

PSHCE Content 2024-2025

PSHCE plays an important role in preparing students socially and emotionally for their role within wider British society. It provides them with the knowledge and skills to prepare them for life outside school. PSHCE provides students with the opportunity for the exploration of values and attitudes, and the growth of skills necessary to build relationships, communicate and make decisions

The content of the PSHCE curriculum incorporates the statutory elements of RSHE (Relationships, Sex and Health Education).

Below outlines the key areas of study across Key Stage Three and Four.

<u>Year Seven</u>	<u>Year Eight</u>	<u>Year Nine</u>	<u>Year Ten</u>	<u>Year Eleven</u>
<ul style="list-style-type: none"> • Transition from primary school • Self-confidence and self esteem • Personal skills and achievements. • Influences of others on self-esteem • Active Listening Skills • Motivational Speaking • Different types of relationships and media portrayal. 	<ul style="list-style-type: none"> • Positive and negative SEMH • Puberty and adolescence • Food and balanced diets • Eating Disorders • Dental Health • Prejudice and Discrimination • Bullying- prejudicial and online • Peer pressure • Marriage and committed relationships 	<ul style="list-style-type: none"> • A Healthy Lifestyle • Body Image • Recognising Harmful Situations • Cancer and cancer prevention • Alcohol • Smoking/Vaping • Immunisations/ vaccinations • Contraception • STIs • FGM • Bullying • Trafficking • Consent • Human Rights • Radicalisation 	<ul style="list-style-type: none"> • Self-Esteem • SEMH • Positive Relationships • Marriage and partnerships • Diversity in relationships • Sex in the Media • Contraception • Teenage Parenthood • Unintended pregnancy • Divorce, separation and bereavement 	<ul style="list-style-type: none"> • Addictions • Substance misuse • Cosmetic procedures • Cancer • STIs, HIV and AIDS • Lifestyle choices • Medical donations • Controlling relationships • Consent • Faith and culture • Risk taking- drugs and alcohol • Abortion • Infertility • Parenting Skills

<ul style="list-style-type: none"> • Healthy and unhealthy relationships • Bullying • Dignity for All-gender, sex and sexual orientation defined • British Values • Budgeting • Gambling • First Aid and Life Saving Skills 	<ul style="list-style-type: none"> • When relationships end • Diversity • Stereotyping • E-Safety • Extremism • Democracy 	<ul style="list-style-type: none"> • Financial capability- personal finances. • Coping with illness • Keeping Safe 	<ul style="list-style-type: none"> • Unhealthy relationships • Abuse • Challenging Discrimination • Harassment • Social media • Extremism and violence • Cults 	<ul style="list-style-type: none"> • Adoption and Fostering
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Mental and Physical Health is promoted through the scheme, but also as a whole school responsibility. The school acknowledges key dates, such as Children’s Mental Health Week, World Mental Health Day and Mental Health Awareness Day, with activities taking place within lessons, assemblies and the wider school community.