



# **ATHENA**

## **LEARNING TRUST**

**Character Curriculum Overview**

# Introduction to the Character Curriculum

## What is a Character Curriculum?

We approach our character curriculum with as much care as our subject curricula. Our character curriculum brings coherence to relationships and sex education, health, finance, careers, citizenship, reading, behaviour, assemblies, greeting, attendance, equipment, form, tutoring, enrichment, British values and spiritual, moral, social and cultural development.

**Wellbeing:** relationships, health, finance, careers, British citizenship.

**Difficulties:** mistakes, worries, frustrations, setbacks, criticism, loss, rejection, illness.

**Athena Values:** responsibility, kindness, dreaming big.

**British Values:** respect, liberty, democracy, tolerance, rule of law.

**Biographies:** life struggles - e.g. Anne Frank, Bronte, Douglass, Mandela, Ali, Rowling, Malala.

**Classics:** e.g. Oliver Twist, Jane Eyre, Brave New World, Lord of The Flies.

**Philosophy & Ethics:** Aristotle, Epictetus, Seneca, Marcus Aurelius on habit, difficulties and practice.

**Psychology:** Willingham, Haidt, Ericsson - on habits, revision, difficulties and practice.

**Practical Knowledge:** tricky, recurring scenarios in school and life.

**Personal Knowledge:** journalling for personal & moral development and self-awareness.

## Why are we teaching a Character Curriculum?

**Habits for life:** develop **lifelong habits** of success and fulfilment so every student leads a great life.

**Purpose:** bring **purpose** and clarity for students on why we do what we do.

## How will we teach Character?

**PSHE lessons** teach relationships and sex education, health, finance and citizenship.

**Careers lessons** offer personalised guidance on how to develop habits for success.

**Tutor reading** builds empathy and takes students to other times and places through stories and characters.

**Assemblies** draw from inspirational figures and invite individual reflection.

**Greeting** teaches about wellbeing, difficulties and explaining the why.

**Conversations** develop acceptance of what can't be changed and help prepare for next time.

**Experiences:** clubs, choir, orchestra, fixtures, trips, talks, demos, debates, plays, films, interviews, applications, tours, advice, mentoring.

## Where are a sample of our resources available to view?

We use Unifrog PSHE resources within our PSHE curriculum. Full details about the lesson pack can be found [here](#). Example lessons can be found [here](#).

# Y7 Curriculum

## Relationships, Family and Friends

Positive and healthy relationships

Managing conflict in relationships

Bullying and cyberbullying

## Health and Wellbeing

Personal Hygiene

Mental health: how can we develop good mental health?

## Safety

Staying safe online and protecting your digital footprint

First Aid: Basic treatment for common injuries

First Aid: CPR and defibrillators

FGM

## Citizenship

Democracy

Voting and elections

Political parties

Stereotypes, prejudice and discrimination - sex, gender and sexual orientation

Stereotypes, prejudice and discrimination - race, religion and disability

What is diversity?

## Careers & Education

Unifrog: personalised careers lessons on Unifrog platform

# Y8 Curriculum

## Relationships, Family and Friends

- Positive and healthy relationships
- Boundaries, privacy and consent in relationships
- Managing the ending of relationships
- Marriage and other legal long term relationships

## Health and Wellbeing

- Healthy eating & lifestyle
- Addictive substances: smoking & vaping
- Addictive substances: alcohol
- Body image and advertising

## Safety

- Media literacy: interpreting information on the internet
- Risks, harmful behaviour and content online
- Probability, Luck, Gambling and Gaming

## Citizenship

- Liberties in the UK
- Rules, laws, justice and the police
- Money: pay and payslips
- Equality and protected characteristics

## Careers & Education

- Unifrog: personalised careers lessons on Unifrog platform

# Y9 Curriculum

## Relationships, Family and Friends

The impact of relationships

Consent in intimate relationships

Practising safe sex

Sexual Health & Contraception

Coping with change, loss and grief including separation and divorce

## Health and Wellbeing

Addictive substances: legal and illegal drugs

## Safety

Sex and consent online

Forced marriage and honour based violence

## Citizenship

Public institutions & voluntary groups

Money: budgeting and managing risk

Recognising and preventing discrimination

## Careers & Education

Unifrog: personalised careers lessons on Unifrog platform

Choosing GCSE options

# Y10 Curriculum

## Relationships, Family and Friends

Respectful relationships: trust and intimacy

Spotting unhealthy and abusive relationships

Harassment and abuse

Body Image & Pornography

## Health and Wellbeing

Alcohol, drugs and risks

## Safety

Gangs: risks, consequences and getting out

Understanding and preventing extremism

## Citizenship

Challenging prejudice and discrimination

## Computing

Spreadsheets: basic skills and applying them to a project

The modern world of work, change enablers and cloud computing

## RE

Buddha

Buddhism

The Dalai Lama

## Careers & Education

Unifrog: personalised careers lessons on Unifrog platform

# Y11 Curriculum

## **Relationships, Family and Friends**

Navigating conflict in close relationships

Understanding your choices: pregnancy

Family and parenthood

## **Health and Wellbeing**

Illegal drugs and substance addiction: how to seek help

Mental health revisited

## **Safety**

Staying safe online: misinformation and extremism

## **Computing**

Media: planning and producing your digital media artefact

Media: pre-production and creating a multi page website

## **Careers & Education**

Unifrog: personalised careers lessons on Unifrog platform

# Y12 Curriculum

## Relationships, Family and Friends

Making choices about pregnancy and parenthood

Making choices about your sexual health

Recognising harassment and abuse

Respectful relationships: trust and intimacy

Respectful relationships: ending relationships

## Health and Wellbeing

Staying safe: alcohol and binge-drinking

Body enhancement

## Safety

Staying safe: exiting aggressive social situations

Staying safe: protecting your finances

Staying safe: dangerous and emergency situations

Staying safe: setting boundaries online

## Careers & Education

Unifrog: personalised careers lessons on Unifrog platform



# Y13 Curriculum

## Relationships, Family and Friends

Consent matters

Respectful relationships: meeting new people, values and differences

Understanding forced marriage

Understanding inclusion

## Health and Wellbeing

Mental health: accessing support

## Safety

Staying safe: recreational drugs

Staying safe: transport and travel

Leaving home: building a healthy lifestyle

Understanding online misinformation

## Citizenship

Financial choices: working and earning

## Careers & Education

Unifrog: personalised careers lessons on Unifrog platform

# Assemblies

## Health and Wellbeing

Kindness and Self-care  
Gratitude  
Worries, Stress & Resilience  
Sleep & Exercise  
Happiness  
Anger  
Loss and Grief  
Criticism  
Failure and setbacks  
Responsibility  
Menstruation  
Self examination and screening

## Relationships

Trusting and Respectful friendships  
Support within friendship & families  
Tolerance & Equality  
Bullying & cyber bullying  
Diversity  
Sexuality & Gender Identity

## Safety

Sexting  
Consent  
Peer Pressure  
Social Media

## **Citizenship**

Celebrating Diversity  
British Values  
Community  
Democracy  
Environment  
Volunteering  
Credit, debt, savings, pensions and services  
How public money is spent  
Power of government & parliament  
Local, regional and national governance  
Europe, the Commonwealth, the UN and the wider world  
UK legal system

## **Spirituality**

Eid  
Easter  
Christmas  
Diwali  
Holocaust Memorial Day  
Remembrance

## **Education**

School & Learning  
Attendance  
Uniform  
Revision  
Reading  
Taking responsibility: Homework  
Revision & Mock Exams  
Work Experience  
University