

**Secondary Citizenship & PSHE curriculum
Maritime 25-26**

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|  |  | **Year 7** | **Year 8** | **Year 9** | **Year 10** | **Year 11** |
| Autumn 1 | 1 | What are first impressions? | Union Jack Flag - Printed Half Yard ...How do rules and laws differ?  | Union Jack Flag - Printed Half Yard ...What is news?  | How can I optimise my physical health?  | How can I manage stress? |
| 2 | Who am I? | Union Jack Flag - Printed Half Yard ...Where do laws come from?  | Union Jack Flag - Printed Half Yard ...How can I judge the reliability of a news article? | Informed Consent ...What else should I know about drugs and alcohol?  |
| 3 | What is self-esteem? | Union Jack Flag - Printed Half Yard ...What crimes occur near me?  | Union Jack Flag - Printed Half Yard ...How can I verify information?  | What do I remember about essential first aid? | How can I deal with disappointment? |
| 4 | What makes a relationship healthy? | Union Jack Flag - Printed Half Yard ...Who is involved in the legal process?  | Union Jack Flag - Printed Half Yard ...How might I be manipulated?  | How can I identify meningitis and strokes? |
| 5 | How are families different? | Union Jack Flag - Printed Half Yard ...Are all courtrooms the same?  | Union Jack Flag - Printed Half Yard ...How can I REVIEW my news?  | Should vaping be banned? | How might my health affect my exam performance? |
| 6 | Informed Consent ...What do healthy friendships look like?  | Union Jack Flag - Printed Half Yard ...How am I influenced?  | What is body image? | What is cancer? |
| 7 | Informed Consent ...What is bullying?  | Informed Consent ...What do I need to know about gangs? | How might the media influence how I feel about the way I look? | How can I identify potential cancers? | Am I allowed to vote?  |
| Autumn 2 | 8 | Informed Consent ...What is cyberbullying?  | What should I know about knife crime? | How might drugs affect us? | What parts of our bodies can be donated to others? |
| 9 | How can I take a stand when I see bullying happening? | Informed Consent ...What is grooming?  | Why do people use drugs? | What services are available to manage my health? | *Allow loss of lessons for Mocks* |
| 10 | Union Jack Flag - Printed Half Yard ...Is everyone treated equally?  | What does ‘county lines’ mean? | Why might people use steroids? | Union Jack Flag - Printed Half Yard ...What are human rights?  |
| 11 | Union Jack Flag - Printed Half Yard ...What are stereotypes?  | Union Jack Flag - Printed Half Yard ...What is extremism?  | What does the law say about drugs? | Union Jack Flag - Printed Half Yard ...How can we balance human rights?  | How can I vote in a General Election? |
| 12 | Union Jack Flag - Printed Half Yard ...How might people with disabilities be treated?  | Union Jack Flag - Printed Half Yard ...What are hate crimes?  | What risks are linked to drug use? | Union Jack Flag - Printed Half Yard ...Do I have the right to say whatever I want?  |
| 13 | Union Jack Flag - Printed Half Yard ...How can we deal with racism?  | Union Jack Flag - Printed Half Yard ...How can I share key information about crime with others?  | What is addiction? | Union Jack Flag - Printed Half Yard ...Should my privacy be protected at all costs?  | Is our current electoral system fair? |
| 14 | Union Jack Flag - Printed Half Yard ...What support can I offer to others?  | Union Jack Flag - Printed Half Yard ...How can I share key information about crime with others?  | Should cannabis be legalised? | Union Jack Flag - Printed Half Yard ...What rights do asylum seekers have?  |
| Spring 1 | 15 | What is health? | What does caffeine do to my body? | Informed Consent ...What do healthy, romantic relationships look like? | Informed Consent ...How does the law try to protect victims of FGM and GBV?  | Union Jack Flag - Printed Half Yard ...How democratic is the UK?  |
| 16 | How can screen time affect my health? | What are prescription drugs? | Informed Consent ...What is consent?  | Informed Consent ...What is sexual harassment?  |
| 17 | How much sleep should I be getting? | What are units? | Informed Consent ...What are potential signs of abuse? | How might people show their commitment to their partner? | Informed Consent ...How realistic is pornography?  |
| 18 | What makes vaping addictive? | Informed Consent ...What are the physical effects of drinking alcohol?  | Informed Consent ...What does the law say about sharing nudes?  | What might people think or feel about sex? |
| 19 | How can I look after my teeth? | Informed Consent ...What are the social effects of drinking alcohol?  | Informed Consent ...How are condoms used?  | What risks might be involved in sexual acts? | Informed Consent ...How can people maturely end a relationship?  |
| 20 | What are the benefits of physical activity? | Informed Consent ...How can I manage influence and pressure around alcohol?  | Informed Consent ...What are STIs?  | What other forms of contraception exist? |
| Spring 2 | 21 | How can I manage my personal hygiene?  | Which common health conditions should I know about? | Union Jack Flag - Printed Half Yard ...What does a democratic country look like? | What factors might affect a person’s fertility? | Informed Consent ...What does stalking look like?  |
| 22 | What are the physical changes of puberty? | How can I help someone who has had an accident? | Union Jack Flag - Printed Half Yard ...How else might a country be run?  | What options does someone have if they are pregnant? |
| 23 | What happens during menstruation? | What is CPR, and how do defibrillators work? | Union Jack Flag - Printed Half Yard ...What does the Cabinet do?  | What happens during pregnancy?  | Where can young people access sexual health services? |
| 24 | How can I manage the changes of puberty? | Why is it important to use antibiotics responsibly? | Union Jack Flag - Printed Half Yard ...What advice would I give to the Cabinet in an emergency?  | Are all parents the same? |
| 25 | How can I share key information about puberty with young people? | How do vaccinations work? | Union Jack Flag - Printed Half Yard ...Who in the UK holds the greatest power?  | Union Jack Flag - Printed Half Yard ...How might citizens become involved in the legal system?  | *Catch-up* |
| 26 | How can I share key information about puberty with young people? | Should vaccinations be compulsory? | Union Jack Flag - Printed Half Yard ...How are those in power held to account?  | Union Jack Flag - Printed Half Yard ...How do courts decide on sentences?  |
| Summer 1 | 27 | What is a risk? | What makes a great leader? | What is mental health? | *Allow loss of lessons for Mocks* | *Exams* |
| 28 | How can I be safe on, and near, the road? | How can I work well in a team? | How can social media affect me? | *Allow loss of lessons for Mocks* |
| 29 | How can I be safe near train lines? | How can I solve problems successfully? | How can I support someone using unhealthy coping mechanisms? | Union Jack Flag - Printed Half Yard ...What is international law?  |
| 30 | How can I be safe around water? | How can I communicate more effectively? | How can I cope with grief? | Union Jack Flag - Printed Half Yard ...What does the UK have to do with the Commonwealth?  |
| 31 | How can I be safe online?  | How can I meaningfully reflect on my actions? | How can I develop my resilience? | Union Jack Flag - Printed Half Yard ...What does the UK have to do with the United Nations?  |
| Summer 2 | 32 | What do young carers do? | What are my rights as a consumer? | Union Jack Flag - Printed Half Yard ...How are our differences protected by the law?  | What is phishing? |
| 33 | Union Jack Flag - Printed Half Yard ...Can young people make a change? | Which documents can help me to keep track of my money? | Union Jack Flag - Printed Half Yard ...How have attitudes towards sex and gender changed over time?  | How do loans and mortgages work? |
| 34 | Union Jack Flag - Printed Half Yard ...What is Parliament?  | How can a budget help to manage my money? | Union Jack Flag - Printed Half Yard ...How have attitudes towards sexual orientation changed?  | Do I really need insurance? |
| 35 | Union Jack Flag - Printed Half Yard ...How are political parties similar and different?  | How effectively can I budget for a real-world scenario? | Union Jack Flag - Printed Half Yard ...How have attitudes towards race changed over time?  | What are pensions? |
| 36 | Union Jack Flag - Printed Half Yard ...What happens in a General Election?  | How do bank accounts work? | Union Jack Flag - Printed Half Yard ...How can I effect change?  | How are taxes calculated? |
| 37 | Union Jack Flag - Printed Half Yard ...What would my platform for election look like?  | What are the potential effectsof gambling? | Union Jack Flag - Printed Half Yard ...How can I effect change?  | Where does the government spend our money? |
| 38 | Union Jack Flag - Printed Half Yard ...What do MPs do?  | How can I ensure that my money is kept safe? |  | What is foreign aid? |

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|  | Careers and Economic & Financial Education |  | Citizenship Education |  | Health Education |  | Relationships & Sex Education |