

Mulberry Academy Woodside

PSHE and Personal Development

Curriculum Overview

Curriculum intent statement: Our PSHE curriculum provides a challenging, knowledge-rich education that empowers all students to achieve their full potential. Through inclusive and engaging lessons, students develop the knowledge, skills, and confidence needed to understand themselves, build healthy relationships, and make informed choices. By promoting wellbeing, resilience, and respect, PSHE supports academic excellence and nurtures reflective, responsible young people who contribute positively to the school and wider community.

How PSHE is Delivered

PSHE at our school is delivered through structured lessons, well-being sessions, tutor-time activities, and whole-school events, providing students with a broad and engaging programme. Across all of these experiences, students take part in reflective discussions and guided activities that help them explore issues, consider different perspectives, and develop resilience, responsibility, and self-awareness.

The programme is further enhanced by workshops, assemblies, and celebrations, giving students practical opportunities to reinforce learning and apply key themes. Parent and carer activities support this work beyond the classroom.

Tutor-time also incorporates the Values Curriculum, through which students explore the school's shared values and pupil pillars. This ensures that respect, responsibility, and contribution are embedded throughout students' learning and wider school life.

Values Curriculum Schedule:

Autumn 1	RESET and The Big 6
Autumn 2	Identifying a trusted adult
Autumn 3	Fire Evacuation and
Autumn 4	Invacuation
Autumn 5	Follow the 'hands off policy'
Autumn 6	Corridor conduct
Autumn 7	Praise Week: Ready to learn
Autumn 8	Use positive body language and facial expressions
Half Term	
Autumn 9	Enrichment Week- Are active citizens
Autumn 10	Anti- Bullying Week
Autumn 11	RESET and The Big 6
Autumn 12	Know how to keep ourselves and others safe and healthy
Autumn 13	Look after our school environment
Autumn 14	Praise Week: Ready to focus
Autumn 15	Staying safe online
Winter Break	

Spring 1	RESET and The Big 6
Spring 2	We are on time and organised
Spring 3	Greet people appropriately and speak politely
Spring 4	Resilience: Facing challenges with determination
Spring 5	Praise Week: Ready to do
Spring 6	Are confident in our own skills
Half Term	
Spring 7	RESET and The Big 6
Spring 8	Represent the school well in the local community
Spring 9	Practise using emotionally friendly communication
Spring 10	Are able to support one another in a positive way
Spring 11	Praise Week: Ready to think hard
Spring 12	Take pride in having exceptional uniform
Easter Break	
Summer 1	RESET and The Big 6
Summer 2	Understanding towards others feelings and perspectives
Summer 3	Understand equality and equity
Summer 4	Praise Week: Ready to achieve
Summer 5	Develop self-motivation and the ability to think critically

Half Term	
Summer 6	RESET and The Big 6
Summer 7	Have opportunities for speaking publicly
Summer 8	Are respectful of each other's beliefs
Summer 9	Are respectful of each other's cultures

Summer 10	Are respectful of each other's identity
Summer 11	Praise Week: Ready to reflect
Summer 12	Represent the school well on school trips

KS3 – PSHE LESSONS		AUTUMN TERM		SPRING TERM		SUMMER TERM	
		TERM 1A	TERM 1B	TERM 2A	TERM 2B	TERM 3A	TERM 3B
YEAR 7	KNOWLEDGE	<p>PSHE - <u>Managing Change</u> unit</p> <p>01 - What is PSHE + Sleep and Relaxation</p> <p>02 - Getting to Know People and What is a community</p> <p>03 - Transition Points in Your Life + Careers and Your Future</p> <p>04 - Financial Education</p>	<p>PSHE - <u>Staying Safe Online & Offline</u> unit</p> <p>01 - Avoiding Gang & knife crime</p> <p>02 - Alcohol, Nicotine & Vaping</p> <p>03 - Staying Safe Online, Grooming & Addiction</p>	<p>PSHE - <u>Puberty & Body Development</u> unit</p> <p>01 - Personal Hygiene & Tooth Decay</p> <p>02 - Introduction to Puberty</p> <p>03 - 03 - Growing Up & self esteem</p>	<p>CITIZENSHIP - <u>Politics & Parliament</u> unit</p> <p>01 - Politics & How is our Country Run</p> <p>02 - The Role of the Prime Minister & The Monarchy</p> <p>03 - Political Debates & Campaigning</p>	<p>CITIZENSHIP - <u>Celebrating Differences</u> unit</p> <p>01 - What is your Identity & Multicultural Britain</p> <p>02 - Importance of Being Kind & Stereotypes</p> <p>03 - Learning Disabilities & Prejudice and Discrimination</p> <p>04 - Challenging Islamophobia</p>	<p>RSHE - <u>Friends, Respect & Relationships</u> unit</p> <p>01 - Consent and Boundaries & Being Positive</p> <p>02 - Respect and Relationships & What Makes a Good Friend</p> <p>03 - Friendships & Online Relationships & Pressure, and Influence</p>

	SKILLS	<p>Resilience: Coping with transitions.</p> <p>Emotional control: Managing stress.</p> <p>Adaptability: Setting goals and adjusting.</p> <p>Help-seeking: Knowing when to seek support.</p> <p>Financial Education Skills - Understanding what money is and its purpose.</p>	<p>Online safety: Recognizing risks.</p> <p>Critical thinking: Evaluating information.</p> <p>Boundaries: Respecting personal space.</p> <p>Risk awareness: Identifying dangers.</p>	<p>Understanding change: Learning about puberty.</p> <p>Emotional awareness: Managing feelings.</p> <p>Body positivity: Building confidence.</p> <p>Hygiene: Practising self-care.</p>	<p>Government basics: Understanding how it works.</p> <p>Citizenship: Learning rights and responsibilities.</p> <p>Debate skills: Forming opinions.</p> <p>Respect: Engaging respectfully.</p>	<p>Diversity: Valuing differences.</p> <p>Empathy: Understanding others.</p> <p>Challenging bias: Questioning stereotypes.</p> <p>Equality: Promoting respect.</p>	<p>Healthy relationships: Building respect.</p> <p>Communication: Active listening.</p> <p>Consent: Respecting boundaries.</p> <p>Mutual respect: Valuing others.</p>
YEAR 8	KNOWLEDGE	<p>PSHE - Proud to be me unit</p> <p>01 - Employability & Enterprise Skills + Careers and Aspirations</p> <p>02 - Proud to be me + Self Esteem and the Media</p> <p>03 - Identifying anger + Importance of Happiness</p> <p>04 - Exploring careers</p>	<p>PSHE - Dangerous Society Online & Offline unit</p> <p>01 - County Lines & Online Grooming</p> <p>02 - Substance Misuse & Alcohol Safety</p> <p>03 - Cyberbullying + Child Exploitation & Online Protection</p>	<p>PSHE - Physical Health & Mental Wellbeing unit</p> <p>01 - Health and Wellbeing & Healthy Eating</p> <p>02 - Positive Body Image & Child Abuse</p> <p>03 - Types of Bullying + Stress Management</p>	<p>CITIZENSHIP - Law, Crime & Society unit</p> <p>01 - Desert Island - Living & Building a Community</p> <p>02 - Desert Island - Making Decisions & Criminals, Law & Society</p> <p>03 - How are Laws Made & Prisons, Reform and Punishment</p>	<p>CITIZENSHIP - Equality and Diversity Explored unit</p> <p>01 - Equality Act & LGBTQ+ Rights Across the World</p> <p>02 - Gender Equality & Ableism and Disability Discrimination</p> <p>03 - Removing the Barriers</p> <p>04 - Racism & Discrimination</p>	<p>RSHE - Identity, Relationships & Sex Education unit</p> <p>01 - Relationships & Self-Love</p> <p>02 - Healthy Respectful Relationships & Love</p> <p>03 - Dealing with Conflict & Periods</p>
	SKILLS	<p>Self-esteem & strengths: Building a positive self-image and recognizing strengths.</p>	<p>Digital safety: Understanding online risks.</p> <p>Media literacy: Spotting misinformation.</p>	<p>Healthy habits: Practising good nutrition, exercise, and hygiene.</p> <p>Mental health: Managing stress and emotions.</p>	<p>Legal knowledge: Understanding laws and rights.</p> <p>Ethics: Building moral judgement.</p>	<p>Cultural respect: Valuing diversity.</p> <p>Discrimination awareness: Identifying bias.</p> <p>Inclusion: Promoting equality.</p>	<p>Relationships: Building respect with others.</p> <p>Communication: Practising listening and assertiveness.</p>

		<p>Goal setting: Setting and achieving personal goals.</p> <p>Resilience: Facing challenges with confidence.</p> <p>Respect: Valuing self and others</p>	<p>Boundaries: Navigating online and offline boundaries.</p> <p>Risk management: Recognizing and handling risks.</p>	<p>Coping strategies: Using positive coping skills.</p> <p>Support-seeking: Knowing when to seek help.</p>	<p>Community roles: Recognizing citizen responsibilities.</p> <p>Informed choices: Making accountable decisions.</p>	<p>Challenging stereotypes: Questioning biases</p>	<p>Consent: Understanding mutual respect.</p> <p>Identity: Exploring self-expression safely.</p>
YEAR 9	KNOWLEDGE	<p>PSHE - Essential Life Skills - - From Failure to Success Unit</p> <p>01 - From Failure Comes Success + Assertiveness</p> <p>02 - Saving Money, Budgeting and Employment</p> <p>03 - Labour Market Information</p> <p>04 - First aid</p>	<p>PSHE - Legal and Illegal Drugs unit</p> <p>01 - Drugs & Substance Addictions</p> <p>02 - Drugs Classifications</p> <p>03 - Cannabis Products & Volatile Substance Abuse</p>	<p>PSHE - Body Confidence unit</p> <p>01 - How Self-Esteem Changes & Bullying</p> <p>02 - Dealing with Grief & - Cancer Prevention and Healthy Lifestyles</p> <p>03 - Media and Airbrushing</p>	<p>CITIZENSHIP - Extremism & Terrorism unit</p> <p>01 - Conspiracy Theories & Forms of Extremism</p> <p>02 - Terrorism, War and Conflict</p> <p>03 - Radicalisation Process & Counter Terrorism Work</p>	<p>RSHE - Sex, the Law & Consent unit</p> <p>01 - Healthy relationships</p> <p>02 - Sexual Consent & Relationships and Partners</p> <p>03 - Domestic Abuse & Why have Sex + Delaying Sexual Activity</p> <p>04 - Sexual Harassment and Stalking</p>	<p>RSHE - Contraception & STIs unit</p> <p>01 - STIs & Treating STIs</p> <p>02 - Contraception & Condoms Explored Further</p> <p>03 - HIV and AIDS, Prejudice and Discrimination</p>
	SKILLS	<p>Growth mindset: Embracing challenges and learning from mistakes.</p> <p>Self-reflection: Understanding setbacks and strengths.</p> <p>Goal-setting: Creating achievable plans for success.</p>	<p>Drug awareness: Understanding the risks of substances.</p> <p>Decision-making: Making informed choices about drugs.</p> <p>Peer pressure: Resisting external influences.</p> <p>Legal knowledge: Recognizing the laws and consequences.</p>	<p>Self-acceptance: Embracing body diversity and rejecting societal pressures.</p> <p>Healthy body image: Developing a balanced view of appearance.</p> <p>Media literacy: Critically analysing</p>	<p>Critical thinking: Questioning extremist views and manipulation.</p> <p>Tolerance: Respecting different beliefs and cultures.</p> <p>Conflict resolution: Managing disagreements peacefully.</p>	<p>Healthy Relationships: Building respect, trust, and communication.</p> <p>Consent & Boundaries: Understanding and respecting consent.</p> <p>Emotional Readiness: Recognizing the</p>	<p>STI Awareness: Understanding STIs, prevention, and treatment.</p> <p>Contraception: Exploring protection methods, including condoms.</p> <p>HIV & AIDS: Recognizing transmission,</p>

		<p>Perseverance: Staying determined in the face of obstacles.</p>		<p>body-related media. Confidence-building: Cultivating self-love.</p>	<p>Empathy: Understanding others' experiences.</p>	<p>importance of delaying sexual activity. Respect & Safety: Addressing sexual harassment and stalking.</p>	<p>prevention, and stigma. Responsibility: Practising responsible choices with empathy.</p>
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KS4 PSHE LESSONS		AUTUMN TERM		SPRING TERM		SUMMER TERM	
		TERM 1A	TERM 1B	TERM 2A	TERM 2B	TERM 3A	TERM 3B
YEAR 10	KNOWLEDGE	<p>PSHE - Rights and Responsibilities -</p> <p>01 - Social media generation + targeted advertising</p> <p>02 - Rights and responsibilities + consumer rights</p> <p>03 - Employment rights + Payslips</p> <p>04 - What is marriage</p>	<p>PSHE - Violence, Crimes unit</p> <p>01 - Honour Based Violence & Forced Marriage</p> <p>02 - Online Gaming & Social Media Validation</p> <p>03 - Modern-Day Slavery & Keeping Your Data Safe</p>	<p>PSHE - Mental Health and Wellbeing unit</p> <p>01 - Child Sexual Abuse & Screen Time</p> <p>02 - Mental Health Illnesses & Self-Harm</p> <p>03 - Suicide & Promoting Emotional Wellbeing</p>	<p>CITIZENSHIP - Exploring British Values unit</p> <p>01 - Hate Crimes & British Values</p> <p>02 - Mutual Respect & Individual Liberty</p> <p>03 - Human Rights & Democracy Explored</p>	<p>CITIZENSHIP - Exploring World Issues unit</p> <p>01 - International Organisations & International Conflict</p> <p>02 - Human Rights & Aid</p> <p>03 - Striking and Trade Unionism & Women's Rights</p> <p>04 - Fair Trade and Free Trade</p>	<p>RSHE - Risk, Relationships & Sex Education unit</p> <p>01 - The role of Intimacy & The Impact of pornography - Pressure + persuasion</p> <p>02 - Managing Relationship Conflict & Relationship Abuse</p> <p>Year 10 work experience placement</p>
	SKILLS	<p>Digital Literacy: Understanding online risks and targeted ads.</p>	<p>Violence Awareness: Recognizing harmful</p>	<p>Mental Health Awareness: Recognizing signs</p>	<p>Social Responsibility: Promoting</p>	<p>Global Awareness: Understanding international</p>	<p>Intimacy & Consent: Understanding</p>

		<p>Consumer Rights: Recognizing rights in consumer transactions.</p> <p>Workplace Awareness: Understanding employment rights and payslips.</p> <p>Marriage Values: Exploring commitments and values in marriage.</p>	<p>behaviours like forced marriage.</p> <p>Online Safety: Managing risks in online gaming and social media.</p> <p>Human Trafficking: Understanding modern slavery and data protection.</p> <p>Respect: Promoting healthy relationships and addressing harassment.</p>	<p>of mental illness and self-harm.</p> <p>Emotional Support: Knowing when to seek help.</p> <p>Suicide Prevention: Identifying warning signs and supporting others.</p> <p>Wellbeing: Promoting emotional health and managing screen time.</p>	<p>tolerance, respect, and equality.</p> <p>Legal Rights: Upholding human rights and democracy.</p> <p>Active Citizenship: Participating in civic duties.</p> <p>Hate Crime Awareness: Addressing and preventing hate crimes.</p>	<p>conflicts and human rights.</p> <p>Human Rights: Supporting global rights and humanitarian aid.</p> <p>Labour Rights: Recognizing the importance of unionism and women's rights.</p> <p>Fair Trade: Promoting ethical and sustainable trade.</p>	<p>intimacy, pressure, and consent.</p> <p>Conflict Management: Recognizing abuse and resolving relationship conflicts.</p> <p>Healthy Relationships: Building respectful, safe relationships.</p> <p>Sexual Health: Promoting sexual health awareness</p>
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