Our spiral safeguarding and PREVENT curriculum

PSHE

Year 8

Physical and mental wellbeing - exercise and healthy lifestyles; supporting others; social media and podcasts; influences; dealing with change.
RSE healthy relationships - sexual orientation and **gender identity**; stereotypes and discrimination; relationship values; trust; 'red flags' healthy/unhealthy; online relationships. Consent - definition, understanding, boundaries. Contraception. Sexual health.
Diversity in modern Britain; discrimination, equality, inclusion, prejudice, stereotype, tolerance. Intervention and prevention. Mythbusting - British citizenship; migration; identity and heritage.
Basic **First Aid.**
'**County lines**' - peer pressure; influences; grooming; reality and effects

Year 7

Mental health & **emotional wellbeing** - attitudes, definitions, challenging language and discrimination; factors effecting; resilience; managing setbacks.
Digital resilience advice for social media.
RSE – defining relationships; reprise puberty, feelings. Talking with parents Healthy relationships; consent + consent and the law personal boundaries; non-verbal communication.
Prejudice and stereotypes – challenge; difference and diversity; family roles
Drugs and alcohol - caffeine (stimulants); tobacco - risks and influences (peers); alcohol and risk – short and long term.
Economic wellbeing - safe spending (digital); use of debit / credit cards and bank accounts.

Year 6

Mental health & **mental wellbeing**. Supporting ourselves and our peers. Diet. Sleep. Reprise coping strategies.
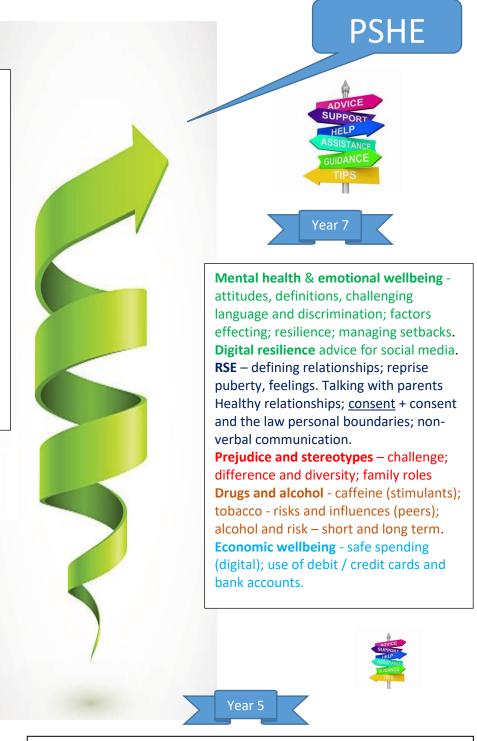**RSE** - reprise puberty & body changes, emotions, menstruation. Importance of hygiene and daily care routines. Reproduction.
What is bullying? Why do people bully? When does bullying happen? How do we recognise and manage bullying? Physical / emotional / verbal / cyberbullying. *What counts as 'banter?'*
Bereavement, loss and grief. Coping strategies.
Online safety – reprise; develop on cyberbullying)

Year 5

Understanding **mental health** – importance of communicating with a trusted adult at home / school. Identifying safe people who can support / support networks; basic coping mechanisms – discussing anxiety.
RSE - body changes / puberty / menstruation [trusted adults to talk to]; Myth busting - correct names of body parts; Importance of body hygiene [explanation]; Understanding and accepting emotions
Relationships - (diversity of types); 'mutual and consensual' Forced marriage
Diversity - respect for faith, ethnicity, disability, gender, age… British diversity
Managing risk - medicines; legal and illegal drugs (risks and effects); influences and pressures (understanding/managing/signposting); drugs and alcohol in the media.