

OVERVIEW

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.

In Year 7 student have the opportunity to examine the world around them and how they fit into it by exploring what is meant by terms such as resilience and aspiration. Students are also taught about the different types of relationships and how to recognise safe relationships. Year 7 students are also taught about their health and wellbeing, including both physical and mental health.

AUTUMN

Living in the wider world

Resilience, Self-esteem, Aspiration, Wants and Needs

A study

An introductory unit that teaches students about the Lowry values and introduces PSHE as a subject.

Health and Wellbeing - Energy Drinks, Smoking/second hand smoke Drugs.

A unit that examines that consequences of bad lifestyle choices and the impact it has on their health.

SPRING

Relationships

Falling in love, Family relationships, Safe and positive relationships

This first relationships unit examines the different types of relationships that exist.

Living in the wider world

Prejudice and Racism , Personal identity -British values, Radicalism/extremism

This unit examines how racism and extremism affect society.

SUMMER

Health and wellbeing

Introduction to mental health- depression, Healthy living, Eating responsibly.

This unit introduces mental health and explores how students need to take care of both their physical and mental wellbeing

Relationships

Puberty, Periods, FGM

The second relationship unit explores the emotional side of puberty and raises awareness amongst students of FGM.

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