

Toynbee Curriculum

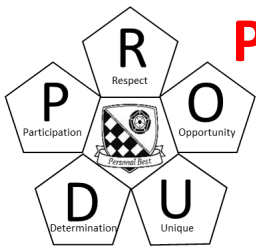
KS3 Knowledge Maps

PSHCE

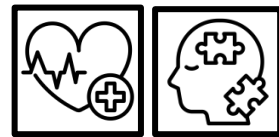
Personal Best

Toynbee School





PSHCE Knowledge Map – YEAR 7



HEALTH & WELL BEING



'Bullying -The **repetitive, intentional hurting** of one person or group by another person or group, where the relationship involves an **imbalance of power**. Bullying can be physical, verbal or psychological. It can happen face to face or online.'

The different roles involved in bullying

The target - The person at whom the bullying is aimed.

The ringleader ('Bully') - Initiating and leading the bullying

Outsider/Bystander(s) - Ignores any bullying and doesn't want to get involved.

Reinforcer(s) - Supports the bullying, might laugh or encourage other people to 'collude'

Assistant(s) - Actively involved in 'doing' the bullying.

Defender(s) - Stands up for someone being bullied. Knows that bullying is wrong and feels confident enough to do something about it. This might involve talking to an adult.

Trust and respect
All relationships require an element of trust, it is an essential part of bonding with others.

- Trust means sharing your thoughts and feelings.

A relationship without trust is at risk of disagreements, suspicion and ultimately, breaking apart.

- Respect is essential in all relationships - brother, sister, parents, friends or partner.
- So much of life is shared with our family, friends and eventually our partner that it's easy to show disrespect even when you think you're not.
- You might make fun of your friend or family member's attitudes or beliefs without realizing that you have hurt them.
- More seriously, you might treat them in a way that doesn't value them as a person.
- That attitude can lead to an abusive relationship.

PHYSICAL

Includes hitting, kicking, tripping, pushing or purposefully damaging other people's property.

Types of Bullying

VERBAL

Includes name-calling, threatening, teasing, saying nasty or rude things to someone.

PSYCHOLOGICAL

Includes spreading lies about someone, playing nasty jokes or excluding people

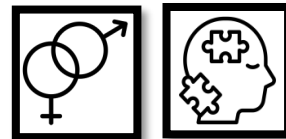
ONLINE

Includes hurtful comments / messages / posts, excluding on purpose, spreading nasty gossip and imitating others online.

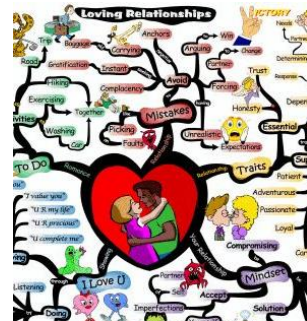
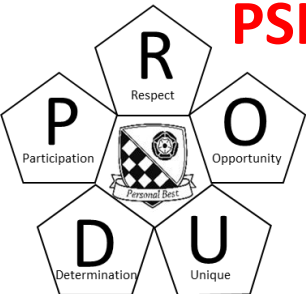
Top Tips

- Always look your best and dress smartly.
- Work hard and make a good first impression for all your teachers.
- Be positive.
- Always behave well.
- Don't worry about the size of the school – it will appear big at first but you will know your way around in about two weeks. If you get lost in the first few weeks just ask another student or teacher and they will help you find the room you are looking for.
- Speak to your form tutor or your Head of House if you are upset or worried; they are great and will help you.
- Enjoy your time at Glyn - it is amazing!
- Do your homework on the day that you get it – don't leave it to the last minute.
- Work hard from the start.
- Make a good impression from the start – work hard, have the right equipment, complete your homework on time and dress smart.
- Get to school by 8.20am at the latest so you are not late for your first lesson.
- Make new friends with the students from other schools, don't just stay with your Primary school friends.

PSHCE Knowledge Map – YEAR 7



HEALTHY RELATIONSHIPS



Define: Intimate Relationship A relationship which can include a sexual attraction and sexual activity. Boyfriend. Girlfriend, Married Couples

Define: Platonic Relationship A friendship or relationship where there is no romantic, intimate or sexual feelings. Friends and Colleagues.

Define: Toxic Relationship A relationship that has a negative impact on your mental health and self esteem.

Define: Familial Relationship A relationships with someone who has a blood, kinship or legal tie to you. Parents, Siblings etc

Being Safe →

- How to avoid danger & recognise the signs that something may be wrong.
- Develop empathy & kindness

What makes a good friend?

- Good friends make you feel. Good
- A good friend allows you to talk and doesn't interrupt you. They're interested in what you have to say.
- Good friends support each other. Good friends are trustworthy. If you tell a good friend something private, they won't share it. You can trust a good friend not to be judgmental. Good friends handle conflict respectfully and respect boundaries
- A good friend will tell you if you've done something to hurt them. If you tell a good friend they've hurt you, they'll be sorry and won't do it again. Friends not followers

Define: Hormones A chemical substance produced in the body that controls and regulates the activity of certain cells or organs

Define: Puberty The process of physical maturity in a person that takes place in adolescence

Define:

Menstruation Also known as a period. The process in a woman of discharging blood and other material from the lining of the uterus at intervals of about one lunar month from puberty until the menopause, except during pregnancy.



Who Can you turn to for help and Support Parents or trusted family members Teachers or school Staff Your Doctor or Practice Nurse School Nurse
NSPCC Helpline: 0808 800 5000 (24 hours, every day)
Childline Helpline: 0800 1111(24 hours, every day)

Physical Changes during Puberty

Boys only

- Starts between 10 and 12 years of age
- Facial Hair
- Voice Breaking
- Erections
- Wet Dreams
- Widening of chest and Shoulders

Girls Only

- Starts between 9 and 11 years of age.
- Menstruation / Periods begin
- Breast growth
- Stretch Marks
- Cellulite
- Hips widen
- Both
- Grow taller
- Sweat more
- Changes to hair and skin
- Spots and Pimples

Things to Remember

- Puberty begins at different times for different people.
- Changes will happen at different rates and in a different order for different people,
- Everyone goes through puberty, you are not alone.
- Good diet and exercise can help deal with some of the physical changes
- Puberty is normal despite feeling very abnormal

Mood seems to change a lot

Can feel teary or angry for no reason

Feeling intense emotions

Confusion about maturity

Sexual feelings may begin

Changes during puberty

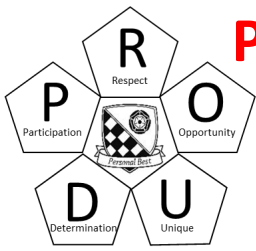


'Consent is agreement by choice made by someone with the freedom and capacity to consent.'

the choice must be made without pressure



the person must be able to make the choice, e.g. be old enough, and in a clear state of mind



PSHCE Knowledge Map – YEAR 7

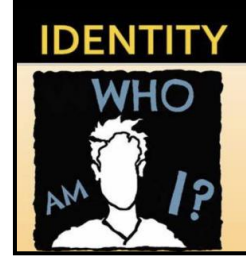
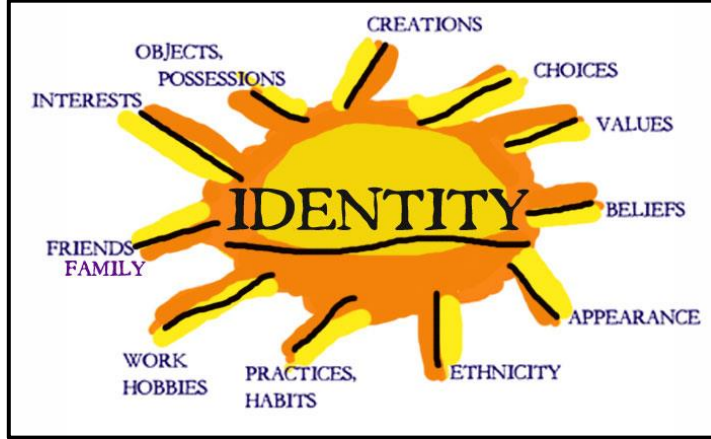


LIVING IN THE WIDER WORLD

Identity is made up of a variety of constructs including where we live, what country we are from, what activities we do and how we act as an individual.

National identity:

Representations of National identity are reinforced and embedded in our culture



DEMOCRACY

Democracy This means everyone has a say in the decision-making process.

The government is held to account by its citizens

The Rule of Law No matter who you are, you must obey the law., This is essential to creating a society that has order and basic fairness.

Individual Liberty Individuals all have basic freedoms that no-one can take away. These include freedom of speech, freedom of worship.

KEY WORDS

STEREOTYPING

A generalised and simplistic idea of a group of people which is usually negative

e.g. old people moan

PREJUDICE

Believing some people are inferior or superior without even knowing them

e.g. if you are rich you are a snob

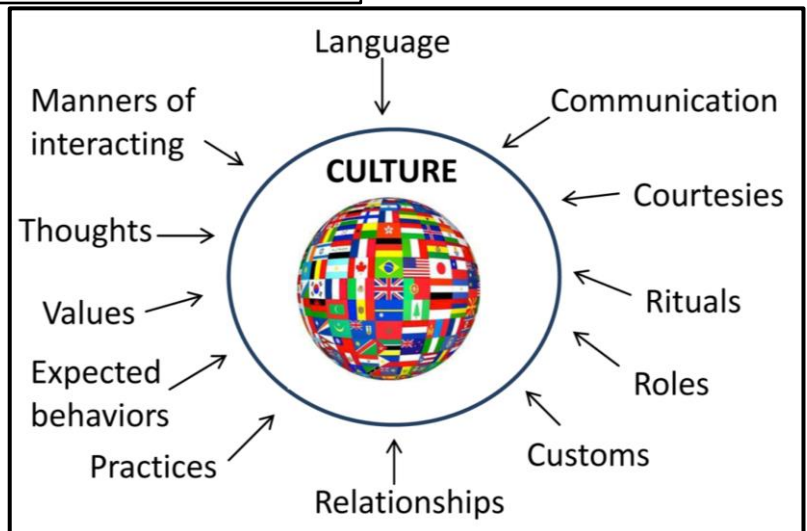
DISCRIMINATION

To act on the basis of prejudice

e.g. to dislike someone because of their religion



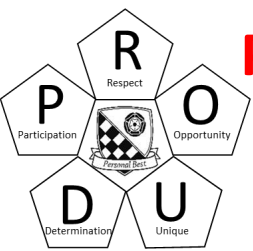
Culture is a pattern of behavior shared by a society, or group of people. Many different things make up a society's culture. These things include food, language, clothing, tools, music, arts, customs, beliefs, and religion. The term *ethnicity* may be used to describe the cultural background of a person. An ethnic group is made up of people who share the same ethnicity.



PSHCE Knowledge Map – YEAR 8



HEALTH & WELL BEING



Define: **Hygiene**

Conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.

Define: **Body Odour**

The unpleasant smell of a person's unwashed body.

Define: **Halitosis**

Medical term for bad breath

Define: **Oral Hygiene**

The practice of keeping one's **mouth** clean and free of disease and other problems

Define: **Puberty**

The process of physical maturity in a person that takes place in

Impacts of poor Nutrition

Short term:

- stress,
- tiredness
- limit capacity to work,

Long term it can contribute to the risk of developing some illnesses and other health problems such as:

- being overweight or obese
- tooth decay
- high blood pressure
- high cholesterol
- heart disease and stroke
- type-2 diabetes
- osteoporosis
- some cancers
- depression
- eating disorders.

Face

During and after puberty people can be more prone to spots and acne. This can be managed through the use of daily face washes. Exfoliants should be used twice weekly in order to remove dead skin cells.

Oral Care

Brushing teeth twice a day, flossing and using a mouth wash can prevent bad breath and dental issues. Regular visits to the dentist are also important

Body Odour

Due to puberty, sweat glands not only become more active than before, they also begin to secrete different chemicals into the sweat that has a stronger smelling odor. Daily bathing and the use of anti-perspirant or deodorant. Anti perspirant's will reduce the amount of sweat you produce whereas deodorants cover the smell and odour.

Genital Hygiene

Women:
The inside of the vagina rarely needs cleaning with the use of soap. It has a natural balance of substances that can become disturbed by washing causing any bacteria that enter to have the potential of developing into an infection. The labia should only need cleaning once a day using a mild soap and water. The area should also be cleaned following sexual intercourse. Over cleaning of the genital area can be harmful and lead to infections such as thrush

Hair

Puberty causes the oil glands in the hair to produce more oil which can make hair more oily meaning that it needs to be washed more regularly.

Body Hair

Body hair in new places is something you can count on. You may want to start shaving some places where body hair grows, but whether you do is up to you. Some guys who grow facial hair like to let it develop into a mustache and beard. Some girls may decide to leave the hair on their legs and under their arms as is. It's all up to you and what you feel comfortable with.

Consequences of Sleep Deprivation

- Emotional Affects • Irritability • Mood Swings
- Fatigue / Tiredness • Lack of Motivation
- Depression • Physical Affects • Lower Immune system • Disrupt hormone regulation • Higher risk of type 2 diabetes
- Cognitive effects • Forgetfulness • Clumsiness • Difficulty focusing

Define: **Insomnia**

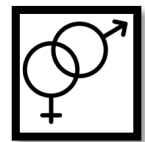
Trouble falling asleep or may wake up frequently during the night or early in the morning. Acute Insomnia is when this occurs infrequently. Chronic is when it occurs regularly.



Ways to promote positive body image

- Accept Your Body.
- Remember Nobody's perfect.
- Don't body-shame yourself.
- Build a better habits.
- Like Your Body - Find things to like about your looks.
- Take Care of Your Body
- Eat healthy foods.
- Get a good nights sleep.
- Be active every day.
- Keep to a healthy weight.

PSHCE Knowledge Map – YEAR 8



HEALTHY RELATIONSHIPS

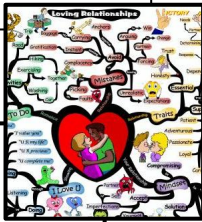
Consent is:	
1	Freely given. It's not okay to pressure, trick, or threaten someone into saying yes.
2	Reversible. It's okay to say yes and then change your mind — at any time!
3	Informed. You can only consent to something if you have all the facts.
4	Enthusiastic. You should do stuff you WANT to do, not things people expect you to do. If someone doesn't seem enthusiastic stop and check in.
5	Specific. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you're saying yes to other things (like having sex).

Define: Toxic Relationship A relationship that has a negative impact on your mental health and self-esteem.

Define: Familial Relationship A relationships with someone who has a blood, kinship or legal tie to you. Parents, Siblings etc

Technology & Relationships →

- Understand the impact of porn & healthy relationships
- How to access support online
- What is illegal & illegal – Laws that affect teenagers.



What to do if you are in a toxic friendship •

Remember: the problem isn't you: Hold on to that thought. Their behaviour might make you feel bad, but they need to change, not you. • Talk to them about how their behaviour makes you feel: Explain calmly and without accusation. Be specific, Tell them what you'd like to happen moving forward. Their response will tell you a lot, sometimes our behaviour hurts others without us realising. • If they apologise, give them another chance: If they mean it, they'll change their behaviour and stop making you feel bad. However, sometimes frenemies might apologise insincerely, and their behaviour afterwards won't change. If they're still making you feel bad despite what you've told them, it's time to move on. • Make new friends: Moving on can be scary, but you deserve people in your life who support you and make you feel good about yourself. See our guide to making new friends for help. • Don't retaliate: It can be tempting to encourage others to exclude your former frenemy, or to put them down behind their back. Don't do this: you're only showing the same behaviour you found difficult in them

10 signs of Healthy Relationships →

- You respect each other. ...
- .You trust one another. ...
- You communicate well as a couple. ...
- .You're both committed to the relationship. ...
- You're kind to each other. ...
- You enjoy each other's company. ...
- .You support each other's goals. ...
- .You make decisions together.



Define: Sexuality

A persons sexual preference or orientation. Who they are attracted to.

Define: Biological Sex

The physical anatomy and gendered hormones one is born with.

Define: Coercion

The action or practice of persuading someone to do something they wouldn't normally do or something they don't want to do by using force or threats.

Define: Affirmative Consent

Consent is only given when a person agrees verbally to engage in sexual activities including penetrative and oral sex.

Define: -A person who is a minor

A person who is under the age of 18 and legally considered a child.

PSHCE Knowledge Map – YEAR 8



LIVING IN THE WIDER WORLD

Definition

• In the words of Abraham Lincoln, "Democracy is government of the people, by the people and for the people."



KEY WORDS

- Canvassing** Persuading others to vote for you
- Constituency** The area represented by an MP
- Constituents** The people in a constituency that an MP represents
- General election** An election for a new government
- Prime Minister** Leader of government (majority party)
- Opposition** Political parties that are not in power
- Act of Parliament** Law passed by government
- Freedom of speech** Human Right allowing for people to state their opinion
- Freedom of thought** Human Right allowing for people to be free to think what they like
- Human Right Things** that all humans should legally or morally have.

Parliament is made up of three parts: the House of Commons, the House of Lords and the king or queen – known as the Monarch.

The **House of Commons** is made up of Members of Parliament (MPs). MPs are elected to represent our views in the House of Commons.

In the **House of Lords**, members are appointed from inside and outside of Parliament, based on their special experience and knowledge, to check and challenge the work of the Government.

The **role of the Monarch** is mainly ceremonial these days. The Monarch meets the **Prime Minister** once a week to hear what's going on in Parliament, signs new laws (gives Royal Assent) and attends the State Opening of Parliament.

Dictatorship

Form of government.

A dictatorship is an authoritarian form of government, characterized by a single leader or group of leaders with either no party or a weak party, little mass mobilization, and limited political pluralism.



Totalitarianism

a form of rule in which the government attempts to maintain 'total' control over society, including all aspects of the public and private lives of its citizens



Key words

Sharing nudes

Pressure

Coercion

Consent

Social norms

Attitudes

Expectations

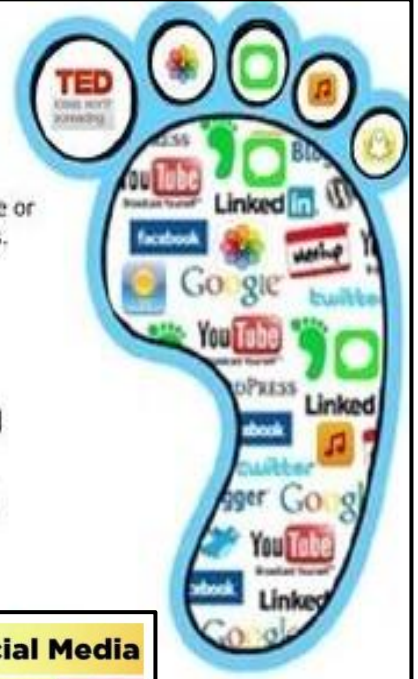
IDENTITY



Your Digital Footprint

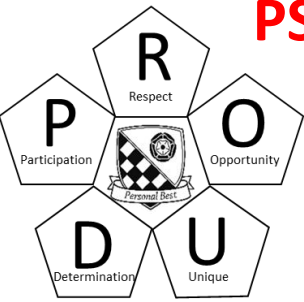
A digital footprint is the trail of information that people leave online or using other communication devices.

- favorite apps
- websites visited
- messages sent
- videos downloaded
- pictures uploaded
- music downloaded
- games played
- comments posted



Age Restrictions On Social Media

13 Twitter Facebook Instagram Pinterest Google+ Tumblr Reddit Snapchat	14 LinkedIn	16 WhatsApp	17 Vine Tinder	18 Path	18 (13 with parents consent) YouTube Keek Foursquare WeChat Kik Flickr
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HEALTH & WELL BEING

Consequences of having a drug conviction

Employment Having a criminal record for a drug conviction can prevent you from getting jobs in certain fields such as education, working with vulnerable adults, Health professions and legal professions

Travel A conviction for a drug offence can prevent travel to certain countries such as the USA and Australia

Education A criminal record may stop you from enrolling on a course at the university of your choice, as many universities will ask you to declare any criminal convictions on your application and consider this separately from your academic achievements. The nature of the offence, the time that has elapsed since the offence was committed and the potential impact on fellow students and staff will all be considered. Some universities and educational facilities will refuse applications on the grounds of the crime committed

Drug	Analgesic	Hallucinogen	Stimulant	Depressant
Caffeine			✓	
Cocaine			✓	✓
Heroin	✓			✓
Cannabis		✓		✓
Crack Cocaine			✓	
Amphetamines		✓	✓	
Ecstasy			✓	
Alcohol				✓
Inhalants		✓	✓	
Tobacco				✓
LSD		✓		
Magic Mushrooms		✓		
Steroids	✓			

Define: Drug - Drugs are chemicals that alter, block, or mimic chemical reactions in the brain. This causes alterations of the body's normal process's causing physical or mental changes.

Mental and Emotional Withdrawal Symptoms

Anxiety - Anxiety, panic attacks, restlessness,

Depression - Social isolation, lack of enjoyment, fatigue, poor

Sleep: Insomnia - Difficulty falling asleep or staying asleep

Cognitive - Poor concentration, poor memory

Class	Examples	Sentence for Possession	Sentence for Dealing
Class A	Ecstasy, LSD, heroin, cocaine, crack, magic mushrooms, amphetamines (if prepared for injection).	Up to seven years in prison or an unlimited fine or both.	Up to life in prison or an unlimited fine or both.
Class B	Amphetamines, Methylphenidate (Ritalin),	Up to five years in prison or an unlimited fine or both.	Up to 14 years in prison or an unlimited fine or both.
Class C	Tranquilizers, Cannabis, some painkillers, Gamma hydroxybutyrate (GHB), Ketamine.	Up to two years in prison or an unlimited fine or both.	Up to 14 years in prison or an unlimited fine or both.
Temporary Class	The government can ban new drugs for 1 year under a 'temporary banning order' while they decide how the drugs should be classified.	None, but police can take away a suspected temporary class drug	Up to 14 years in prison, an unlimited fine or both

These are the maximum sentences that could be imposed but there are a number of factors which will determine the sentence given if someone is charged and convicted of a drug offence. In most cases a first-time possession offence will lead to a caution and confiscation. A caution is not a criminal conviction, but it could be used as evidence of bad character if you go to court for another crime.

Define: Addiction The feeling of needing a drug in order to get through the day

Define: Withdrawal a predictable group of signs and symptoms that result from either the sudden removal of, or abrupt decrease in the regular dosage of a drug.



Define: Rehabilitation Drug users are sent to specialist clinics to help them break their addiction and often the causes of it as well.

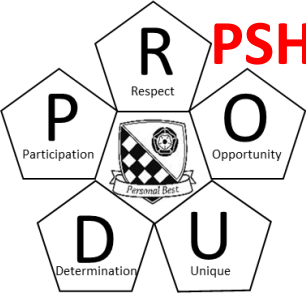
Define: Possession Being caught with a small amount of drugs that could reasonably be used by one person

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PSHCE Knowledge Map – YEAR 9



HEALTHY RELATIONSHIPS

Signs of Abuse

Physical	Emotional	Social
<p>Unexplained and an increase in Injuries such as:</p> <ul style="list-style-type: none"> Black eyes Busted lips Red or purple marks on the neck Sprained wrists Bruises on the arms <p>It's also common for someone to try to cover up the physical signs with clothing. For example:</p> <ul style="list-style-type: none"> Wearing long sleeves or scarves in the hot summer. Wearing heavier than normal makeup Wearing sunglasses inside 	<p>Domestic abuse, of course, can take a serious emotional toll, creating a sense of helplessness, hopelessness, or despair.</p> <p>Other emotional signs of abuse include:</p> <ul style="list-style-type: none"> Low self-esteem Extremely apologetic or meek Seeming fearful Changes in sleep habits Agitation, anxiety, or constant apprehension Developing a drug or alcohol problem Symptoms of depression Loss of interest in daily activities Talking about or attempting suicide 	<p>If you notice that someone who was once outgoing and cheerful has gradually become quiet and withdrawn, it could be a sign of domestic abuse.</p> <p>You may notice that the person:</p> <ul style="list-style-type: none"> Is reserved and distant Drops out of activities they would usually enjoy. Cancels appointments or meetings with you at the last minute. Is often late to work or other appointments. Exhibits excessive privacy concerning their personal life or the person with whom they're in a relationship. Begins isolating themselves by cutting off contacts with friends and family members

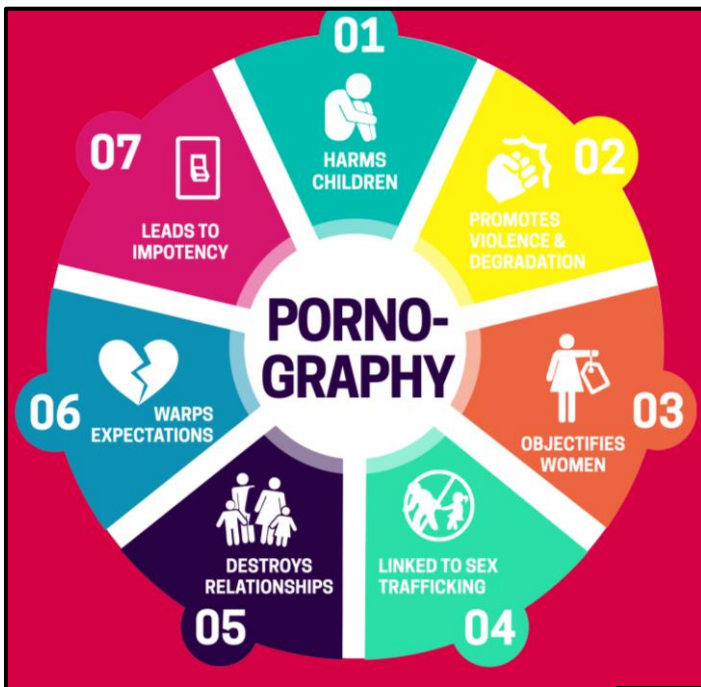
Consent is:

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2	Reversible. It's okay to say yes and then change your mind — at any time!
3	Informed. You can only consent to something if you have all the facts.
4	Enthusiastic. You should do stuff you WANT to do, not things people expect you to do. If someone doesn't seem enthusiastic stop and check in.
5	Specific. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you're saying yes to other things (like having sex).

Key words

Freedom, capacity, consent, pressure, manipulation

Harassment, coercion, respect, delay, intimacy, sex



When can consent not be given?

1	When a person is drunk or high, to the point that they are unable to speak or look after themselves.
2	Asleep or Passed Out – if they are not conscious they are unable to agree to any sexual activity. If someone passes out whilst engaging in sexual activity – STOP!
3	They are Underage – Legally a person under the age of 16 cannot give consent to any sexual activity.
4	Mental disability or learning difficulties which mean they are unable to fully understand what they are consenting to.

Define:
Coercion

The action or practice of persuading someone to do something they wouldn't normally do or something they don't want to do by using force or threats.

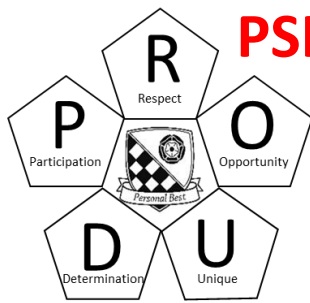
Define:
A person who is a minor

A person who is under the age of 18 and legally considered a child.

Define:
Affirmative Consent

Consent is only given when a person agrees verbally to engage in sexual activities including penetrative and oral sex.

PSHCE Knowledge Map – YEAR 9



LIVING IN THE WIDER WORLD

start

Values: things we believe in and place importance on.

Core values: the values we think are most important. They help to shape how we behave and what we think is right or wrong. Internal values: things that are important to us that you can't see – for example honesty, kindness and equality.

External values: things that are important to us that you can see – for example success, wealth and beauty

How violent extremism differs from legitimate protest and dissent

Passive bystander: someone who chooses, for whatever reason, to ignore the bad thing or do nothing about it.

Positive bystander: someone who does something to try and improve the situation. Other names you might hear for this are being an 'active bystander' or an 'ally'.

Extremism and terrorism :

Terrorism is an action or threat designed to influence the government or intimidate the public. Its purpose is to advance a political, religious or ideological cause. The current UK definition of terrorism is given in the Terrorism Act (2006). In the UK we define terrorism as a violent act that: • Endangers a person's life, other than that of the person committing the action • Involves serious violence against a person

Active citizen: A person who actively takes responsibility, becomes involved in areas of public concern and tries to make a difference.

British values: A set of standards which reflect the ideals of the British society. Equal opportunities: Allowing all people to access the same opportunities, regardless of ability, religion, age, ethnicity, gender or sexual orientation. Human rights: Basics rights and freedoms which all people are entitled to.

Multiculturalism: The co-existence of different ethnicities, cultures or religions Rights: A right is something we are entitled to.

UN (United Nations): An international organisation comprising of most countries in the world which aims to promote peace, security and international cooperation. The UK is a permanent member of the security council with the ability to veto any decision.

Age of criminal responsibility. 10-years-old

Age of criminal responsibility. The age of criminal responsibility in England, Wales and Northern Ireland is 10-years-old (Crime and Disorder Act 1998,

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