



Year 10: Cycle of Topics

1. Mental Health

2. Financial Decision Making

3. Exploring Relationships & Sex Education

4. Exploring Influence

5. Community Cohesion

6. Health and Wellbeing

Year 10 Overview

PSHEE at Arnold Lodge is based on three core themes: 1. Health and wellbeing, 2. Relationships, 3. Living in the Wider World. These themes spiral throughout the PSHEE curriculum in the senior school and are based on the recent statutory PSHE and RSE (Relationships and Sex Education) guidance.

Pupils are not formally assessed in PSHEE. In KS4, PSHEE sessions take place during mentor time once a week. Copies of lesson resources are available for families upon request. Please contact Rachel Davenport on rdavenport@arnoldlodge.com

In year 10 pupils start the year by learning about Mental health. Pupils will understand more about how to express their feelings, manage stress and build resilience, giving them the tools to support themselves throughout their lives.

In HT2 pupils look at the topics of financial decision making. They will explore the basics of budgeting and savings, as well as investigating the ever changing online world to cover themes such as targeted advertising, fraud and financial exploitation.

In January, pupils will study the Relationships and Sex Education theme where they will learn about gender stereotypes, the principles of healthy relationships and sexual experiences, and the impact of sexual content found online.. Pupils will also learn about different ways to access support. In HT4 pupils will learn about different influences such as role models, peer pressure and how this can affect decision making when it comes to issues such as alcohol, drugs and relationships.

In the Summer term pupils have a topic on community cohesion. This unit will cover social media in depth, with particular attention to critical thinking, rights as a teenager online, and women's rights and equality. Pupils will end the year exploring the issue of vaping and the impacts it can have on long term health.

| Topic of Learning | | Half-Termly Overview: Knowledge and Skills |
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| HT1 | <p>Mental Health</p> <ul style="list-style-type: none"> • Theme 1 | <ul style="list-style-type: none"> • Understand the common misconceptions about mental health • Understand how expressing your feelings can help you manage them. • Explore the link between thoughts, feelings and behaviour • To develop a range of healthy coping strategies • Identify people in your personal support network • Identify different places to seek support |



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| <p>HT2</p> | <p>Financial Decision Making</p> <ul style="list-style-type: none"> • Theme 3 | <ul style="list-style-type: none"> • Apply a budgeting framework to needs, wants and future spending • Evaluate the risks associated with online gaming and online gambling • Understand the importance of keeping personal online data safe • Understand the common features of a payslip, including tax and National Insurance • Understand the principles of budgeting and savings • Identify situations where young people are vulnerable to exploitation |
| <p>HT3</p> | <p>Exploring Relationships & Sex Education</p> <ul style="list-style-type: none"> • Theme 2 | <ul style="list-style-type: none"> • Identify the principles of healthy sexual experiences • Assess how to overcome the challenges to healthy relationships • Understand how to deal effectively and assertively with requests and pressure to send sexts • Examine the impact of porn on society and relationships • Explore how common access to pornographic material can affect attitudes and beliefs towards sex, relationships and self-esteem • Understand the different types of abuse and where to turn to for help • Explore the laws regarding rape and sexual assault • Examine the impact sexualisation of the media is having on teenagers |
| <p>HT4</p> | <p>Exploring influence</p> <ul style="list-style-type: none"> • Theme 1 | <ul style="list-style-type: none"> • Evaluate the impact a positive role model can have on your life • Understand the causes behind the rise in knife in the UK • Identify and explain the potential risks caused by drinking alcohol • Define peer pressure and give examples of how it can happen online • Understand the term 'microaggression' and the harm they cause |
| <p>HT5</p> | <p>Community Cohesion</p> <ul style="list-style-type: none"> • Theme 3 | <ul style="list-style-type: none"> • Explore the changing role of women in society over the past 100 years • Understand the risks associated with social media validation • Evaluate how technology and smart phones can be both rewarding and damaging to our lives • Understand how to spot fake news • Explain how someone's values can influence what they engage with online |
| <p>HT6</p> | <p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Theme 1 | <ul style="list-style-type: none"> • Understand the risks associated with vaping and smoking • Evaluate the impact that vaping and smoking has on society • Understand how to make decisions that will have a positive impact on health and wellbeing • Review of work experience |



Year 11: Cycle of Topics

1. Building for the future

2. Communication in relationships

3. Independence

4. Families

Year 11 Overview

PSHEE at Arnold Lodge is based on three core themes: 1. Health and wellbeing, 2. Relationships, 3. Living in the Wider World. These themes spiral throughout the PSHEE curriculum in the senior school and are based on the recent statutory PSHE and RSE (Relationships and Sex Education) guidance.

Pupils are not formally assessed in PSHEE. In KS4, PSHEE sessions take place during mentor time once a week. Copies of lesson resources are available for families upon request. Please contact Rachel Davenport on rdavenport@arnoldlodge.com

In year 11, pupils start off the year by thinking about their futures and how best to prepare themselves for the year ahead. Topics in this unit include time management and dealing with exam stress as well as exploring the effect that social media and digital footprints could have in future. In HT2, pupils will focus developing communication skills in their relationships. Pupils will identify their own values and rights in their relationships, before moving on to think about what this means for any future relationships. Pupils will learn about the legalities of sending nude images, as well as the risks such as financial exploitation. They will also learn how to navigate unhealthy relationship dynamics and how to address harassment.

In January, pupils move on to the independence unit, where they will learn more about the importance of regular self-examination, organ donation and stem cells and vaccinations. Pupils will look at the links between social media and the increasing pressure on body image, as well as exploring the long term impacts of cosmetic and aesthetic procedures. This leads in to the following unit on families where pupils will not only have a refresher on contraception and STIs but also learn about fertility and long term commitments. Throughout this topic there is an emphasis on healthy relationships which encourages pupils to think about respect, love and equips them with the tools they might need to report and deal with abuse or harassment. There will also be an opportunity to explore the morals, laws and ethics surrounding abortion and a session on parenthood.

Topic of Learning

Half-Termly Overview: Knowledge and Skills



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| HT1 | Building for the future Theme 1 | <ul style="list-style-type: none"> • Evaluate how technology and smart phones can be both rewarding and damaging in our lives • To understand how to manage stress and relaxation • To identify coping strategies for social media wellness and improving self esteem • To learn time management skills • Understand how to promote positive emotional wellbeing • Learn tools to navigate negative thinking |
| HT2 | Communication in relationships Theme 2 | <ul style="list-style-type: none"> • Identify personal values and rights in relationships • To define the term Peer on Peer abuse and understand what constitutes abuse • To explore circumstances when peer pressure becomes peer abuse • To understand the importance of respecting others and consent, especially for those we are in a relationship with • To identify where to turn to for help with abusive relationships • Develop communication skills |
| HT3 | Independence Theme 1 | <ul style="list-style-type: none"> • To be aware of blood donation, and other forms of donation, including stem cell donation • To evaluate the medical ethics of gene technology and stem cell research • To understand the options available for unplanned pregnancies • To be able to explain the religious and legal perspectives on abortion • To understand how difficult prostate cancer can be to detect • To understand the importance of a smear test and cervical screening • To understand how to perform self-examinations for breast and testicular changes • To understand the differences between aesthetic and cosmetic procedures |
| HT4 | Families Theme 2 | <ul style="list-style-type: none"> • To understand the many ways people can become parents in today's society • To understand the various ways women can become pregnant including IVF Treatment • To explore common myths about pregnancy and fertility • To explore which forms of contraception protect against pregnancy, STI's or both • To understand the impact of social media on relationships |



ARNOLD LODGE
4 - 18 yrs Co-educational Independent Day School

Key Stage 4: PSHEE Curriculum Map