



Year 7

<b>Topic</b>	<b>Programme of Study/Core Themes</b>
<b>Transition to Secondary School</b>	Introduction to PSHCE St James' and British Values Rights and responsibilities
<b>Healthy Choices</b>	How a balanced diet and making choices for being healthy contribute to personal wellbeing, and the importance of balance between work, leisure and exercise
<b>Enterprise Skills</b>	Introduction to careers, challenging career stereotypes, raising aspirations and challenging gender stereotypes in jobs, in particular within STEM subjects.
<b>Smoking, Drugs and Alcohol</b>	Facts and laws about drug, alcohol and tobacco use and misuse, and the personal and social consequences of misuse for themselves and others
<b>Diversity and Prejudice</b>	The similarities, differences and diversity among people of different race, culture, ability, gender, and sexual orientation and the impact of prejudice, bullying, cyberbullying, discrimination and racism on individuals and communities
<b>Managing Conflict</b>	Managing friendships including the impact of social media on friendships and managing conflict
<b>Managing Risks</b>	Ways of recognising and reducing risk, minimising harm and getting help in emergency and risky situations
<b>Puberty</b>	Physical and emotional change and puberty, dealing with unwanted contact and discussing FGM



<b>Self Esteem</b>	Self-esteem, romance and friendships and how self-esteem is affected by online identity
<b>Family Life</b>	The roles and responsibilities of parents, carers and children in families and the nature and importance of marriage and of stable relationships for family life and bringing up children
<b>Ethical Decisions and Finance</b>	Personal budgeting, including saving and spending. Making ethical financial decisions including how decisions are influenced by online advertising
<b>Government</b>	Introduction to local and national government



Year 8

<b>Topic</b>	<b>Programme of Study/Core Themes</b>
<b>Personal Safety</b>	Basic first aid and personal safety including road, rail and online safety
<b>Drugs and Alcohol</b>	Consequences of drugs and alcohol misuse and managing peer pressure
<b>Business</b>	Businesses and finance, employee rights and consumer rights
<b>Discrimination</b>	Tackling age and disability discrimination and promoting human rights
<b>E-Safety</b>	Online safety and digital literacy, managing digital footprints
<b>Wellbeing</b>	Mental health and wellbeing including body image and the impact of social media on mental health
<b>Managing Change and Loss</b>	The features of positive and stable relationships, how to deal with a breakdown in a relationship and the effects of loss and bereavement
<b>Sex and Relationships</b>	Introduction to sexuality and consent including relationship norms on social media
<b>Finance</b>	Evaluating value for money, the social and moral dilemmas about the use of money, online fraud and common scams
<b>Current Affairs</b>	Citizenship unit looking at current issues, why it is an issue and what is being done to resolve it



**ST JAMES'**  
CATHOLIC HIGH SCHOOL

<b>Careers</b>	Different types of work, including employment, self-employment and voluntary work, work roles and identities, the range of opportunities in learning and work and changing patterns of employment (local, national, European and global)
<b>Rights and Responsibilities</b>	Rights and responsibilities in the community and online



Year 9

<b>Topic</b>	<b>Programme of Study/Core Themes</b>
<b>Global Issues</b>	Recycling, farming and organic food, sweatshops
<b>Healthy Lifestyles</b>	Dieting, lifestyle balance and unhealthy coping strategies including the impact of technology use on sleep
<b>Careers</b>	Challenging misconceptions about fame (aspirations to be a YouTuber or reality TV stars), identifying strengths and setting goals, options, how to find reliable career advice online and be a critical consumer of online information.
<b>Managing Conflict</b>	Managing conflict at home and the dangers of running away
<b>Discrimination</b>	Tackling homophobia, transphobia and sexism and how social media can be used to both reinforce and challenge prejudice
<b>Drugs</b>	Assessing the risks of drug abuse and addiction and managing peer pressure including how social media can promote myths about drug use
<b>Sex and Relationships</b>	Healthy relationships and consent, contraception, pregnancy, and sexually transmitted infections and HIV and how high-risk behaviours affect the health and wellbeing of individuals, families and communities, online risks including sexting and pornography
<b>Crime</b>	The nature of rules and laws and the justice system, including the role of the police and the operation of courts and tribunals



# ST JAMES'

CATHOLIC HIGH SCHOOL

<b>Finance</b>	Spending and budgeting, managing personal finances, risk and reward, and how money can make money through savings, investment and trade
<b>Enterprise</b>	Completing an enterprise project
<b>Peer Pressure</b>	Assertiveness, risk, gang crime and online gangs



Year 10

Topic	Programme of Study/Core Themes
<b>Study Skills</b>	Regulation of the use of digital technologies, exam stress, revision techniques (online materials including podcasts, mind map software etc.)
<b>Careers</b>	Different types of work, including employment, self-employment and voluntary work The organisation and structure of different types of business, and work roles and identities Rights and responsibilities at work and attitudes and values in relation to work and enterprise The range of opportunities in learning and work and changing patterns of employment (local, national, European and global) The personal review and planning process, skills and qualities in relation to employers' needs Economic and business terms, including the connections between markets, competition, price and profit
<b>Finance</b>	Personal budgeting, wages, taxes, money management, credit, debt and a range of financial products and services Risk and reward, and how money can make money through savings, investment and trade How and why businesses use finance Social and moral dilemmas about the use of money



**Health**

How the media portrays young people, body image and health issues

The characteristics of emotional and mental health, and the causes, symptoms and treatments of some mental and emotional health disorders

The benefits and risks of health and lifestyle choices, including choices relating to sexual activity and substance use and misuse, and the short and long-term consequences for the health and mental and emotional wellbeing of individuals, families and communities

Where and how to obtain health information, how to recognise and follow health and safety procedures, ways of reducing risk and minimising harm in risky situations, how to find sources of emergency help and how to use basic and emergency first aid

**Relationships**

The diversity of ethnic and cultural groups, the power of prejudice, bullying, discrimination and racism, and the need to take the initiative in challenging this and other offensive behaviours and in giving support to victims of abuse

The effect of diverse and conflicting values on individuals, families and communities and ways of responding to them

Characteristics of positive relationships, and awareness of exploitation in relationships and of statutory and voluntary organisations that support relationships in crisis

The roles and responsibilities of parents, carers, children and other family members

Parenting skills and qualities and their central importance to family life

The impact of separation, divorce and bereavement on families and the need to adapt to changing circumstances





Year 11

Topic	Programme of Study/Core Themes
<b>Wellbeing</b>	Stress, drugs and alcohol, self-care
<b>Sex and Relationships,</b>	Gangs and grooming, relationships, e-safety, sexting
<b>How Britain Works: Power in the UK Voting and Democracy Human Rights</b>	Citizenship unit including parliamentary democracy and the key elements of the constitution of the United Kingdom, including the power of government, the role of citizens and Parliament in holding those in power to account, and the different roles of the executive, legislature and judiciary and a free press The different electoral systems used in and beyond the United Kingdom and actions citizens can take in democratic and electoral processes to influence decisions locally, nationally and beyond Local, regional and international governance and the United Kingdom's relations with the rest of Europe, the Commonwealth, the United Nations and the wider world Human rights and international law
<b>Researching Current Affairs</b>	Discussion of a topical issue and how this relates to life in modern Britain