

The Nottingham Emmanuel School – PSHE, Citizenship and Careers Tutor Programme (2020-2021)



	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 7	<p>Transition Settling in to NES Managing change Friendship Asking for help Emotional literacy Resilience</p> <p>Transition DDD</p>	<p>The Teenage Years Your identity Changing relationships The teenage brain Self esteem Healthy minds</p> <p>The Teenage Years DDD</p>	<p>Resilience Emotional Wellbeing Digital resilience Bullying and cyber bullying The role of the bystander Coping with conflict</p>	<p>Health and Wellbeing What is a healthy lifestyle? Self care Sleep hygiene</p>	<p>Careers: Building the future Exploring change My skills, qualities and goals Employability skills</p> <p>TRANSFERABLE SKILL: Aiming high</p>	<p>Health and Wellbeing (ctd) Physical wellbeing Diet Sugar Prescription medicines Smoking/alcohol</p>
Year 8	<p>Transition Emotional Wellbeing Seeking support Mental health first aid Self efficacy Resilience Hope Gratitude Connectedness Looking out for each other TRANSFERABLE SKILL: Teamwork</p>	<p>Careers: Building the future Labour market information Overcoming obstacles Exploring your future Understanding enterprise TRANSFERABLE SKILL: Aiming high</p>	<p>Relationships Relationships Conflict Communication Change and loss Consent Harassment Online relationships FOMO Child Sexual Exploitation</p> <p>Safety in Relationships DDD</p>	<p>The Teenage Years Your identity The teenage years Self esteem/image Healthy minds Body image</p>	<p>Risk and Safety Personal safety Risk and responsibility First Aid Mental Health First Aid Online safety</p> <p>Stop Think Act DDD</p>	<p>The Truth behind the Screen Your screen diet Harmful content Algorithms Advertising Fake news Your data What can you trust?</p>
Year 9	<p>Transition Emotional Wellbeing Seeking support Self efficacy Resilience Hope Gratitude Connectedness Looking out for each other TRANSFERABLE SKILL: Teamwork</p>	<p>Health and Wellbeing Emotional fitness Stress and other emotions Body Image Stereotypes Identity Lifestyle</p>	<p>Careers: Opening doors Resources being rewritten Spring 2020.</p> <p>TRANSFERABLE SKILL: Aiming high</p>	<p>Substances The law relating to substances Drug classification Short and long term impact of cannabis/alcohol use County Lines Addiction Peer influence Substances, risk and choices Gangs Real life stories</p> <p>Substances DDD</p>	<p>Money, Money, Money Spending and saving Bank accounts Being a savvy consumer Consumer rights Gambling Tax</p>	<p>Relationships and Sex Education Healthy relationships Parenting Pregnancy including miscarriage/fertility Marriage and other types of long term relationships</p> <p>Female Genital Mutilation Assembly</p> <p>Relationships and Wellbeing DDD</p>

Year 10	<p>Transition</p> <p>Emotional Wellbeing (incl. stress and anxiety) Seeking support Self efficacy Resilience Hope Gratitude Connectedness Looking out for each other</p> <p>TRANSFERABLE SKILL: Teamwork</p>	<p>Rights and Responsibilities</p> <p>Human Rights The Rights of the Child Wants and Needs Freedom of Speech Respect and responsibility</p> <p>Relationships and Sex Education DDD:</p> <p>Sexual Exploitation Contraception/STIs Consent Relationships incl. online Self examination Forced marriage and HBV Pornography (impact of viewing harmful content) #me too sexual harassment</p>	<p>Careers: Step up stand out (1)</p> <p>Great Communicator Great Leader Your skills, your team, your future</p> <p>TRANSFERABLE SKILL: Aiming high</p>	<p>Careers: Step up stand out (2)</p> <p>Career terminology CV card sort Maximising your potential Writing your CV</p> <p>TRANSFERABLE SKILL: Aiming high</p>	<p>Equality and Change</p> <p>Black Lives Matter Racism and discrimination Unconscious bias Identities Equality and the law British Values Homophobia Radicalisation/Extremism</p> <p>No place for hate DDD</p>	
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