LATHOM HIGH SCHOOL

Year 7 Personal Development Curriculum (PSHE, RSE, Careers)

Financial decisions

- Making spending decisions
- Budgeting
- Getting a job
- The impact of inflation
- The critical consumer

PROUD Day - Enterprise

Influences and relationships

- Healthy and unhealthy relationships
- Managing conflict
- Introduction to consent
- Deciding what to watch
- Relationships on-screen
- Managing challenging content

Families and changing relationships

- Understanding changing relationships
- Roles in the family
- Managing change, loss and grief
- Family Courts

Puberty and keeping safe

- Puberty and emotional changes
- Menstrual wellbeing
- Testicular health
- Taking care of the vulva
- Making disclosures
- FGM (KS3) - Keeping safe

PROUD Day - Cultural

Friendships and bullying

- Friendship and empathy
- Bullying and bystanders
- Friendship challenges
- Similarities, differences and peer influence
- Coercive friendships

PROUD Day - Careers

Emotional wellbeing: managing change and transition

- Thriving in secondary school
- Goal Setting
- Managing emotions
- Managing reactions
- Developing positive thinking habits
- Managing rumination and worry
- Managing tension and stress

Perseverance • Respect • Ownership • Understanding • Determination

LATHOM HIGH SCHOOL

Year 8 Personal Development Curriculum (PSHE, RSE, Careers)

PROUD Day - Enterprise

Managing money

- How to open a bank account
- Reading a bank statement
- How to save money
- How to use a bank card
- How to manage debt
- Decision making – a guide to banking

Healthy and unhealthy relationships

- Healthy relationships
- Sexualised media
- Safer online relationships
- Sexual harassment
- Sharing of nudes
- Consent
  Preventing gender-based violence

Belonging and community

- Identity and community
- Bias and stereotypes
- Discrimination and protected characteristics
- Values and constructive disagreement
- Diverse and supportive communities

The online world

- Click and pay – phones and financial risk
- Gaming, social media and algorithms
- Money matters – seeking help and support
- The business of influence
- Feeding the algorithm
- CIFAS: Anti-fraud education

PROUD Day - Careers

PROUD Day - Cultural

Personal safety and managing risk

- Firework safety
  Staying safe on the roads
- Classroom RevivR
- Understanding drugs
- Tobacco and nicotine
- Alcohol and risk

Health and wellbeing

- Making healthier choices
- Maintaining dental health
- Being active
- Healthier sleep habits
- Climate change and wellbeing
- Navigating different views
- HPV educate

Perseverance • Respect • Ownership • Understanding • Determination

LATHOM HIGH SCHOOL

Year 9 Personal Development Curriculum (PSHE, RSE, Careers)

PROUD Day - Enterprise

Navigating online harms

- Feelings about sharing nudes
- Motivations for deepfakes
- Consequences of deepfakes
- Exploring misogyny
- Responding to misogyny

Intimate sexual relationships

- Avoiding assumptions (consent)
- Freedom and capacity to consent
- Relationship values
- Contraception
- Sexual health
- Managing the ending of relationships

Managing risk in relation to the law

- Serious and organised crime
- Causes of cybercrime
- Effects of cybercrime
- Run, hide, tell (ACT for Youth)
- Gangs: Managing risks and staying safe*

Careers and future choices

- Exploring career interests
- Work patterns and workplaces
- Managing pressure and seeking support
- Preparing for KS4 options
- Showcasing personal strengths
- Managing online reputation

PROUD Day - Careers

PROUD Day - Cultural

Drug education

L1: Vaping
L2: Exploring attitudes
L3: The law and managing risk
L4: Alcohol and cannabis
L5: Managing influence

Mental health and wellbeing

L1: Managing strong emotions
L2: Managing distractions
L3: Managing disappointments and setbacks
L4: Unhealthy coping strategies
L5: Healthy coping strategies
L6: Influence and self expression
L7: BReal: Building stress resilience in early adolescents' lives

Perseverance • Respect • Ownership • Understanding • Determination

LATHOM HIGH SCHOOL

Year 10 Personal Development Curriculum (PSHE, RSE, Careers)

Study, work and careers

- Identifying career preferences
- Navigating the careers landscape
- Mapping a career path
- Making a good impression
- Preparing for work experience
- Reflecting on work experience

Work Experience

Exploring consent and recognising abuse

- The role of intimacy and pleasure
- The impact of pornography
- Pressure, persuasion and coercion
- FGM -KS4
- Forced marriage
- Relationship rights and reporting abuse

Friendship, diversity and challenging extremism

- Recognising and challenging bullying behaviour
- Recognising and challenging unhealthy attitudes to bullying
- Valuing diversity
- Understanding and preventing extremism
- How are people drawn into extremist groups?

Managing influence

- All about the money?
- Can it be trusted?
- The impact and spread of misogynistic narratives
- Safely challenging misogynistic beliefs and attitudes
- Ipsos: Gambling
- BBFC: Emotional wellbeing

PROUD Day – College visits

Navigating the online world

- How does AI affect our daily lives?
- What are the limitations of generative AI?
- How does generative AI affect our understanding of the world?
- How do chatbots affect relationships
- Deepfakes - What's the harm? Social attitudes to sending nudes

PROUD Day - Careers

Independence, health choices and wellbeing

- Study skills for KS4
- Making informed food choices
- Making decisions about being active
- Menstruation matters
- Exploring donation (blood, organ, STEM Cell)
- What is testicular cancer?
- Brest Cancer - signs, symptoms and examination

Perseverance • Respect • Ownership • Understanding • Determination

LATHOM HIGH SCHOOL

Year 11 Personal Development Curriculum
(PSHE, RSE, Careers)

GCSE Exams

Online financial harms

- Making money online: rights, risks and cryptocurrencies
- Wanna bet? Controlled and uncontrolled online spending
- Financial exploitation online: Factors, strategies and support
- Money Laundering
- Social engineering

Safe relationships and sexual harm

- Healthy and unhealthy relationships
- Power and control
- Setting boundaries and getting help
- Relationship behaviours
- Choices related to sex and contraception
- Sexual health

Families, fertility and pregnancy

- Long term commitments
- The legal status of marriage
- Parenting
- Fertility and routes to parenthood
- Pregnancy outcomes
- Pregnancy choices

PROUD Day – Study Skills

Drugs and personal safety

- Assessing risk
- Managing influence
- Help seeking
- Gangs - How it might start
- Gangs - Risks and consequences
- Gangs - Getting out
- VAWG -Looking out for each other

Life-long wellbeing

- Mental health and wellbeing throughout life
- Managing distractions
- Changing thinking habits
- Seeking help and support
- Managing stress and tension
- Managing change, loss and grief
- The importance of sleep

PROUD Day – Post-16

Perseverance • Respect • Ownership • Understanding • Determination