

# AROE CURRICULUM: PARENTAL COMMUNICATION CALENDAR

## \*AUTUMN HALF-TERM A

Content of the AROE curriculum is outlined in the table below for this half term. AROE lessons each cover statutory Relationships, Sex and Health Education (RSE & HE), underpinned by thematic themes from the PSHE association and our school's AROE ethos, in addition to elements of Citizenship, and RE in line with the British Values. At times it may be necessary for new content to be covered in addition to what is shown below at short notice, in such events we will inform you in writing should any of the content be of sensitive nature.

	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
RSE & HE Unit title and Over view	<b>Transition &amp; Safety (Health &amp; Wellbeing)</b> This unit will cover the transition to secondary school and personal safety in and outside school, including first aid.	<b>Drugs &amp; alcohol (Health &amp; Wellbeing)</b> This unit will cover alcohol and drug misuse and pressures relating to drug use.	<b>Peer Influence, Substance Use &amp; Gangs (Health &amp; Wellbeing)</b> This unit will cover healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation.	<b>Work Experience (Living in the Wider World)</b> This unit will cover preparation for and evaluation of work experience and readiness for work.	<b>Next Steps (Living in the Wider World)</b> This unit will cover the application processes, and skills for further education, employment and career progression.
Skills being covered (Please note that these are not taught in a specific order or as individual lessons)	<ul style="list-style-type: none"> <li>How to identify, express and manage emotions in a constructive way</li> <li>How to manage the challenges of moving to a new school</li> <li>How to establish and manage friendships</li> <li>How to improve study skills</li> <li>How to identify personal strengths and areas for development</li> <li>Personal safety strategies and travel safety e.g. road, rail and water</li> <li>How to respond in an emergency situation</li> <li>Basic first aid</li> </ul>	<ul style="list-style-type: none"> <li>Difference between medicinal and recreational drugs</li> <li>About the over-consumption of energy drinks</li> <li>About the relationships between habit and dependence</li> <li>How to use over the counter and prescription medications safely</li> <li>How to assess the risks of alcohol, tobacco, nicotine and e-cigarettes</li> <li>How to manage influences in relation to substance use</li> <li>How to recognise positive social norms and attitudes</li> <li>The meaning of county lines and what's involved</li> </ul>	<ul style="list-style-type: none"> <li>How to distinguish between healthy and unhealthy friendships</li> <li>How to assess risk and manage influences, including online</li> <li>About 'group think' and how it affects behaviour</li> <li>How to recognise passive, aggressive and assertive behaviour, and how to communicate effectively</li> <li>To manage risk in relation to gangs</li> <li>About the legal and physical risks of carrying a knife</li> <li>About positive social norms in relation to drug and alcohol use</li> <li>About the legal and health risks in relation to drug and alcohol use, including addiction and dependence</li> </ul>	<ul style="list-style-type: none"> <li>How to evaluate strengths and interests in relation to career development</li> <li>About opportunities in learning and work</li> <li>Strategies for overcoming challenges or adversity (Transferrable skills)</li> <li>About responsibilities in the workplace</li> <li>How to manage practical problems, and health &amp; safety</li> <li>How to maintain a positive personal presence online</li> <li>How to evaluate and build on the learning from work experience</li> <li>Opportunities &amp; where to find them</li> <li>Sourcing work experience placements</li> <li>How to write a CV &amp; a cover letter</li> <li>Interview preparation</li> </ul>	<ul style="list-style-type: none"> <li>How to use feedback constructively when planning for the future</li> <li>How to set and achieve SMART targets</li> <li>Effective revision techniques and strategies</li> <li>About options post-16 and career pathways</li> <li>About application processes, including writing CVs, personal statements and interview technique</li> <li>How to maximise employability, including managing online presence and taking opportunities to broaden experience</li> <li>About rights, responsibilities and challenges in relation to working part-time whilst studying</li> <li>How to manage work/life balance</li> </ul>
Relationships and Sex Education (RSE) Statutory Links (See policy)	2. Respectful relationships including friends (2.1, 2.2)	5. Intimate sexual relationships, including sexual health (5.4, 5.12) 6. The law (6.9, 6.11, 6.13)	1. Families (1.1, 1.7) 2. Respectful relationships including friends (2.2, 2.6) 3. Online & media ( 3.2, 3.4) 4. Being safe (4.1) 5. Intimate sexual relationships, including sexual health ( 5.4, 5.12) 6. The law (6.9, 6.11, 6.13)	2. Respectful relationships including friends (2.3, 2.8) 3. Online & media ( 3.1, 3.3)	3. Online & media ( 3.1)
Health Education (HE) Statutory Links (See Policy)	7. Mental wellbeing (7.5, 7.6) 8. Internet safety & harms (8.1) 13. Basic first aid (13.1, 13.2, 13.3)	11. Drugs, alcohol & tobacco (11.1, 11.2, 11.3, 11.4, 11.5, 11.6)	8. Internet safety & harms (8.2) 11. Drugs, alcohol & tobacco (11.1, 11.2, 11.3, 11.4, 11.5, 11.6)	8. Internet safety & harms (8.1)	
Citizenship Links				The different ways in which a citizen can contribute to the improvement of their community, to include the opportunity to participate actively in community volunteering, as well as other forms of responsible activity.  Income, expenditure, credit and debt, insurance, savings and pensions, financial products and services, and how public money is raised and spent.	
RE (British Values)	Places of worship & leaders (Christianity)	What is life like as a Hindu?	Judaism in Britain today	Leadership - Sikhism	Humanism - What is it?