



### AIM AND PURPOSE

The aim and purpose of our PSHE curriculum is to offer a comprehensive framework covering personal, health, social, citizenship, and career education. It is meticulously designed to facilitate the progressive acquisition and internalization of essential knowledge on identity, relationships, maintaining a healthy lifestyle, risk management, diversity, equality, and rights.

Aligned with DFE guidance, our curriculum ensures a thorough exploration and understanding of statutory RSE and Health Education, supplemented by non-statutory topics such as Financial Literacy and Economic wellbeing. This comprehensive knowledge base also supports the 8 Gatsby Benchmarks, particularly within the Careers domain.

Structured to build upon foundational knowledge acquired from KS2, our curriculum at The Totteridge Academy ensures students revisit topics annually. This approach presents them with new and increasingly sophisticated scenarios, tailored to their age and evolving understanding.

At The Totteridge Academy, we firmly believe in empowering every student to break negative cycles and positively influence behaviours, a principle woven into our PSHE curriculum. Encouraging self-reflection, recognizing inner strengths and unhelpful traits, fostering a strong moral compass, and nurturing the development of articulate, socially responsible individuals are core tenets of our approach to education.

### HOW DOES THE CURRICULUM INDUCT STUDENTS INTO THE DISCIPLINE OF THE SUBJECT?

PSHE sessions are conducted twice a week during tutor times and in assemblies. These sessions are personally facilitated by the students' tutors, ensuring a close bond with a staff member who has daily contact and a deep understanding of each student. Our curriculum is intentionally flexible, enabling tutors to address specific concerns or needs relevant to their individual tutor groups.





### OVERVIEW

The PSHE Curriculum is structured sequentially and in a spiral model. The PSHE programme is structured around half-termly themes which are revisited each year to allow learning to be developed in an age-appropriate way, building on prior learning. All lessons contain substantive information, which is then applied to scenarios or case studies. All lessons contain discussions as well as a written reflection task at the end of each session. There are other topics covered in each half term, however, the list below shows the core topics that are covered.

Term	Focus	Assessment
Aut 1	<b>Transition and Wellbeing:</b> <ul style="list-style-type: none"> <li>• Raising Aspirations</li> <li>• Building self-esteem &amp; Resilience</li> <li>• Growth mind-set</li> <li>• Personal Safety &amp; Emergency situations</li> </ul>	Reflection at the end of each session.
Aut 2	<b>Bullying and Diversity:</b> <ul style="list-style-type: none"> <li>• Friendships</li> <li>• Bullying and cyberbullying &amp; its effects</li> <li>• Diversity and respect</li> <li>• Stereotyping, prejudice, and discrimination</li> </ul>	Reflection at the end of each session.
Spr 1	<b>Digital opportunities and boundaries:</b> <ul style="list-style-type: none"> <li>• Social media benefits</li> <li>• Social media harms</li> <li>• Analysing sources</li> <li>• Personal Information, Consent, Exploitation</li> </ul>	Reflection at the end of each session.
Spr 2	<b>Careers: Who am I?</b> <ul style="list-style-type: none"> <li>• Exploring Possibilities &amp; Dream Jobs</li> <li>• Introduction to Unifrog</li> <li>• Work-life balance</li> <li>• Careers and the future</li> </ul>	Reflection at the end of each session.
Sum 1	<b>Puberty:</b> <ul style="list-style-type: none"> <li>• Body Awareness &amp; Puberty</li> <li>• Periods</li> <li>• Body &amp; Emotional Changes</li> <li>• Breast Ironing, FGM, Forced marriage</li> </ul>	Reflection at the end of each session.
Sum2	<b>Consent:</b> <ul style="list-style-type: none"> <li>• Developing Sexuality</li> <li>• Sexual Awareness</li> <li>• Consent</li> <li>• YPSI (Youth Produced Sexual Imagery)</li> </ul>	Reflection at the end of each session.

### Useful resources:

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Term	Focus	Assessment
Aut 1	<b>Health and Wellbeing:</b> <ul style="list-style-type: none"> <li>Influences on diet, healthy lifestyles, personal hygiene</li> <li>The effects of illegal substances</li> <li>Loss, separation and bereavement</li> <li>Mental health &amp; Social Media</li> </ul>	Reflection at the end of each session.
Aut 2	<b>Prejudices and Inclusion:</b> <ul style="list-style-type: none"> <li>The Equality Act &amp; Protected Characteristics</li> <li>Prejudice, Stereotyping and Discrimination</li> <li>Prejudicial language &amp; behaviour</li> <li>Challenging prejudice and discrimination</li> </ul>	Reflection at the end of each session.
Spr 1	<b>Careers: What are my interests?</b> <ul style="list-style-type: none"> <li>What are my interests</li> <li>Accessing Unifrog</li> <li>Challenges and Rewards of Work</li> <li>Careers and the Climate</li> </ul>	Reflection at the end of each session.
Spr 2	<b>The Online World:</b> <ul style="list-style-type: none"> <li>Influences of the media</li> <li>Online safety</li> <li>Grooming and exploitation</li> <li>Fake News &amp; Deep News</li> </ul>	Reflection at the end of each session.
Sum 1	<b>Relationships and Sex Education:</b> <ul style="list-style-type: none"> <li>Healthy relationships</li> <li>Consent</li> <li>Setting boundaries</li> <li>Contraception</li> </ul>	Reflection at the end of each session.
Sum2	<b>Diversity and Equality in the UK:</b> <ul style="list-style-type: none"> <li>Understanding gender &amp; sexual orientation</li> <li>The Impact of homophobia and transphobia</li> <li>Stonewall</li> <li>Lesbian and Gay Equality, Racial Equality, Gender Equality</li> </ul>	Reflection at the end of each session.

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Term	Focus	Assessment
Aut 1	<b>Health and Wellbeing:</b> <ul style="list-style-type: none"> <li>• Self-esteem</li> <li>• Positive and Negative peer pressure</li> <li>• Handling peer pressure</li> <li>• Mental health &amp; Support</li> </ul>	Reflection at the end of each session.
Aut 2	<b>Risks and Influences:</b> <ul style="list-style-type: none"> <li>• Risk Management: Understanding Healthy &amp; Unhealthy Risks</li> <li>• Drug and Alcohol related emergencies</li> <li>• The laws around illegal substances and weapons</li> <li>• Scams and Gambling</li> </ul>	Reflection at the end of each session.
Spr 1	<b>Careers: What are my skills?</b> <ul style="list-style-type: none"> <li>• What are my skills</li> <li>• Understanding the different pathways (post 16)</li> <li>• Decision making: What to study at KS4</li> <li>• Working &amp; Earning: Labour Market Information</li> </ul>	Reflection at the end of each session.
Spr 2	<b>Financial Literacy:</b> <ul style="list-style-type: none"> <li>• Employability skills</li> <li>• Employment rights and responsibilities</li> <li>• Financial exploitation</li> <li>• Money Mules and recognising online scams</li> </ul>	Reflection at the end of each session.
Sum 1	<b>Relationships and Contraception:</b> <ul style="list-style-type: none"> <li>• Developing sexual readiness</li> <li>• Consent 1 &amp; 2</li> <li>• Contraception &amp; Sexual Health</li> <li>• Sexual violence</li> </ul>	Reflection at the end of each session.
Sum2	<b>Relationships, Rights and Myths</b> <ul style="list-style-type: none"> <li>• Relationships &amp; Gender Roles</li> <li>• Marriage &amp; Arranged Marriages</li> <li>• Conflict Management</li> <li>• Relationships, sex and the Media</li> </ul>	Reflection at the end of each session.

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Term	Focus	Assessment
Aut 1	<b>Health and Wellbeing:</b> <ul style="list-style-type: none"> <li>Challenges of adolescence, Mental &amp; Emotional Health</li> <li>Social anxiety</li> <li>Discrimination, prejudice and allyship</li> <li>Understanding racism, anti racism</li> </ul>	Reflection at the end of each session.
Aut 2	<b>Gangs and Extremism:</b> <ul style="list-style-type: none"> <li>Assessing risk and managing influence</li> <li>Healthy and unhealthy relationships</li> <li>Knives and the law</li> <li>Media Influence: gangs, radicalisation and extremism</li> </ul>	Reflection at the end of each session.
Spr 1	<b>Financial Literacy:</b> <ul style="list-style-type: none"> <li>Careers in the city</li> <li>Financial exploitation: fraud</li> <li>Entrepreneurship, gig work and rights</li> <li>Money and wellbeing</li> </ul>	Reflection at the end of each session.
Spr 2	<b>Careers: My career journey</b> <ul style="list-style-type: none"> <li>Exploring employer profiles</li> <li>What type of career is best for me</li> <li>Wellbeing and discrimination in the workplace</li> <li>Work experience</li> </ul>	Reflection at the end of each session.
Sum 1	<b>Relationships and Sex Education:</b> <ul style="list-style-type: none"> <li>Marriages and civil partnerships</li> <li>Foetal Development, Pregnancy and Abortion</li> <li>Family Relationships: Value Conflicts</li> <li>Consent: Sexual Crimes &amp; Harassment</li> </ul>	Reflection at the end of each session.
Sum2	<b>Contraceptive methods, Mental Wellbeing and Health:</b> <ul style="list-style-type: none"> <li>Contraceptive Methods</li> <li>Mental wellbeing</li> <li>First Aid</li> <li>Making healthy choices: cosmetic and plastic surgery</li> </ul>	Reflection at the end of each session.

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Term	Focus	Assessment
Aut 1	<b>Health and Wellbeing:</b> <ul style="list-style-type: none"> <li>• Ambitions and expectations</li> <li>• Stress management &amp; the link between physical and mental wellbeing</li> <li>• Emergency Situations: CPR, AEDs, Choking, Wounds</li> <li>• Steps to examine for testicular and breast cancer</li> </ul>	Reflection at the end of each session.
Aut 2	<b>Career: Employability skills</b> <ul style="list-style-type: none"> <li>• What are my Employability Skills</li> <li>• Post-16 Pathways, choices and decision making</li> <li>• Researching volunteering and paid work</li> <li>• Apprenticeship vs Higher Education</li> </ul>	Reflection at the end of each session.
Spr 1	<b>Financial Literacy:</b> <ul style="list-style-type: none"> <li>• Bills and budgeting</li> <li>• Saving accounts</li> <li>• Investing &amp; Insurance</li> <li>• Take home pay and income tax</li> </ul>	Reflection at the end of each session.
Spr 2	<b>Identity and Community:</b> <ul style="list-style-type: none"> <li>• Identity and our mental health &amp; exploring the causes of stress</li> <li>• Gender norms &amp; gender identity</li> <li>• Celebrating diversity</li> <li>• Coping with grief</li> </ul>	Reflection at the end of each session.
Sum 1	<b>Sexual Health, Fertility and Pregnancy Choices:</b> <ul style="list-style-type: none"> <li>• Sexual health and STIs</li> <li>• Parenthood, Fertility and Miscarriage</li> <li>• Infertility, LGBT+ couples</li> <li>• Adoption and fostering</li> <li>• Consent, Pressure and Rejection</li> </ul>	Reflection at the end of each session.

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Term	Focus	Assessment
Aut 1	<b>Transition, Study Skills Wellbeing</b> <ul style="list-style-type: none"> <li>• Organisation and professional conduct</li> <li>• Approaches to independent learning</li> <li>• Conversations about mental health</li> <li>• Accessing support for mental health</li> </ul>	Reflection at the end of each session.
Aut 2	<b>Media Literacy and Digital Resilience</b> <ul style="list-style-type: none"> <li>• Managing online safety &amp; online reputation</li> <li>• Vaccines &amp; Immunisations</li> <li>• Media literacy and digital resilience</li> <li>• Extremism and Radicalisation</li> </ul>	Reflection at the end of each session.
Spr 1	<b>Careers: Pathways and Next Steps</b> <ul style="list-style-type: none"> <li>• Preparation of the workplace</li> <li>• Alternatives to University</li> <li>• Producing a compelling CV</li> <li>• Answering job interview questions</li> </ul>	Reflection at the end of each session.
Spr 2	<b>Financial Literacy:</b> <ul style="list-style-type: none"> <li>• Managing student finance, borrowing and debt</li> <li>• Renting and Buying a Property</li> <li>• Cryptocurrency</li> <li>• Money and Wellbeing</li> </ul>	Reflection at the end of each session.
Sum 1	<b>Relationships and Sex Education:</b> <ul style="list-style-type: none"> <li>• Managing intimate relationships</li> <li>• Maintaining Old and Developing New Relationships</li> <li>• Ending and improving relationships</li> <li>• Deepening your understanding of consent</li> </ul>	Reflection at the end of each session.
Sum2	<b>Relationships and Rights, The Media and Healthy choices:</b> <ul style="list-style-type: none"> <li>• Sexual and partner violence</li> <li>• Knowing your Sexual and Reproductive Rights</li> <li>• Alcohol and drug misuse</li> <li>• Making healthy choices and preventing illness</li> </ul>	Reflection at the end of each session.

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Term	Focus	Assessment
Aut 1	<b>Next Steps &amp; Engaging in the Wider Community</b> <ul style="list-style-type: none"><li>• Reflecting on Work Experience</li><li>• What Next? Thinking About the Future</li><li>• Creating Influence Through Volunteering</li><li>• Travelling in the UK and Abroad</li></ul>	Reflection at the end of each session.
Aut 2	<b>Healthy lifestyles and Mental Health:</b> <ul style="list-style-type: none"><li>• Cancer and getting checked</li><li>• Vaccines and immunisation</li><li>• A healthy diet on a budget</li><li>• Anxiety, depression &amp; eating disorders</li></ul>	Reflection at the end of each session.
Spr 1	<b>Careers: Employment and Responsibilities</b> <ul style="list-style-type: none"><li>• What is professional conduct &amp; building professional relationships</li><li>• Confidentiality in the workplace</li><li>• Bullying and harassment in the workplace</li><li>• Striking &amp; Trade unionism</li></ul>	Reflection at the end of each session.
Spr 2	<b>Financial Literacy:</b> <ul style="list-style-type: none"><li>• Mortgages</li><li>• Credit Cards</li><li>• ISAs</li><li>• Financial decisions</li></ul>	Reflection at the end of each session.
Sum 1	<b>Relationships and Sex Education:</b> <ul style="list-style-type: none"><li>• Connecting with Body and Emotions Mindfully</li><li>• Sexual health and condoms and stealthing</li><li>• Parenthood, Fertility, Contraception</li><li>• Developing sexual readiness &amp; Consent</li></ul>	Reflection at the end of each session.

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