

# The Springfield Centre 2023 Planning

# Subject: Personal Development

## CYCLE 1

Week	1	2	3	4	5	6	7	8	9	10	11	12
	RSE											Firs
Unit of work / topic	Relationships	Relationships	Healthy Relationships	Healthy Relationships	LGBTQ	Contraception	STIs	Consent	Pregnancy	Relationships and marriage	Parenting	Hazards in the home / work/ school
Learning intentions	Into lesson for SRE, ground rules, prior knowledge check	The ideal partner, stereotypes	What are healthy relationships?	Healthy relationships versus domestic abuse, FGM and honour based violence.	LGBTQ awareness	Contraception, Spectrum services, guest speaker	STIs, Spectrum services, guest speaker	Consent and choosing when to have sex	Pregnancy, abortion			
Assessments and DIRT	Send out letters to parents SRE	Send out letters to parents SRE										
RSE fundamentals	RSE: Respectful relationships, including friendships • the characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.	RSE: Respectful relationships, including friendships • practical steps they can take in a range of different contexts to improve or support respectful relationships. • how stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).	Respectful relationships, including friendships • that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs. • about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying	Respectful relationships, including friendships • that some types of behaviour within relationships are criminal, including violent behaviour and coercive control. • what constitutes sexual harassment and sexual violence and why these are always unacceptable. Being safe • the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage,	Respectful relationships, including friendships • the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.	Intimate and sexual relationships, including sexual health • the facts about the full range of contraceptive choices, efficacy and options available. • that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.	Intimate and sexual relationships, including sexual health • how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing. • about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment. • how the use of	Intimate and sexual relationships, including sexual health • how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship. • that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not	Intimate and sexual relationships, including sexual health • the facts around pregnancy including miscarriage. • that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help). • the facts about reproductive health, including fertility, and the potential impact of	Families • that there are different types of committed, stable relationships. • how these relationships might contribute to human happiness and their importance for bringing up children. • what marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony. • why marriage is an important	Families • the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. • how to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.	

Intimate and sexual relationships, including sexual health • how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testi

## CYCLE 2

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W/C	Digital Safety (Digital Skills Achieve Unit)					Substance Abuse						
Unit of work / topic	Digital Safety	Digital Safety	CSE	Online behaviour	Digital Tools	Digital Skills	Alcohol	Smoking	Illegal Drugs	Illegal Drugs	Law Surrounding Drugs	Substance Abuse
Learning intentions	Achieve 1.1, 1.2 and 1.3 Intro to e safety, protecting against online threats and using secure passwords	Send us a pic lessons x2	Send us a pic lesson 3/CSE, Exposed lesson/film	Achieve 2.1 and 2.2 Positive and negative online behaviour	Achieve 3.1 and 3.2 Understanding digital tools	Achieve 4.1, 4.2 and 4.3 Developing digital skills	Intro into legal / illegal drugs. What are they?	Risky behaviour around alcohol, law around alcohol, what to do if it all goes wrong. recap/test, movies x2Effects of alcohol	Effects of smoking, social illegal drugs, loan drug box from Spectrum Services	Illegal drugs, cannabis, heroin, cocaine, LSD etc, synthetic drugs and solvents	Effects of drug use (short and long term)	Laws surrounding drugs



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First Aid

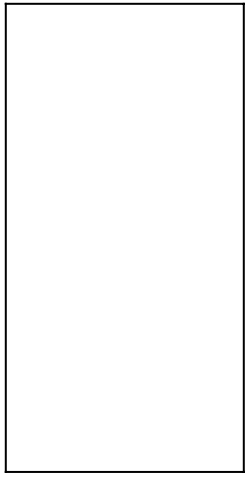
Basic First Aid

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Substance Abuse

Where to go for support for yourselves and how to support others.



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Healthy Action Plan

Produce an action plan for yourself to make your lifestyle healthier, to include what you eat, drink, exercise and any risks you take

