

Curriculum Intent: RSE, PSHE & Citizenship

Purpose of Study and Aims

Citizenship

Citizenship education in Key Stage 3 and Key Stage 4 aims to help pupils relate to, understand and contribute to the communities they live in. It encourages pupils to take an interest in topical issues and to engage in discussion and debate.

Through Citizenship education it is hoped that pupils will:

- Increase the knowledge, skills and values relevant to the nature and practices of participative democracy.
- Gain a wider understanding of their rights and responsibilities needed for the development of active citizenship.
- Gain a developed understanding of the communities they live in.
- Have a stronger sense of how they can contribute to and how to make their views count in society.
- Develop respect for other people beyond their own culture and faith, especially to the protected characteristics set out in the 2010 Equality Act. ([Click here](#) to view poster).

PSHE

PSHE aims to equip pupils with the knowledge, skills and understanding they need to live healthy, safe and responsible lives. Lessons cover a range of relevant topics including lessons in citizenship, social skills, personal safety, life changes and achievements, physical, mental and sexual health, personal wellbeing and about their values and the values of others.

The aim is to educate students on these topics as well as giving them an understanding of how to responsibly challenge prejudice and discrimination and encourage students to reflect on their own relationships, attributes and contributions to the wider society. And to equip them to deal with a variety of personal situations and make informed choices now and in the future.

RELATIONSHIP AND SEX EDUCATION (RSE)

Al-Ashraf Secondary School believes that teaching RSE and RE is essential for students in the hope that they can learn how best to navigate through the complexities of interpersonal relationships. Relationships can be filled with challenges, with a variety of ups and downs being experienced throughout a person's lifetime.

At AASSG, we want pupils to develop positive strategies that will hopefully enable them to have, enter into and maintain happy, healthy and positive relationships from adolescence through to adulthood.

Through the RSE and RE curriculum, we hope that pupils can use the knowledge they acquire to make important decisions about their wellbeing, health and relationships.

We hope that pupils will feel better equipped to make sound decisions when facing risks, challenges and complex situations.

The topics covered in the RSE and RE curriculum can help pupils to know how and when to ask for help and access support.

AASSG believes that the evidence-based, age-appropriate teaching of RSE and RE can enable us to promote the spiritual, moral, social, cultural, mental and physical develop of pupils.

At AASSG, we have chosen to implement a curriculum specially designed by, The Association of Muslim Schools (AMS), a curriculum which is:

- Faith based with a clear Islamic narrative
- Has been checked thoroughly by renowned scholars
- In-line with statutory guidance
- Designed to be taught in a manner that parents agree with and feel confident that the content is being delivered in a sensitive manner

Curriculum Map

YEAR	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
7	<p>Introduction to Personal Development</p> <p>PSHE Diversity: Recognising we are all different and equal</p> <p>AMS RSE Families: Different types of stable relationships</p>	<p>PSHE Health & Wellbeing: Healthy Eating</p> <p>AMS RSE Families: Healthy & positive friendships.</p> <p>Odd Socks Day</p> <p>Citizenship Living in the wider world: Being good citizens & Charity</p> <p>Parliament Week</p>	<p>PSHE Health & Wellbeing: Mental wellbeing and selfcare.</p> <p>Mindfulness Exercises</p> <p>Recognise drugs and their effects</p>	<p>AMS RSE: Respect in relationships. Respectful relationships-To treat and be treated with respect</p> <p>AMS RSE: Impact of bullying.</p>	<p>PSHE Health & Wellbeing: Swimming lifeskills: programme</p> <p>AMS RSE Online & Media: Rights responsibilities & online opportunities</p> <p>PSHE Confidence & responsibility: Puberty and Personal hygiene</p>	<p>AMS RSE Online Media: How data is collected & shared</p> <p>PSHE Confidence & responsibility: Revision techniques & strategies. Mental wellbeing during exam week.</p> <p>AMS RSE Intimate and sexual relationships: Identifying & managing peer pressure</p>
8	<p>Introduction to Personal Development</p> <p>PSHE</p> <p><i>Health & Wellbeing:</i> Smoking, Vapes, Recreational Drugs and Alcohol. Spiking, Methanol Poisoning</p> <p>AMS RSE</p> <p>Forced Marriage</p> <p>Honour based Violence</p>	<p>AMS RSE</p> <p>CSE – Child Sexual Exploitation</p> <p>PSHE</p> <p><i>Diversity:</i></p> <p>Diversity, Culture & Personal Identity</p>	<p>AMS RSE</p> <p>E-Safety and social media</p> <p>PSHE</p> <p>Mental Health:</p> <p>Friendships & Bullying</p>	<p>AMS RSE</p> <p><i>Online & Media:</i> Digital footprint and how to remain safe</p> <p>Citizenship</p> <p><i>Living in the wider world:</i> The Police & You</p>	<p>Citizenship</p> <p><i>Living in the wider world:</i> Human Rights – Rights and Responsibilities</p> <p>The Monarchy</p> <p>AMS RSE</p> <p><i>Online & Media:</i> Cybercrime</p>	<p>AMS RSE</p> <p><i>Respectful relationships, including friendship:</i> Stereotypes and Tackling Discrimination</p> <p>PSHE</p> <p><i>Environmental issues:</i> Biodiversity: Protect all creatures. Our roles as humans and how to get involved</p>

9

AMS RSE

Respectful relationships, including friendship:

Abusive relationships and coercive control

AMS RSE

FGM

PSHE

Health & Wellbeing/Living in the wider world: County lines & drug trafficking (Keeping safe from exploitation, gangs and criminal activity)

PSHE

Living in the wider world: Understanding personal and Global responsibility as a citizen. Helping the needy/oppressed

AMS RSE

Online & Media: AI, Pornography, Consent + deep fakes superimposes

AMS RSE

Respectful relationships, including friendship:

Mental health
Mindfulness

Citizenship

Living in the wider world: Democracy and Voting

Citizenship

Living in the wider world: UK Parliamentary system

Citizenship

Environmental issues: A sustainable planet: Current environmental issues and human actions

PSHE

Confidence and responsibility: Understanding finances and Gambling

PSHE

Confidence and responsibility: Criminal responsibility, law and young offender

10

Introduction to Personal Development

AMS RSE

Families: Roles and responsibilities of parents and characteristics of successful parenting

Citizenship

Living in the wider world: Disability discrimination and The Equality Act (2010)

PSHE

AMS RSE

Respectful relationships, including friendship: Violent and criminal behaviour in relationships, including coercive control

PSHE

Living in the wider world: Moral values

Citizenship

Living in the wider world: Democracy

AMS RSE

Online and media: Criminal consequences of viewing and sharing indecent Images of children

PSHE

Living in the wider world:

Media and advertising

PSHE

Confidence and responsibility: Economic values

AMS RSE

Being safe: Concepts and laws regarding coercion and forced marriage

Citizenship

Environmental considerations: Marine conservation

PSHE

Confidence and responsibility: Internet safety- grooming

AMS RSE

Intimate and sexual relationships, incl. sexual health: Pregnancy facts including miscarriage and contraception

AMS RSE

Intimate and sexual relationships, incl. sexual health: Sexually transmitted diseases including HIV, AIDS, STI's and STD's, impact and treatment

	<i>Health & Wellbeing:</i> Self-esteem					
11	<p>Introduction to Personal Development</p> <p>PSHE</p> <p>Back to School worries</p> <p>AMS RSE</p> <p><i>Families:</i> Pregnancy Choices, Abortion and Adoption</p> <p>AMS RSE</p> <p><i>Respectful relationships:</i> Sexual Harassment</p>	<p>PSHE</p> <p><i>Health and Wellbeing:</i> Suicide and Suicide prevention</p> <p>Citizenship</p> <p><i>Respectful Relationships including friendships:</i></p> <p>Conflict Resolution</p>	<p>Citizenship/Careers</p> <p><i>Health and Wellbeing:</i></p> <p>Tax Facts</p> <p>Citizenship / RSE</p> <p><i>Living in the wider world:</i> Extremism and Radicalisation</p> <p>PSHE</p> <p><i>Health and Wellbeing:</i></p> <p>Exam stress and management</p> <p>Effective Revision techniques and strategies</p> <p>Citizenship/Careers</p> <p>The Justice System</p>	<p>AMS RSE</p> <p><i>Being Safe:</i> Sexual Exploitation and grooming</p> <p>AMS RSE</p> <p><i>Being Safe:</i> Concepts and laws relating to consent, sexual assault and rape</p> <p>Citizenship</p> <p><i>Living in the wider world:</i> The Justice System</p> <p>RSE/PSHE</p> <p>Incels and Radicalisation</p>	<p>RSE</p> <p><i>Intimate and Sexual Relationships, including sexual health:</i> Alcohol and drugs and their effects on risky sexual behaviour</p> <p>PSHE</p> <p><i>Health and Wellbeing:</i></p> <p>Mental Health – recognising problems and seeking support</p> <p>Keeping Healthy during the stressful exam period</p>	GCSE Exams