: Revision techniques/organisation L3: Resilience L4: Mindfulness</p>		<p>Using Art to support your mental health</p> <p>Sport and physical wellbeing</p>



	L4: Managing digital footprint L5: Understanding Financial Responsibilities L6: Citizenship		L4: Self care: Keeping healthy during your studies L5: Representation of sex online? Consent? L6: Supporting People with anxiety Representation of Sex online self identity?	L5: Active session (badminton) L6: Mindset (VESPA)		Self Care including mindfulness Mindset - (VESPA) - linked to self regulation
13	RD1 Post 18 Choices	RD2 - Managing stress and risky behaviour	RD3 - Religious Education - Morals and Ethics	RD4 - Preparing for life post MGGS	EXAMS	MEGA Enrichment
	L1 – Digital awareness L2 – Financial responsibility post 18 L3 – Healthy adult relationships L4 – Physical Health and wellbeing	L1 - Stretching and relaxation L2 - Self care L3 - Resilience L4 - Drugs and alcohol awareness L5 - Debt and gambling	See separate schedule.	L1 – Healthy cooking on a budget L2 – Resilience 2 L3 – Revision L4 – Revision planning L5 – Sleep hygiene and mental health		Using Art to support your mental health Sport and physical wellbeing Self Care including mindfulness



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	L5- Post 18 Choices - careers L6 - MOOCS - personal statement	L6 - Healthy sexual behaviour		L6 - Managing relationships under stress		Mindset - (VESPA) - linked to self regulation
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