

PSHE

In each year group, we teach seven core PSHE units. These are: Respectful Relationships and Friendships; Families, Relationships and Human Happiness; Online Media; Internet Safety and Harms; Health and Prevention; Mental Health and Wellbeing; and Alcohol and Substances. This is supplemented by further Values Days, where students are taught: Healthy Lifestyles; First Aid; Being Safe; and Intimate Relationships.

Year 7	Respectful Relationships	Families, Relationships and Human Happiness	Online Media	Internet Safety and Harms	Health and Prevention	Mental Health and Wellbeing	Alcohol and Substances
What do we teach?	<p>Positive and Healthy Friendships.</p> <p>Respecting Difference Boundaries, privacy and consent.</p> <p>Conflict and reconciliation.</p> <p>Ending friendships / relationships.</p>	<p>Different kinds of committed, stable relationships.</p> <p>How stable, committed relationships contribute to human happiness.</p> <p>Positive relationships for raising children.</p> <p>Recognising different family types for raising children.</p> <p>Wider family relationships.</p>	<p>Opportunities Online.</p> <p>Digital Citizenship.</p> <p>Digital Footprint.</p> <p>Online Behaviour Rules.</p>	<p>Reality versus the online world.</p> <p>Unhealthy Comparisons.</p> <p>Social Media and reality.</p> <p>Understanding online information.</p>	<p>Personal Hygiene.</p> <p>Dental Care.</p> <p>The Immune System.</p> <p>Bacterial Infection and Antibiotic Resistance.</p>	<p>What is mental wellbeing.</p> <p>Why is connecting important.</p> <p>How does time spent online impact wellbeing.</p> <p>Our behaviour, thoughts and feelings.</p> <p>Dealing with grief.</p>	<p><i>We start delivering alcohol and substances in Year 8. This allotted time in Year 7 is used to teach puberty.</i></p> <p>Exploring puberty.</p> <p>The brain during puberty.</p> <p>Sexual Feelings.</p> <p>Hygiene.</p> <p>Menstrual Health.</p>
<p>In Year 7 there is one Value day, focusing on the theme of Healthy Lifestyles.</p> <p>Students are taught: <u>The principles of Healthy Eating, Keeping Physically active, benefits of a healthy lifestyle and physical activity and mental wellbeing</u></p>							
How does this meet the new RSE and Health Education guidance?	<p>Respectful Relationships – Key content mirrors the guidance on page 27 and 28 of the RSE and Health Education guidance, from the section entitled ‘Respectful relationships, including friendships’.</p> <p>Families, Relationships and Human Happiness – Key content mirrors the guidance on page 27 of the RSE and Health Education guidance, , from the section entitled ‘Families’.</p> <p>Online Media – Key content mirrors the guidance on page 28 of the RSE and Health Education guidance, , from the section entitled ‘Online and Media’.</p> <p>Internet Safety and Harms – Key content mirrors the guidance on page 33 and 36 of the RSE and Health Education guidance, , from the section entitled ‘Internet Safety and Harms’.</p> <p>Health and Prevention - Key content mirrors the guidance on page 34 and 37 of the RSE and Health Education guidance, , from the section entitled ‘Health and Prevention’.</p> <p>Mental Health and Wellbeing - Key content mirrors the guidance on page 36 of the RSE and Health Education guidance, , from the section entitled ‘Mental Wellbeing’.</p> <p>Puberty - Key content mirrors the guidance on page 38 of the RSE and Health Education guidance, , from the section entitled ‘Changing adolescent body’.</p> <p>Healthy Lifestyle - Key content mirrors the guidance on page 38 of the RSE and Health Education guidance, , from the section entitled ‘Physical Health and Fitness’.</p>						

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Year 8	Respectful Relationships	Families, Relationships and Human Happiness	Online Media	Internet Safety and Harms	Health and Prevention	Mental Health and Wellbeing	Alcohol and Substances
What do we teach?	Types of bullying. The impact of bullying. How stereotypes encourage prejudice. Unlawful discrimination. Respect and Tolerance. Help for victims.	What is marriage? Cohabiting couples. Marriage as a choice. Parenting roles.	Online Risks. Screen Time. Data generation and usage. Sharing and removing material online. Risks of unknown people online.	Body image introduction. Idealised projections. Beliefs about beauty. Puberty and body image. Support for body image issues.	Good Quality Sleep. Strategies for good quality sleep. Impact of poor Sleep. Impact of device use on sleep.	Anxiety. Depression. Stress. Self Harm. Eating Disorders.	Introduction to Alcohol and tobacco. Low risk alcohol consumption. Alcohol - short term and long health risks. Alcohol: Psychological risks. Harmful effects of tobacco. Stopping Smoking.
	In Year 8 there is one Value day, focusing on the theme of First Aid.						
	Students are taught: Assessing a casualty, Recovery position, CPR and Defibrillators.						
How does this meet the new RSE and Health Education guidance?	Respectful Relationships – Key content mirrors the guidance on page 27 and 28 of the RSE and Health Education guidance, from the section entitled ‘Respectful relationships, including friendships’.						
	Families, Relationships and Human Happiness – Key content mirrors the guidance on page 27 of the RSE and Health Education guidance, from the section entitled ‘Families’.						
	Online Media – Key content mirrors the guidance on page 28 of the RSE and Health Education guidance, from the section entitled ‘Online and Media’.						
	Internet Safety and Harms – Key content mirrors the guidance on page 33 and 36 of the RSE and Health Education guidance, from the section entitled ‘Internet Safety and Harms’.						
	Health and Prevention - Key content mirrors the guidance on page 34 and 37 of the RSE and Health Education guidance, from the section entitled ‘Health and Prevention’.						
	Mental Health and Wellbeing - Key content mirrors the guidance on page 36 of the RSE and Health Education guidance, from the section entitled ‘Mental Wellbeing’.						
	Alcohol and Substances - Key content mirrors the guidance on page 37 of the RSE and Health Education guidance, from the section entitled ‘Drugs, Alcohol and Tobacco’						
	First Aid - Key content mirrors the guidance on page 38 of the RSE and Health Education guidance, from the section entitled ‘First Aid’						

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Year 9	Respectful Relationships	Families, Relationships and Human Happiness	Online Media	Internet Safety and Harms	Health and Prevention	Mental Health and Wellbeing	Alcohol and Substances
What do we teach?	<p>Criminal behaviours within a relationship.</p> <p>Controlling behavior and coercive control.</p> <p>Sexual harassment and sexual violence.</p>	<p>Safe family relationships.</p> <p>Trustworthy Information.</p> <p>Recognising unsafe relationships.</p> <p>Recognising our own unsafe relationships.</p>	<p>Definition of the law - re indecent image sharing.</p> <p>Issues and scenarios.</p> <p>Reporting and penalties.</p>	<p>The positives of social media.</p> <p>Issues with 'oversharing'.</p> <p>Real life friendships.</p> <p>Influencers.</p> <p>Maintaining a healthy relationship with social media.</p>	<p>Understanding vaccinations.</p> <p>Addressing concerns about vaccinations.</p>	<p>Outward signs of mental wellbeing concerns.</p> <p>Subtle signs of mental wellbeing concerns.</p> <p>Taking action to minimise mental wellbeing concerns in ourselves and others.</p> <p>Early interventions.</p>	<p>Common illegal drugs.</p> <p>Drugs and the law.</p> <p>Prescription drugs.</p> <p>Legal highs.</p>
<p>In Year 9 there are two Value days, focusing on the theme of Being Safe and Intimate Relationships.</p> <p>For Being Safe, students are taught: sexual consent and the law, harassment, abuse and rape, domestic violence, grooming, exploitation and coercion and county lines.</p> <p>For Intimate Relationships, students are taught: What is a healthy intimate relationship? Diversity within intimate relationships, good communication within intimate relationships, sexual pressure and sex and health.</p>							
How does this meet the new RSE and Health Education guidance?	<p>Respectful Relationships – Key content mirrors the guidance on page 27 and 28 of the RSE and Health Education guidance, from the section entitled 'Respectful relationships, including friendships'.</p> <p>Families, Relationships and Human Happiness – Key content mirrors the guidance on page 27 of the RSE and Health Education guidance, from the section entitled 'Families'.</p> <p>Online Media – Key content mirrors the guidance on page 28 of the RSE and Health Education guidance, from the section entitled 'Online and Media'.</p> <p>Internet Safety and Harms – Key content mirrors the guidance on page 33 and 36 of the RSE and Health Education guidance, from the section entitled 'Internet Safety and Harms'.</p> <p>Health and Prevention - Key content mirrors the guidance on page 34 and 37 of the RSE and Health Education guidance, from the section entitled 'Health and Prevention'.</p> <p>Mental Health and Wellbeing - Key content mirrors the guidance on page 36 of the RSE and Health Education guidance, from the section entitled 'Mental Wellbeing'.</p> <p>Alcohol and Substances - Key content mirrors the guidance on page 37 of the RSE and Health Education guidance, from the section entitled 'Drugs, Alcohol and Tobacco'</p> <p>Being Safe - Key content mirrors the guidance on page 28 and 29 of the RSE and Health Education guidance, from the section entitled 'Being Safe'</p> <p>Intimate Relationships - Key content mirrors the guidance on page 29 of the RSE and Health Education guidance, from the section entitled 'Intimate and Sexual Relationships including sexual Health'</p>						

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Year 10	Respectful Relationships	Families, Relationships and Human Happiness	Online Media	Internet Safety and Harms	Health and Prevention	Mental Health and Wellbeing	Alcohol and Substances
What do we teach?	<p>Sexual Consent and the law.</p> <p>Freedom and capacity to consent.</p> <p>Checking for consent.</p> <p>People in a position of trust.</p> <p>Sexual Coercion.</p>	<p>Fertility and reproduction - dispelling myths.</p> <p>Fertility and infertility.</p> <p>Sexual pressure.</p> <p>Sex and Health.</p> <p>Preventing pregnancy.</p>	<p>Impact on attitudes and behavior.</p> <p>Damaging impact of viewing explicit materials on relationships.</p> <p>Exploitation.</p> <p>Spiral of addiction.</p> <p>Pornography and the law.</p>	<p>Problematic interactions online.</p> <p>Obsessive online behaviours.</p> <p>Catfishing.</p> <p>Self Help for our online behaviours.</p>	<p>Maintaining a healthy lifestyle.</p> <p>Physical activity and positive mental wellbeing.</p> <p>Being a donor - science to inform choices.</p>	<p>Everyday stress triggers.</p> <p>Issues with school work.</p> <p>Impact of drugs and alcohol.</p> <p>Bullying.</p> <p>Violence and Aggression.</p>	<p>What is an addiction?</p> <p>How addiction affects people.</p> <p>Addiction to specific drugs.</p> <p>Consequences of addiction.</p> <p>Seeking help for addiction.</p> <p>Alcohol dependency.</p>
How does this meet the National Curriculum and new RSE Guidance	<p>Respectful Relationships – Key content mirrors the guidance on page 27, 28 and 29 of the RSE and Health Education guidance, from the section entitled ‘Respectful relationships, including friendships’ and ‘Intimate and Sexual Relationships including sexual Health’</p> <p>Families, Relationships and Human Happiness – Key content mirrors the guidance on page 27 of the RSE and Health Education guidance, from the section entitled ‘Families’.</p> <p>Online Media – Key content mirrors the guidance on page 28 of the RSE and Health Education guidance, from the section entitled ‘Online and Media’.</p> <p>Internet Safety and Harms – Key content mirrors the guidance on page 33 and 36 of the RSE and Health Education guidance, from the section entitled ‘Internet Safety and Harms’.</p> <p>Health and Prevention - Key content mirrors the guidance on page 34 and 37 of the RSE and Health Education guidance, from the section entitled ‘Health and Prevention’.</p> <p>Mental Health and Wellbeing - Key content mirrors the guidance on page 36 of the RSE and Health Education guidance, from the section entitled ‘Mental Wellbeing’.</p> <p>Alcohol and Substances - Key content mirrors the guidance on page 37 of the RSE and Health Education guidance, from the section entitled ‘Drugs, Alcohol and Tobacco’</p>						

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Year 11	Respectful Relationships	Families, Relationships and Human Happiness	Online Media	Internet Safety and Harms	Mental Health and Wellbeing	Alcohol and Substances
What do we teach?	Pregnancy signs and testing. Abortion. Pregnancy. Labour and Miscarriage. Alternative ways of having a baby.	Forced marriage. Honour based violence. FGM. FGM support.	<i>In this unit, students utilise computers and online materials to research their sixth form and apprenticeship options and opportunities.</i>	Understanding gambling. Resilience towards gambling. Recognising problem gambling. Targeted advertising. Influencer endorsements.	Coping with exam stress. Breaking down mental health stigma. Panic disorder / panic attacks. Everyday stressors and triggers. PTSD.	Recreational drug use. Cannabis / Marijuana. Cocaine. Ecstasy and Heroin Social implications of drug use.
How does this meet the National Curriculum and new RSE Guidance	<p>Respectful Relationships – Key content mirrors the guidance on page 27, 28 and 29 of the RSE and Health Education guidance, from the section entitled ‘Respectful relationships, including friendships’ and ‘Intimate and Sexual Relationships including sexual Health’</p> <p>Families, Relationships and Human Happiness – Key content mirrors the guidance on page 27 of the RSE and Health Education guidance, from the section entitled ‘Families’.</p> <p>Internet Safety and Harms – Key content mirrors the guidance on page 33 and 36 of the RSE and Health Education guidance, from the section entitled ‘Internet Safety and Harms’.</p> <p>Mental Health and Wellbeing - Key content mirrors the guidance on page 36 of the RSE and Health Education guidance, from the section entitled ‘Mental Wellbeing’.</p> <p>Alcohol and Substances - Key content mirrors the guidance on page 37 of the RSE and Health Education guidance, from the section entitled ‘Drugs, Alcohol and Tobacco’</p>					