

## PSHE

Across our two-week timetable cycle, students have one PSHE lesson in Year 7 and 10 and two PSHE lessons in Year 8 and 9. In Year 11 and the 6<sup>th</sup> form students also receive important PSHE and safeguarding reminders with age appropriate content. This content is delivered as part of the pastoral curriculum delivered throughout the year.

<b>Subject Overview</b>						
	<b>Autumn 1 Health and Well Being</b>	<b>Autumn 2 Living in the Wider World</b>	<b>Spring 1 Relationships and Sex Education</b>	<b>Spring 2 Health and Well Being</b>	<b>Summer 1 Relationships and Sex Education</b>	<b>Summer 2 Living in the Wider World</b>
<b>Year 7</b>	Introduction to PSHE; links to SMSC, British Values and Equalities Act 2010  Online safety awareness, safe behaviours and the law Where to get help and advice  Basic First Aid	How to be part of a community, active citizenship and improving our environment	Diversity of relationships & upholding British Values / the law against discrimination	Support through puberty and maintaining healthy lifestyles	Developing good friendships and resolving conflict How to build self-esteem and an introduction to managing teen relationships	Introduction to careers and different pathways for success Using Unifrog (careers platform) to explore interests, skills and suitable jobs / careers Safety over the summer
<b>Year 8</b>	Reminder -what is PSHE and how does it link to our lives?  Online safety – digital literacy, safe and respectful online behaviours, online gaming and how the internet can affect self esteem Where to get help and advice  Basic First Aid	Human Rights  Democracy, government and parliament	Celebrating multiculturalism, being an upstander against all forms of discrimination, gender stereotyping, LGBTQ+ and equality	Dangers of alcohol, drugs, vaping and smoking  Healthy Lifestyles and Mental Well being	Healthy and unhealthy friendships, introduction to consent and sexual harassment, laws surrounding this and intimate images, where to get help and advice	Careers Education - equality of opportunity in careers, pathways reminders, use of Unifrog platform  Economic education – financial literacy, bank accounts, savings and debt  Safety over the summer
<b>Year 9</b>	Reminder -what is PSHE and important safeguarding laws  Online safety - media reliability, online gambling, protecting against fraud or bring drawn into illegal activity Where to get help and advice  Basic First Aid	Crime and the legal consequences for the perpetrator and impact on victims.  The criminal justice system in the UK	Sex Education  Consent and the law  Reproductive health, contraception and STI's  How to deal with pressures and where to get help and support	GCSE Options preparation; pathways reminder, use of Unifrog  Economic Education – what is Economics and how does it impact me?	Healthy and unhealthy relationships including coercive control, sexual harassment and unrealistic expectations and assumptions  Honour based violence and forced marriage	Support for family challenges, managing well being and maintaining healthy lifestyles  Safety over the summer
<b>Year 10</b>	Reminder -what is PSHE and important safeguarding laws, online safety.  Coping with change Where to get help and advice	Active citizenship in modern Britain, British Values, Prevent	Sex Education  Reminders about consent, the law Where to get help and advice	Fertility, contraception and pregnancy choices	Careers Education – Employment Rights and using Unifrog platform	Careers Education - Work experience preparation and reflection  Safety over the summer

The five Pillars that underpin our PSHE teaching are:

- **Pillar 1:** Develop knowledge to identify challenges and risks and develop strategies to keep safe both offline and online.
- **Pillar 2:** Enhance personal development by building resilience and self-esteem to make informed choices.
- **Pillar 3:** Explore attitudes, uphold British Values and become active citizens.
- **Pillar 4:** Learn and develop skills and confidence to be successful in the next stage of education and beyond.
- **Pillar 5:** Develop knowledge and communication skills in order to make informed decisions, engage in constructive discussion and critical debate.

These five Pillars are designed to develop in our students wide-ranging knowledge and skills to help get themselves safe, support their own wellbeing and enhance their personal development.