

| | |
|-----------------|---|
| OVERVIEW | <p>The Lowry Academy intends to offer a high-quality and inclusive PSHE curriculum. We offer an inclusive curriculum that is centred around the three themes of Living in the Wider World, Health and Wellbeing and Relationships.</p> <p>In Year 8 students build on the knowledge and skills from Year 7, and have the opportunity to learn about financial education, including budgeting and saving. Health and Wellbeing again covered physical health, including the consequences of smoking and vaping, along mental wellbeing, including self-awareness and mindfulness. Students also progress in the relationship theme by exploring consent, contraception and STIs.</p> |
| AUTUMN | <p>Living in the wider world Budgeting and saving, Income and expenditure, Tax and national insurance</p> <p>This unit covers financial education and helps students develop their financial literacy.</p> <p>Health and Wellbeing Personal safety and First Aid, Vaping, Nicotine and addiction. Cancer awareness.</p> <p>This unit looks at the physical consequences of smoking, how to administer first aid, and cancer awareness.</p> |
| SPRING | <p>Relationships Male body image, Domestic conflict, Consent This unit builds on the relationship unit from Year 7 by looking at emotional affects of body image, and the issue of consent.</p> <p>Living in the wider world Prejudice/stereotypes – disabilities Prejudice/discrimination – religion Prejudice/discrimination – teens. This unit explores the issues of discrimination including, disability and religion</p> |
| SUMMER | <p>Health and wellbeing – Emotional literacy/self-awareness, Self confidence/goals, Mindfulness. This unit builds on the Year 7 introductory unit on mental health, and examines what is meant by mental wellbeing, including mindfulness.</p> <p>Relationships – Sexting, Contraception STI's This relationships unit build on skills and knowledge from Year 7 and year8 by examining the dangers of sexting and STIs along with knowledge of different types of contraception.</p> |

Useful resources for supporting your child at home

[\(53\) BBC Teach - YouTube](#) – BBC Teach YouTube Channel has lots of videos covering aspects of Mental Health and Wellbeing, Citizenship and Relationships