

Prep School PSHRE Overview

<p><u>Autumn 1</u> <u>Me and Myself – at school</u></p>	<p><u>Autumn 2</u> <u>Me and Myself – at home and in the community</u></p>	<p><u>Spring 1</u> <u>Going for goals</u></p>
<ul style="list-style-type: none"> ● Expectations and rules of PSHRE ● Respect: self and of others ● Behaviour/anger management/tolerance of others ● Being good to all ● Being kind to myself and to others ● Being a good friend – what is a good friend? ● Leaving people out/being part of an inclusive school. ● Conflict awareness and extremism/prevention; current affairs ● Bullying: school and online ● The effects of advertising – body image and awareness (may be reinforced later in Aut2) ● Pressure to conform ● Remembering to eat well at lunch time – LCB to do assembly again? ● Accountability of behaviour and impact it can have on others. ● Difference between teasing and bullying ● What can make us behave badly and how to resist this ● To recognise and manage ‘dares’. 	<ul style="list-style-type: none"> ● How I behave at home ● Rights and responsibilities of family and community. How to maintain healthy relationships with all. ● What a diverse community is and how it can be affected by anti-social behaviour. ● personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies,) likes/dislikes; to recognise their individuality and personal qualities ● How Christmas is celebrated across the world and by all faiths. ● Effects of advertising cont. Television, books, magazines: appropriateness of content ● Online influence, anti-bullying, cyber-bullying; strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support ● Drugs and alcohol 	<ul style="list-style-type: none"> ● Motivation ● Independence at school ● Reflection on how children learn and their strengths ● Recognition and development of learning skills ● Learn to navigate their way around obstacles and avoiding excuses ● Recognition of success (use Christmas exam results?) ● Planning and reaching goals ● Children to take responsibility for their learning ● Resilience and moving on from bad marks ● Danger of comparing against each other ● Reinforcement of online safety in computing lessons ● Role models and how they can help us achieve our goals ● Study and discussion of obstacles overcome by people who have done remarkable things/overcome extreme difficulty ● Why failure is important when building resilience

<ul style="list-style-type: none"> ● To challenge stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes ● To recognise and manage personal space and boundaries ● to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships ● about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background ● To discuss the dangers posed by comparing oneself to one's friends and how to manage one's self-esteem 	<ul style="list-style-type: none"> ● How to be a good citizen outside of school – charity work, helping those in need - link to house events, Holly Lodge and Magistrates' visit (10s) ● Money and recognition of wealth ● Divide of wealth within UK ● Budgeting (11s and 12s) and discussion of salaries/pocket money ● Discussion of 'interest', 'loan', 'debt', 'tax' – identify what these words mean and how they apply to our lives. ● Life outside the home – news, current affairs, fake news ● Importance of hobbies vs screens and gaming ● Why communication/conversation is important ● Habits and how they're hard to change including mobile phones ● Recognition of online behaviour and how it can impact our own lives ● What's appropriate to share with friends or online; what to do if concerned/pressured. ● Responsibility towards the environment and recycling; a joint effort, every little can help ● Rights of children: at Harrodian and in the wider world. Investigation and discussion of UN Declaration of Rights of the Child. ● Modern British values. Liberty, democracy, the rule of law, tolerance and acceptance of all. 	<ul style="list-style-type: none"> ● How to respectfully challenge other people's opinions
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<p style="text-align: center;"><u>Spring 2</u> <u>Sex and Relationships</u></p>	<p style="text-align: center;"><u>Summer 1</u> <u>Mind, Body and Soul</u></p>	<p style="text-align: center;"><u>Summer 2</u> <u>Reflection and feedback</u></p>
<ul style="list-style-type: none"> ● Challenging friendship issues: resolving conflict and anger management (includes taking responsibility/blame) ● More role play for resolving conflict and how it can be avoided from the start ● Different relationships: friends v family ● Marriage/divorce and what this can mean ● 12s – arranged marriage and crimes that arise – discussion of and recognise 	<ul style="list-style-type: none"> ● Doing good for others – workshops ● Stress and anxiety management – coping strategies ● Revision techniques ● Healthy eating and exercise (link to exams, revision and energy) ● Detailed reference to nutrition and why a balanced diet is important 	<ul style="list-style-type: none"> ● PSHRE feedback with members of the senior school – in marquee ● Preparation for next year ● Careers fair and parents assembly ● Review of the year – collage made from newspaper and magazines. ● Team building games to be done outside ● Friendship groups next year and how to deal with new classes

<p>issues/freedom of choice/cultural differences</p> <ul style="list-style-type: none"> • Sex education – reinforcement of how we’re all unique/LGBT and personal choices with 10s/11s/12s where necessary. 10s talk with Amy Forbes-Robinson • Sex and relationship terminology and checking for misunderstanding • Equality and diversity in relationships; marriage and civil partnership • 11s/12s: discussion of what sexuality is and what it means to them • My body, my rules • Exposure to explicit and unsuitable material online (11s and 12s) • To accept cultural points of view may differ regarding sex, marriage and education and to discuss the moral implications of such cultural differences and restrictions. • Body image/changes – 9s to be spoken to separately by EFS/SDI again? • 	<ul style="list-style-type: none"> • Body image and eating disorders (Upper Prep only) • Exam awareness and expectations – include healthy mind and body, importance of sleep • The impact that kindness can have on mental health. • Hygiene • Danger of energy drinks & sugar addiction • Mindfulness and relaxation • Target setting for exams – upper prep only 	<p>Feedback on the year – can students reflect on how they have become better citizens or any important life lessons?</p>
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Note (October 2020) - slight change to the above. Aut 1 - ‘staying positive in prep during a pandemic’; Aut 2 - ‘online emotional wellbeing’

Project Evolve <https://projectevolve.co.uk/register/>
<https://hecticteachersite.wordpress.com/category/pshe/>