



PSMSC Programme Year 7 to 11

Theme	Year 7	Year 8	Year 9	Year 10	Year 11
Term 1: Emotional Wellbeing	Transition, Person Qualities and Self Esteem <ul style="list-style-type: none"> Personal Strengths Confidence Self esteem Accepting and acting on feedback Personal circumstances and how these change 	Relationships <ul style="list-style-type: none"> Different types of relationships Relationships in different cultures Bullying Abusive Relationships Media vs Real Life Peer Pressure Consent 	Mental Health <ul style="list-style-type: none"> Emotional and mental health Anxiety and depression Self Harm Eating disorders Triggers Coping strategies 	Exam Preparation <ul style="list-style-type: none"> Revision Techniques Revision Plan Managing Stress Mindmapping 	Exam Preparation <ul style="list-style-type: none"> Revision Techniques Revision Plan Managing Stress Mindmapping
Term 2: Careers, Work Experience and Work Related Learning	Enterprise Opportunity <ul style="list-style-type: none"> Ambition Enterprise Identifying opportunities Business Skills – marketing, risk, etc. Employment Laws 	Work Role and Career Pathways <ul style="list-style-type: none"> GCSE Options Strengths and Weaknesses Career Pathways Local Labour market Support 	Reputation and Personal Brand <ul style="list-style-type: none"> Personal brand Online presence and reputation Effects of gambling Consumer power Young consumer 	Preparation for Work <ul style="list-style-type: none"> Employment skills Interviews Education, work and apprenticeships Curriculum Vitae Application Forms 	Your Rights @ Work! <ul style="list-style-type: none"> Harassment Employer and employee responsibilities Unions Customer services Corporate brand Careers interviews
Term 3: British Values	Family and Introduction to British Values <ul style="list-style-type: none"> Different relationships Nature of and importance of relationships Marriage and Civil Partnerships Forces Marriage Being a carer When relationships change 	Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith <ul style="list-style-type: none"> British Values British Identity Multicultural Britain Immigration and Emmigration Celebration different cultures 	Individual Liberty and Rights <ul style="list-style-type: none"> Human rights Rights of the child Stereotypes Prejudice Discrimination Equality 	The Rule of Law <ul style="list-style-type: none"> Law, crime and punishment Going to court Real cases Antisocial behaviour ASBO 	Democracy <ul style="list-style-type: none"> Structure of government Political parties Manifestos Elections
Term 4: Citizenship and Community	Personal Values <ul style="list-style-type: none"> Setting personal targets Challenge Values Learner identity Study skills 	Behaviour and Communication <ul style="list-style-type: none"> Positive relationships Communication Debating Team working Negotiation 	Place in the Local Community <ul style="list-style-type: none"> Diversity Ethnicity Religion Visible and invisible disability 	Extremism and Tolerance <ul style="list-style-type: none"> Discrimination and bigotry Extremism Radicalisation Role of communities Cults Accessing support 	PSMSC programme suspended: Exam Intervention



<p>Term 5: Personal Health</p>	<p>Self-Care</p> <ul style="list-style-type: none"> • Personal Hygiene • Immunisations and Vaccinations • Physical activity and exercise • Peer pressure • Balance between work, leisure and exercise 	<ul style="list-style-type: none"> • Conflict resolution <p>Drugs</p> <ul style="list-style-type: none"> • Legal and illegal drugs • Law relating to drugs • Peer Pressure 	<p>Cosmetic Surgery</p> <ul style="list-style-type: none"> • Male and female body image • Media vs. real life • Body piercing • Tattoos • Sun Lamps • Cosmetic surgery 	<p>Sex</p> <ul style="list-style-type: none"> • Sex and the media • Consent, respect and boundaries • Pornography • Impact of drugs and alcohol on behaviour • Harassment • Stalking • Faith and beliefs 	<p>PSMSC programme suspended: Exam Intervention</p>
<p>Term 6: Risk and Safety</p>	<p>Road and Cycle Safety (including First Aid)</p> <ul style="list-style-type: none"> • Road and cycle safety • Use of mobile phone whilst walking • Managing risk – entering derelict buildings, swimming in a lake, etc. • First aid and life saving skills 	<p>e-Safety</p> <ul style="list-style-type: none"> • Sharing images • The law • Power of sharing • Sexting • Online gaming • Kayleigh's Love Story • Grooming 	<p>Healthy Relationships</p> <ul style="list-style-type: none"> • Healthy relationships • Forces marriage • Honour based violence • Ending relationships • Gangs • Knife Crime 	<p>Parenting</p> <ul style="list-style-type: none"> • Teenage pregnancy • Having a baby • Parenting • Abortion • IVF, Adoption and Fostering 	<p>GCSE Exam Period</p>