



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 engages students in revisiting 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 are the core topics covered.

Term	Focus	Assessment
Aut 1	Transition and Wellbeing: <ul style="list-style-type: none">• Raising Aspirations• Building self-esteem & Resilience• Growth mind-set• Personal Safety & Emergency situations	Reflection at the end of each session.
Aut 2	Bullying and Diversity: <ul style="list-style-type: none">• Friendships• Bullying and cyberbullying & its effects• Diversity and respect• Stereotyping, prejudice, and discrimination	Reflection at the end of each session.
Spr 1	Careers: <ul style="list-style-type: none">• Introduction to Unifrog• Considerations when choosing a career.• Interests and pursuing and recording them to build towards the future.• Job sectors	Reflection at the end of each session.
Spr 2	Digital opportunities and boundaries: <ul style="list-style-type: none">• Social media benefits• Social media harms• Analysing sources• Personal Information, Consent, Exploitation	Reflection at the end of each session.
Sum 1	Puberty: <ul style="list-style-type: none">• Body Awareness & Puberty• Periods• Body & Emotional Changes• Breast Ironing, FGM, Forced marriage	Reflection at the end of each session.
Sum2	Consent: <ul style="list-style-type: none">• Developing Sexuality• Sexual Awareness• Consent• YPSI (Youth Produced Sexual Imagery)	Reflection at the end of each session.

Useful resources:

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Term	Focus	Assessment
Aut 1	Health and Wellbeing: <ul style="list-style-type: none"> • Influences on diet, healthy lifestyles, personal hygiene • The effects of illegal substances • Loss, separation and bereavement • Mental health & Social Media 	Reflection at the end of each session.
Aut 2	Prejudices and Inclusion: <ul style="list-style-type: none"> • The Equality Act • Prejudice, Stereotyping and Discrimination • Prejudicial language & behaviour • Challenging prejudice and discrimination 	Reflection at the end of each session.
Spr 1	Employment: <ul style="list-style-type: none"> • Accessing Unifrog • Careers terminology • Routes into work, training, and other vocational and academic opportunities • CV writing 	Reflection at the end of each session.
Spr 2	The Online World: <ul style="list-style-type: none"> • Influences of the media • Online safety • Grooming and exploitation • Fake News & Deep News 	Reflection at the end of each session.
Sum 1	Relationships and Sex Education: <ul style="list-style-type: none"> • Healthy relationships • Consent • Setting boundaries • Contraception 	Reflection at the end of each session.
Sum2	Diversity and Equality in the UK: <ul style="list-style-type: none"> • Understanding gender & sexual orientation • The Impact of homophobia and transphobia • Stonewall • Lesbian and Gay Equality, Racial Equality, Gender Equality 	Reflection at the end of each session.

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Aut 1	Healthy and Wellbeing: <ul style="list-style-type: none"> • Self-esteem • Positive and Negative peer pressure • Handling peer pressure • Mental health & support 	Reflection at the end of each session.
Aut 2	Risks and Influences: <ul style="list-style-type: none"> • Dependency and Addiction (the influence of drugs) • Gambling • The laws around illegal substances and weapons • First Aid 	Reflection at the end of each session.
Spr 1	Careers and Options: <ul style="list-style-type: none"> • Post 16 Options • Career pathways linked to interests. • Understanding labour market information • Inclusion in the workplace 	Reflection at the end of each session.
Spr 2	Employment and Economic Wellbeing: <ul style="list-style-type: none"> • Employability skills • Employment rights and responsibilities • Financial exploitation • Post 16 options 	Reflection at the end of each session.
Sum 1	Relationships and contraception: <ul style="list-style-type: none"> • Developing sexual readiness • Consent 1 & 2 • Contraception & Sexual Health • Sexual violence 	Reflection at the end of each session.
Sum2	Relationships, Rights and Myths <ul style="list-style-type: none"> • Relationships & Gender Roles • Marriage & Arranged Marriages • Conflict Management • Relationships, sex and the Media 	Reflection at the end of each session.

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Aut 1	Health and Wellbeing: <ul style="list-style-type: none"> • Challenges of adolescence, Mental & Emotional Health • Discrimination, prejudice and allyship • Blood Stem and organ donation • Managing stress, social anxiety 	Reflection at the end of each session.
Aut 2	The World of Work: <ul style="list-style-type: none"> • Career journey: past, present and future • Employability skills & career types • Wellbeing in the workplace and discrimination • Work experience preparation 	Reflection at the end of each session.
Spr 1	Financial Literacy: <ul style="list-style-type: none"> • Careers in the city • Financial exploitation • Entrepreneurship • Money and wellbeing 	Reflection at the end of each session.
Spr 2	Gangs and Extremism: <ul style="list-style-type: none"> • Assessing risk and managing influence • Healthy and unhealthy friendships • Gangs, County lines and joint enterprise • Media Influence: gangs, radicalisation and extremism 	Reflection at the end of each session.
Sum 1	Relationships and Sex Education: <ul style="list-style-type: none"> • Marriages and civil partnerships • Foetal Development, Pregnancy and Abortion • Abusive relationships • Consent 	Reflection at the end of each session.
Sum2	Contraceptive methods, Mental Wellbeing and Health: <ul style="list-style-type: none"> • Contraceptive Methods • Mental wellbeing • First Aid • Making healthy choices 	Reflection at the end of each session.

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Aut 1	Health and Wellbeing: <ul style="list-style-type: none">• Ambitions• Stress management• The link between physical and mental wellbeing• Steps to examine for testicular and breast cancer	Reflection at the end of each session.
Aut 2	Career and Next Steps: <ul style="list-style-type: none">• Study and employability skills• Post-16 Pathways• Researching volunteering and paid work• Apprenticeship vs Higher Education	Reflection at the end of each session.
Spr 1	Financial Literacy: <ul style="list-style-type: none">• Bills and budgeting• Saving accounts• Investing & Insurance• Financial literacy	Reflection at the end of each session.
Spr 2	Identity and Community: <ul style="list-style-type: none">• Identity and mental health• Gender norms & gender identity• Gender stereotypes and relationships• Coping with grief	Reflection at the end of each session.
Sum 1	Sexual Health, Fertility and Pregnancy Choices: <ul style="list-style-type: none">• Sexual health and STIS• Parenthood and Fertility• Infertility, LGBT+ couples• Pregnancy, Miscarriage• Adoption and fostering	Reflection at the end of each session.

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Aut 1	Sixth Form and study skills: <ul style="list-style-type: none"> • Autonomy and the sixth form • Cognitive load theory • Chunking and revisiting information • Mindfulness 	Reflection at the end of each session.
Aut 2	Media literacy and digital resilience: <ul style="list-style-type: none"> • Managing online safety and privacy • Importance of networking and LinkedIn • Media literacy and digital resilience • Extremism and Radicalisation 	Reflection at the end of each session.
Spr 1	Work, career and pathway choices: <ul style="list-style-type: none"> • Preparation of the workplace • Alternatives to University • Producing a compelling CV • Answering job interview questions 	Reflection at the end of each session.
Spr 2	Risks, personal safety and drugs: <ul style="list-style-type: none"> • Going abroad and safety • The importance of Basic first aid • The Police, organized crime, and Gangs • Decisions, drink spiking and drunk drivers 	Reflection at the end of each session.
Sum 1	Relationships and Sex Education: <ul style="list-style-type: none"> • Managing intimate relationships • Ending and improving relationships • Deepening your understanding of consent • Sexual and partner violence 	Reflection at the end of each session.
Sum2	Relationships and Rights, The Media and Healthy choices: <ul style="list-style-type: none"> • Know your rights –sexual and reproductive rights. • Media Influence – identities and relationships • Alcohol and drug misuse, parties and night out • Making healthy choices and preventing illness 	Reflection at the end of each session.

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Aut 1	Study skills and Society: <ul style="list-style-type: none">• Managing money and budgeting• Credit and Debit Card and Loans• Cultural appropriation• Equal opportunity	Reflection at the end of each session.
Aut 2	Healthy lifestyles and Mental Health: <ul style="list-style-type: none">• Cancer and getting checked• Vaccines and immunisation• A healthy diet on a budget• Anxiety, depression & eating disorders	Reflection at the end of each session.
Spr 1	Employment responsibilities: <ul style="list-style-type: none">• What is professional conduct.• Confidentiality in the workplace• Bullying and harassment in the workplace• Striking & Trade unionism	Reflection at the end of each session.
Spr 2	Financial Choices: <ul style="list-style-type: none">• Budgeting at University• Exploring a pay slip• Consumer rights & customer service• Understanding rental contracts	Reflection at the end of each session.
Sum 1	Relationships and Sex Education: <ul style="list-style-type: none">• Looking after your body - healthy food and exercise• Sexual health and condoms and stealthing• Parenthood and fertility – discussing contraception and accessing emergency contraception• Consent	Reflection at the end of each session.

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