

## Teesdale School (Pastoral Programme) 2023 / 2024

### PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES WHICH INCORPORATE:

- PSHE
- RSHE
- CITIZENSHIP
- SMSC
- BRITISH VALUES

### CORE THEMES:

Theme 1	Exploring British Values [RBV]
Theme 2	Celebrating Diversity & Equality [CDE]
Theme 3	Relationships & Sex Education [RSE]
Theme 4	Staying Safe Online & Offline [SOO]
Theme 5	Physical Health & Mental Wellbeing [H&W]
Theme 6	Life Beyond School [LBS]

**PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES**  
**PSHE RSHE CITIZENSHIP SMSC BRITISH VALUES - Year 7**

 <b>Teesdale School &amp; Sixth Form</b>	<b>THEME 1</b> (Sept – Oct)	<b>Theme 2</b> (Nov – Dec)	<b>THEME 3</b> (Jan – Feb)	<b>THEME 4</b> (March – April)	<b>THEME 5</b> (April – May)	<b>THEME 6</b> (June – July)
	<b>Exploring British Values [RBV]</b>	<b>Celebrating Diversity &amp; Equality [CDE]</b>	<b>Relationships &amp; Sex Education [RSE]</b>	<b>Staying Safe Online &amp; Offline [SOO]</b>	<b>Physical Health &amp; Mental Wellbeing [H&amp;W]</b>	<b>Life Beyond School [LBS]</b>
House Challenges <b>Monday</b>	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition
Guided Reading <b>Tuesday</b>	Guided Reading	Guided Reading	Guided Reading	Guided Reading	Guided Reading	Guided Reading
Careers <b>Wednesday</b>	<b>Identifying choices &amp; opportunities</b> Introduction to the careers team College/Sixth form Traineeship/T-levels Apprenticeships/Vocational qualifications Future Sills Questionnaire - Compass Introduction To Unifrog - sort logs Careers library treasure hunt - 1 Recording activities	<b>Planning &amp; deciding and Handling applications &amp; selection</b> Green Careers Week What's your dream job? Careers and Aspirations Career Sectors Target Setting - Goals and Objectives "How has the world of work changed over the past 40 years?"	<b>Valuing equality, diversity and inclusion</b> What is equality, diversity and inclusion in careers? STEM Gender stereotypes Diversity National Apprenticeship Week Cultural effects on careers	<b>Investigating jobs and LMI</b> Interests profile National Careers Week LMI/Local Opportunities Future trends	<b>Preparing for employability</b> What are skills? Communication Motivation Leadership Employment skills linked to my subjects My strengths/weaknesses	<b>Self-determination and Showing Initiative &amp; Enterprise</b> Managing finances Form enterprise competition Form enterprise competition Form enterprise competition Form enterprise competition Form enterprise competition Careers Quiz over content covered this year
PSHE/RSHE <b>Thursday</b>	<b>Politics, Parliament &amp; Democracy</b> : Why is politics important, how is our country run, creating a political party, elections and campaigning, political debates, and parliament, exploring inside parliament, who is our prime minister	<b>Celebrating differences:</b> Multicultural Britain, what is your identity, nature Vs nurture, the equality act 2010, breaking down stereotypes in society, prejudice, and discrimination, challenging islamophobia	<b>Friends, Respect, and Relationships:</b> Consent and Boundaries, Respect, and Relationships, what makes a good friend, friendships and managing them, being positive, pressure and influence,	<b>Staying Safe Online and Offline:</b> Avoiding Gangs, staying safe online, Online gaming and Fortnite, Drugs Education- What is alcohol, smoking, E-cigs, Vaping and Shisha, Drugs education energy drinks and caffeine	<b>Puberty and Body Development:</b> Introduction to puberty, puberty in children, personal hygiene, growing up and FGM, assertive consent, self-esteem	<b>Managing Change:</b> Getting to know people, what is a community, careers and your future, sleep and relaxation, financial education, transition points and your life
Assembly <b>Friday</b>	Welcome/ standards Having your voice heard Toxic Masculinity Honesty Consideration for others Meet your student leaders RSE assembly	Remembrance Vaping (right choices, long lasting effects) Anti bullying (right choices, long lasting effects) Resolving Conflict Healthy Lifestyle Respect Farming Community Celebration of achievement	Welcome/ standards Device detox RSE assembly Internet safety week Children Mental Health Week Protected Characteristics	Reading rocks Careers week Maths week Science Week Celebration of achievement	Welcome/ standards Inspiring others Restorative Justice Bystander apathy Hate crime Tolerance	RSE assembly Britishness - the Euros & Olympics Water safety LGBTQ+ month* Individual liberties Reflection Sports Day planning / Transition Celebration of achievement

**PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES**  
**PSHE RSHE CITIZENSHIP SMSC BRITISH VALUES - Year 8**

 <b>Teesdale School &amp; Sixth Form</b>	<b>THEME 1</b> (Sept – Oct)	<b>Theme 2</b> (Nov – Dec)	<b>THEME 3</b> (Jan – Feb)	<b>THEME 4</b> (March – April)	<b>THEME 5</b> (April – May)	<b>THEME 6</b> (June – July)
	<b>Exploring British Values [RBV]</b>	<b>Celebrating Diversity &amp; Equality [CDE]</b>	<b>Relationships &amp; Sex Education [RSE]</b>	<b>Staying Safe Online &amp; Offline [SOO]</b>	<b>Physical Health &amp; Mental Wellbeing [H&amp;W]</b>	<b>Life Beyond School [LBS]</b>
<b>PSHE/RSHE</b> <b>Monday</b>	Respect & Relationships, Consent & Boundaries, friendships and managing them, what makes a good friend, being positive.  Rights & Responsibilities, Prison and Law reforms, desert island communities, positive contributions.	<b>LGBTQ and Explored:</b> LGBT what is it, homophobia in society, supporting those that are LGBT, challenging homophobia, transphobia, coming out  Law & society, Punishment	<b>Identity, Relationships, and Sex Education:</b> Introduction relationships and sex education, healthy relationships, dealing with conflict, sexual orientation, introduction to contraception, what is love, periods, and menstrual cycle	<b>Dangerous Society Online and Offline:</b> County Lines- What is it, who is at risk, substance misuse, cyber bullying, grooming children, alcohol safety, child exploitation online protection	<b>Physical Health and Mental Wellbeing:</b> Health and wellbeing, what is mental health, positive body image, child abuse, types of bullying, healthy eating and cholesterol, stress management	<b>Proud to be me:</b> Employability skills, proud to be me and careers, career interests, self-esteem and the media, labor market information, exploring careers
<b>Guided Reading</b> <b>Tuesday</b>	Guided Reading	Guided Reading	Guided Reading	Guided Reading	Guided Reading	Guided Reading
<b>Careers</b> <b>Wednesday</b>	<b>Identifying choices &amp; opportunities</b> Introduction to the careers team College/Sixth form Traineeship/T-levels Apprenticeships/Vocational qualifications Future Sills Questionnaire - Compass Introduction To Unifrog - sort logs Careers library treasure hunt - 1 Recording activities	<b>Planning &amp; deciding and Handling applications &amp; selection</b> Green Careers Week What's your dream job? Careers and Aspirations Career Sectors Target Setting - Goals and Objectives "How has the world of work changed over the past 40 years?"	<b>Valuing equality, diversity and inclusion</b> What is equality, diversity and inclusion in careers? STEM Gender stereotypes Diversity National Apprenticeship Week Cultural effects on careers	<b>Investigating jobs and LMI</b> Interests profile National Careers Week LMI/Local Opportunities Future trends	<b>Preparing for employability</b> What are skills? Communication Motivation Leadership Employment skills linked to my subjects My strengths/weaknesses	<b>Self- determination and Showing Initiative &amp; Enterprise</b> Managing finances Form enterprise competition Form enterprise competition Form enterprise competition Form enterprise competition Form enterprise competition Careers Quiz over content covered this year
<b>Assembly</b> <b>Thursday</b>	Welcome/ standards Having your voice heard Toxic Masculinity Honesty Consideration for others Meet your student leaders RSE assembly	Remembrance Vaping (right choices, long lasting effects) Anti bullying (right choices, long lasting effects) Resolving Conflict Healthy Lifestyle Respect Farming Community Celebration of achievement	Welcome/ standards Device detox RSE assembly Internet safety week Children Mental Health Week Protected Characteristics	Reading rocks Careers week Maths week Science Week Celebration of achievement	Welcome/ standards Inspiring others Restorative Justice Bystander apathy Hate crime Tolerance	RSE assembly Britishness - the Euros & Olympics Water safety LGBTQ+ month* Individual liberties Reflection Sports Day planning / Transition Celebration of achievement

House Challenges <b>Monday</b>	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition
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**PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES**  
**PSHE RSHE CITIZENSHIP SMSC BRITISH VALUES - **Year 9****

 Teesdale School & Sixth Form	THEME 1 (Sept – Oct)	Theme 2 (Nov – Dec)	THEME 3 (Jan – Feb)	THEME 4 (March – April)	THEME 5 (April – May)	THEME 6 (June – July)
	Exploring British Values [RBV]	Celebrating Diversity & Equality [CDE]	Relationships & Sex Education [RSE]	Staying Safe Online & Offline [SOO]	Physical Health & Mental Wellbeing [H&W]	Life Beyond School [LBS]
PSHE/RSHE Monday	<b>Combatting Extremism &amp; Terrorism Unit:</b> Extremism, what is terrorism, proud to be British, the radicalization process, counter terrorism, Anti-Semitism	<b>LGBTQ and Explored:</b> LGBT what is it, homophobia in society, supporting those that are LGBT, challenging homophobia, transphobia, coming out  Prejudice, Types of Discrimination, Equal opportunities	<b>Relationships and Sex Education:</b> STI, contraceptives available, contraception explored further, sexual harassment and stalking, HIV and AIDS, AIDS prejudice, and discrimination	<b>Legal and Illegal Drugs:</b> Introduction to drugs, addiction, cannabis products, drug classifications, party drugs, illegal drugs, volatile substance abuse	<b>Body Confidence:</b> Self-esteem changes, what is a penis, what is a vulva, bullying in all forms, dealing with grief and loss, media and airbrushing, cancer prevention healthy lifestyle	<b>Essential life skills:</b> From failure to success, first aid, importance of happiness, what is anger, saving and managing money, employment and economic management, social media, and online stress
Careers Tuesday	<b>Identifying choices &amp; opportunities</b> Introduction to the careers team College/Sixth form Traineeship/T-levels Apprenticeships/Vocational qualifications Future Sills Questionnaire - Compass Introduction To Unifrog - sort log ins Careers library treasure hunt - 1 Recording activities	<b>Planning &amp; deciding and Handling applications &amp; selection</b> Green Careers Week What's your dream job? Careers and Aspirations Career Sectors Target Setting - Goals and Objectives "How has the world of work changed over the past 40 years?"	<b>Valuing equality, diversity and inclusion</b> What is equality, diversity and inclusion in careers? STEM Gender stereotypes Diversity National Apprenticeship Week Cultural effects on careers	<b>Investigating jobs and LMI</b> Interests profile National Careers Week LMI/Local Opportunities Future trends	<b>Preparing for employability</b> What are skills? Communication Motivation Leadership Employment skills linked to my subjects My strengths/weaknesses	<b>Self- determination and Showing Initiative &amp; Enterprise</b> Managing finances Form enterprise competition Form enterprise competition Form enterprise competition Form enterprise competition Form enterprise competition Careers Quiz over content covered this year
Assembly Wednesday	Welcome/ standards Having your voice heard Toxic Masculinity Honesty Consideration for others Meet your student leaders RSE assembly	Remembrance Vaping (right choices, long lasting effects) Anti bullying (right choices, long lasting effects) Resolving Conflict Healthy Lifestyle Respect Farming Community Celebration of achievement	Welcome/ standards Device detox RSE assembly Resolving Conflict Internet safety week Children Mental Health Week Protected Characteristics	Reading rocks Careers week Maths week Science Week Celebration of achievement	Welcome/ standards Inspiring others Restorative Justice Bystander apathy Hate crime Tolerance	RSE assembly Britishness - the Euros & Olympics Water safety LGBTQ+ month* Individual liberties Reflection Sports Day planning / Transition Celebration of achievement
Reading Thursday	Guided Reading/Wellbeing	Guided Reading/Wellbeing	Guided Reading/Wellbeing	Guided Reading/Wellbeing	Guided Reading/Wellbeing	Guided Reading/Wellbeing
House Challenges Friday	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition

**PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES**  
**PSHE RSHE CITIZENSHIP SMSC BRITISH VALUES - Year 10**

 <b>Teesdale School &amp; Sixth Form</b>	<b>THEME 1</b> (Sept – Oct)	<b>Theme 2</b> (Nov – Dec)	<b>THEME 3</b> (Jan – Feb)	<b>THEME 4</b> (March – April)	<b>THEME 5</b> (April – May)	<b>THEME 6</b> (June – July)
	<b>Exploring British Values [RBV]</b>	<b>Celebrating Diversity &amp; Equality [CDE]</b>	<b>Relationships &amp; Sex Education [RSE]</b>	<b>Staying Safe Online &amp; Offline [SOO]</b>	<b>Physical Health &amp; Mental Wellbeing [H&amp;W]</b>	<b>Life Beyond School [LBS]</b>
<b>PSHE/RSHE</b> <b>Monday</b>	<b>Exploring British Values:</b> Critical thinking and Fake News, what is a cult, exploring Britishness and British Values, what are human rights, exploring human rights	<b>Exploring World Issues:</b> International organizations, Brexit, aid and supporting other countries, Fairtrade, peace war and conflict, women's rights, and equality, me too and times up movement	<b>Warnings, Relationships, and Sex Education:</b> Campaigning against FGM, Sexting Nudes, Pornography, Domestic Abuse and Violence, Relationships, Sexual abuse, Sexualization in the Media	<b>Violence, crimes and seeking safety:</b> Honor Based Violence, Forced Marriages, Online gambling, social media validation, keeping date safe, modern-day slavery, causes of knife crime	<b>Mental Health and Wellbeing:</b> Child abuse CSE, screen time and use of mobiles, common types of mental health, self-harm, suicide, promoting emotional wellbeing	<b>Rights and responsibilities:</b> Instagram generation, targeted advertising and your data, marriage what is it, rights and responsibilities, consumer rights, employment rights, exploring a paycheck
<b>Assembly</b> <b>Tuesday</b>	Welcome/ standards Having your voice heard Toxic Masculinity Honesty Consideration for others Meet your student leaders RSE assembly	Remembrance Vaping (right choices, long lasting effects) Anti bullying (right choices, long lasting effects) Resolving Conflict Healthy Lifestyle Respect Farming Community Celebration of achievement	Welcome/ standards Device detox Internet safety week Children Mental Health Week Protected Characteristics	Reading rocks Careers week Math's week Science Week Celebration of achievement	Welcome/ standards Inspiring others Restorative Justice Bystander apathy Hate crime Tolerance	RSE assembly Britishness - the Euros & Olympics Water safety LGBTQ+ month* Individual liberties Reflection Sports Day planning / Transition Celebration of achievement
<b>Careers</b> <b>Wednesday</b>	<b>Identifying choices &amp; opportunities</b> Introduction to the careers team College/Sixth form Traineeship/T-levels Apprenticeships/Vocational qualifications Future Sills Questionnaire - Compass Introduction To Unifrog - sort log ins Careers library treasure hunt - 1 Recording activities	<b>Planning &amp; deciding and Handling applications &amp; selection</b> Green Careers Week What's your dream job? Careers and Aspirations Career Sectors Target Setting - Goals and Objectives "How has the world of work changed over the past 40 years?"	<b>Valuing equality, diversity and inclusion</b> What is equality, diversity and inclusion in careers? STEM Gender stereotypes Diversity National Apprenticeship Week Cultural effects on careers	<b>Investigating jobs and LMI</b> Interests profile National Careers Week LMI/Local Opportunities Future trends	<b>Preparing for employability</b> What are skills? Communication Motivation Leadership Employment skills linked to my subjects My strengths/weaknesses	<b>Self- determination and Showing Initiative &amp; Enterprise</b> Managing finances Form enterprise competition Form enterprise competition Form enterprise competition Form enterprise competition Careers Quiz over content covered this year
<b>Extension Tasks &amp; Revision strategies</b> <b>Thursday</b>	Core Subjects Extension tasks	Core Subjects revision techniques	Core Subjects Extension tasks	Core Subjects revision techniques	Core Subjects Extension tasks	Core Subjects revision techniques
<b>House Challenges</b> <b>Friday</b>	<b>Departmental House Competition</b>	<b>Departmental House Competition</b>	<b>Departmental House Competition</b>	<b>Departmental House Competition</b>	<b>Departmental House Competition</b>	<b>Departmental House Competition</b>



Friday						
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- YAM (Year 9 / 10)
- Police (Year 7 -11)
- Alice Ruggles Workshops (8-11)