

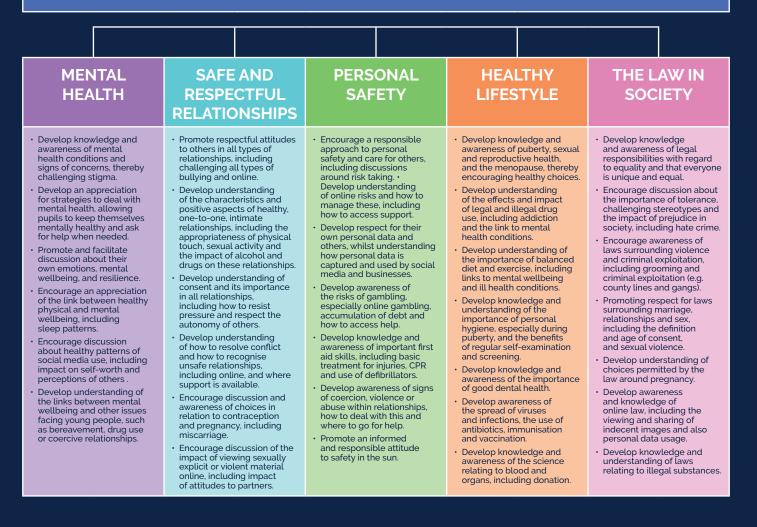
# CITIZENSHIP AND PSHE CURRICULUM INTENT

HGCSC Mission	Exceptional education for every child, every day
Priority	Provide a broad and balanced curriculum that challenges everyone

#### INTENT

To provide a forum where students can be equipped with essential life skills and knowledge so that they can make informed, healthy and positive life choices as responsible, respectful and active citizens within their community.

To provide an age-appropriate place and space where students can work collaboratively to discuss and broaden their understanding of mental health, safe and respectful relationships, personal safety, healthy lifestyle, democracy and the law in society.



## **CURRICULUM AIMS**

- To grow students into informed and respectful young citizens who take responsibility for their own wellbeing and that of others.
- To support students in developing wider understanding of life issues and skills.
- To provide a forum for discussion and addressing misconceptions on issues relevant to emotional, physical and mental wellbeing.
- To support students' wellbeing and personal development, allowing them to be successful in the rest of the curriculum and life.

## 5 YEAR PLAN

Give an overview of what your curriculum will achieve (in the classroom and through enrichment opportunities):

We will seek to support and develop well rounded, informed young citizens, prepared to deal with the challenges of life in our rapidly changing world.

### SKILLS

#### List the main skills pupils will learn and develop over the curriculum:

- Emotional literacy
- Appreciation of difference, diversity and respect for the opinions and lifestyles of others
- Confidence in public speaking and argument building
- Decision-making skills
- Practical wellbeing and safety skills (e.g. CPR, dental hygiene)

### KNOWLEDGE

#### List the main subject knowledge pupils will learn and develop over the curriculum:

- Mental health conditions
- Strategies for wellbeing and sleep
- How mental health is impacted by experiences, both online and physically.
- Types of bullying
- Signs of healthy and unhealthy relationships
- Consent & the law
- Pregnancy and reproduction, contraception, STIs
- Impact of pornography
- First Aid skills
- Sun safety
- Dental health techniques
- Impact of legal and illegal drug use (physical and mental)
- How to structure a healthy balanced diet and exercise well
- Science of blood and organs
- Laws surrounding: equality & diversity; relationships, sex & violence; online images; use of data; illegal substances.