



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