



St Benedict's Catholic School

The Catholic Secondary School for West Suffolk

PSHE & Citizenship Curriculum Guide

Year 11

Autumn Taught Content

- Risk aware = Discussing how to assess the best thing to do in a risky situation.
- Feel loved = Knowing some of the characteristics of unhealthy relationships and reflecting on what makes you feel loved.
- Mental health = Strategies which can encourage positive mental health.
- Democracy = Knowing how democracy is evident in the UK.
- Being happy with who you are = Reflecting on who you can be happy with who you are.
- Accepting people for who they are = Knowing the importance of treating people with respect.
- Don't hate = Knowing what counts as a hate crime according to UK Law.
- Getting a job = Looking at the job application process.

Spring Taught Content

- Avoiding financial disaster = Learning about where to get help with money from and how to have a positive attitude towards it.
- Managing debt = Understanding how loans work.
- To borrow or not to borrow? = Learning about some of the dangers of debt.
- Abiding by the Law = Discussing how to know if something is the right thing to do or not.
- The Law and ... = Knowing what the Law says about key issues.

Summer Taught Content

- Gang culture = Knowing some of the dangers of being linked to a gang.

Assessment

At the end of each lesson students will complete a self-assessment activity to show how much they have learnt.

Homework Expectations

No formal homework tasks will be set but students are always encouraged to continue their learning beyond each lesson e.g. by sharing what they have learnt with others and looking out for when related issues are in the news.

Reading List

Books:

Blame my brain, The amazing teenage brain revealed, Nicola Morgan

Clap when you land, Elizabeth Acevedo

The sun is also a star, Nicola Yoon

Positively teenage, a positively brilliant guide to teenage wellbeing, Nicola Morgan

'Issues' titles – Subscription available from the LRC

Websites:

National news: www.bbc.co.uk

Local news: www.eadt.co.uk

Children's news: <https://www.bbc.co.uk/newsround>

Extra and Super Curricular Opportunities

Students are encouraged to take part in the extra-curricular activities which are offered across the school. Students are made aware of specific PSHE & Citizenship opportunities as they arise e.g. to enter related competitions or take part in mock elections.