**PSHE Statement of intent**

Personal, social, health and economic (PSHE) education is a timetabled subject that acknowledges and addresses the changes and challenges young people experience in an ever changing world. Through sequenced lessons, students develop skills, knowledge and qualities that enable them to confidently manage their lives, both now and in the future. Our PSHE programme of study supports personal development, raises awareness of fundamental British Values and promotes tolerance and respect towards the protected characteristics, as defined in law. PSHE plays a key role in safeguarding, as well as supporting students physical and mental wellbeing.

PSHE comprises of three key themes:

* Relationships and Sex Education
* Health and wellbeing
* Living in the wider world (including economic wellbeing and careers)

The aim of PSHE is to encourage students to foster heathy relationships by being kind to others and themselves. It provides a ‘toolkit’ that builds students confidence and independence, enabling them to appropriately manage risks, challenge inappropriate behaviour and become aware of the increasing influence of their peers and the media. PSHE by its very nature, nurtures students, ensuring their happiness and promotes community cohesion.

**PSHE Programme of Study 2023-2024**

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| **Year** | **Information to be included** |
| **Y2** | **Autumn Term:**  Managing transition – Getting to know me  NSPCC: Speak Out. Stay Safe  Staying safe, seeking permission and recognising hurtful behaviour  Special People – families and friendship  Being kind, polite and respectful  Firework Safety  **Lent Term:**  Caring for others  Looking after the environment  Belonging – roles and responsibilities  Recognising things we have in common and our differences  Appropriate use of the internet / devices  **Summer Term:**  Staying healthy – food, exercise, hygiene, sun safety  Understanding feelings and how to manage / ask for help  Growing older  Personal safety and managing risk (including first aid) |
| **Y3** | **Autumn Term:**  All about me – My identity  Respecting differences and valuing diversity – Living in the British Isles  Self-respect and manners  What makes a family / features of family life  Personal boundaries – safely responding to others & the impact of hurtful behaviour  Firework Safety  **Lent Term:**  The value of rules and laws – freedoms and responsibilities  How is the internet used – assessing information online  Careers – skills and avoiding stereotypes  Setting goals  **Summer Term:**  Healthy choices  What affects our feelings and how to express  Personal strengths, achievements and managing setbacks  Risks and hazards – staying safe in unfamiliar places  First Aid – bites and stings |
| **Y4** | **Autumn Term:**  I am unique  Boundaries and expectations  Understanding identity – what does it mean to be British?  Celebrating our differences  Firework Safety and peer pressure  Positive friendships (including online)  Responding to hurtful behaviour, managing confidentiality and recognising online risks  Respecting differences and communicating our differences respectfully  Parliament education workshop\*  **Lent Term:**  What makes a community – shared responsibilities  How data is shared and used  Personal finance – money decisions and keeping money safe  **Summer Term:**  Maintaining a balanced lifestyle  Personal hygiene  Medicines and drugs common to everyday life  First Aid – Asthma |
| **Y5** | **Autumn Term:**  Exploring identity and diversity  NSPCC: Speak Out. Stay Safe.  Parliament education workshop\*  Managing friendships and peer influences  Physical contact and feeling safe  Responding to people respectfully and recognising prejudice and discrimination  Anti-bullying week: Make a noise  **Lent Term:**  Protecting the environment  Compassion to others  Online information – targeting individuals and different types of media  Career choices – workplace stereotypes and aspirations  **Summer Term:**  Changing and growing: puberty, personal hygiene, emotions and feelings  Mental wellbeing – sleep / seeking help and support  Personal safety  First Aid – Bleeding |
| **Y6** | **Autumn Term:**  British Values: what are they and why do we have them?  Identity, diversity and inclusion  NSPCC: Speak Out. Stay Safe.  Parliament education workshop\*  Building healthy relationships, physical contact and feeling safe  Respectfully express opinions and respond to others  Anti-bullying week: Make a noise  **Lent Term:**  Growing and changing: Puberty (RSE)  Valuing diversity, recognising prejudice and discrimination  Evaluating media sources & sharing things online  Influences and attitudes to money – financial risks  **Summer Term:**  What affects mental health: how to take care of yourself  Increasing independence: managing transition to boarding  First Aid – Choking  Keeping personal information safe  Drugs education |
| **Y7** | **Autumn Term:**  Expectations and respect in the classroom  British Values & the Equality Act 2010 – diversity, prejudice and bullying (Human Rights)  Building relationships, self-worth, relationship boundaries (including online) and managing conflict  Healthy and unhealthy relationships  **Lent Term:**  Puberty and emotional changes: healthy routines and hygiene  Menstrual wellbeing  Intro to consent  Staying safe online  **Summer Term:**  Mental and physical health: exploring the link and how to manage big feelings  First Aid: Severe Bleeding  Careers: entrepreneurs and raising aspirations  Saving, borrowing, budgeting and making financial choices |
| **Y8** | **Autumn Term:**  British Values  Parliament education workshop\*  The Equality Act 2010: exploring types of discrimination and the law  Human Rights: discrimination and protected characteristics  Drugs & Alcohol – misuse and pressures  Community and careers  **Lent Term:**  Relationship values  Influences on relationships expectations  Sexual orientation and gender identity  Consent – avoiding assumptions  Intro to contraception  Sexting  **Summer Term:**  Digital literacy: online safety, media reliability and gambling  Mental health and emotional wellbeing: body image and coping strategies  First Aid |