

PSHE covers three core themes:

Health and Wellbeing

Living in the Wider World

Relationships and Sex Education (RSE)



- Across all key stages, lessons are thoughtfully designed to suit the developmental stage of students and are delivered by experienced teachers using a range of engaging methods, such as discussion, role-play, and written activities.
- We allow for some fluidity for these sessions to be able to accommodate topical issues that may arise.
- We also welcome guest speakers from professional organisations, such as The Samaritans, 'It Happens' and Brook to lead tailored, interactive sessions with our students on a range of current and relevant issues.
- Resources and planning are informed by the PSHE Association, Life Lessons and Brook
- We regularly assess students' understanding through self-evaluation and in-lesson quizzes, enabling us to quickly address any misconceptions.
- Anonymous student voice surveys are also used to ensure learners feel included in and comfortable with the curriculum. ther
- Throughout, we make sure students are clearly directed to appropriate sources of further support when needed.

What we study in Year 7

Transition into Senior School

Healthy Friendships

Risks and Safety Online

Physical and Mental Wellbeing

Body Awareness, Puberty and Period Positivity

Being an Active Bystander – Bullying

Basic First Aid

The Basics of Budgeting

Exam strategies / exam stress

Careers

First Aid

Signposting and Support

What we study in Year 8

Careers and Community: Enterprise Craft Fair

Families and Relationships

RSE Healthy Friendships

Intimate Relationships; Consent

Keeping safe online

Physical and Mental wellbeing

Exam strategies /Exam stress

Careers

First Aid

Signposting and Support

What we study in Year 9

Personal Safety – Drug and Alcohol and Substance Abuse

Physical Health- Healthy Eating, Sleep, Exercise, Puberty, Menstruation, Personal Hygiene

Community and Ethics - Fundamental British Values, Stereotypes Discrimination and the Protected Characteristics

RSE- Body Image, Healthy Relationships, Intimate relationships, staying safe online, FGM

Risks Online- Media Bias, Filter Bubbles, Fake News and AI, Extremism online, Cults, Online Scams and Gambling

Breaking up and Grief

Exam Strategies /Exam Stress/Mental Wellbeing

First Aid

Signposting and Support

What we study in Year 10

Cyber Security

Confident me: Appearance ideals

Media Literacy

First Aid

Finance: Saving, Spending and value, Borrowing, Money (Education, Work, Retirement), Risk and reward.

FGM

Child Forced Marriage

Online Safety- AI, Sextortion

Expressing Yourself: gender identity, sexuality.

Families, conflict, unhealthy relationships and respectful relationships, values

Consent and Communicating Intimacy,

Female and Male Anatomy, Contraception, Pregnancy, Parenthood, Fertility,

Breaking up, Grief

Harassment

Risks Online- Sexting, Pornography, Sextortion.

Personal safety.

Exam strategies /Exam Stress/Mental Health Strategies

Careers

Signposting and Support

What we study in Year 11

Identity- self-worth, stress, learning resilience.

Personal Health and Safety – vaping, alcohol, drugs

Female Safety: socialising and staying safe, staying safe at festivals, public transport, abroad

Female Health: Breast awareness, Cervical health, Periods and Endometriosis, contraception, sexual health

Controlling and abusive relationships

Gender norms, identities and stereotypes

Antisemitism and Islamophobia

Banter versus rude and hurtful behaviour

Dealing with rejection

Online risks: AI/pornography/sexting

Exam Strategies / coping with exams/Mental Health Strategies

Careers and Post-16 Options

Signposting and Support

What we study in Year 12

Study habits-Memory/learning, time management, note taking, plagiarism and referencing, essay writing

Physical Health and Wellbeing-self esteem and body image, sleep, healthy diet, exercise, risk and personal safety including festivals/holidays/gap year, first aid

Mental Health- challenges around poor mental health, signs and where to get support

Learning opportunities in the wider world-introduction to choices and pathways post 16-degree apprenticeships, careers, University applications

Relationships-values, prejudice and discrimination, making new friends, healthy and unhealthy relationships, toxic relationships and coercive control, pleasure/intimacy, forced marriage and honour based violence, harassment and stalking, consent, sexuality/gender, realities of sex, contraception, contraception and STI's, unintended pregnancy

Physical Health- Alcohol and drug use, including vaping, ketamine, the law on drugs, learn to live programme

Learning opportunities in the wider world-challenging online content, online presence and social media distortion, extremism and radicalisation online, personal privacy and online scams.

What we study in Year 13

Living in the Wider World-UCAS and University preparation, writing letters of application, Linkedin, CV's, interviews and MMS, student finance

Budgeting and student finance- salary deductions, savings options, pensions and ISA's, consumer rights, managing financial contracts, debt repayments and pay day loans

Health and wellbeing-female health: Cervical screening, Breast awareness, Meningitis/Freshers Flu, Registering and accessing medical services, Sun safety, Menstrual health-PCOS, Menopause, Miscarriage and Fertility, Gap year travel health and travel as a woman

Signposting and Support

How student's work is assessed in PSHE.

Student's work will be assessed through:

Self-assessment

Where the student reflects on their own learning, for example, assessing your level of knowledge before and after a topic is taught

Peer assessment

Role-play, discussion, oral feedback, groupwork

Teacher assessment

Discussion, observation, questioning, quizzes, oral/ written feedback

PSHE assessment is included in each pupil's school report and parents are able to speak to teachers at parents evening

[Assessment.docx](#)

