

St Clement's High School PSHE Curriculum

Rationale

Personal, Social, Health and Economics Education (PSHE) endeavours to help students to lead confident, healthy and responsible lives as individuals and members of society. Through work in lessons and a range of activities across and beyond the curriculum, students gain practical knowledge and skills to help them live healthily and deal with the spiritual, moral, social and cultural issues they may face as they approach adulthood. PSHE gives students opportunities to reflect on their experiences and how they are developing. It helps them to understand and manage responsibly a wider range of relationships as they mature and to show respect for the diversity of and differences between people. It also develops students' well-being and self-esteem encouraging belief in their ability to succeed and enabling them to take responsibility for their learning and future choice of courses and career. PSHE promotes British Values and encourages St Clement's High School's core values of P.R.I.D.E.

Aims of PSHE

- To enable all students to develop as fully as possible their interests, abilities and aptitudes.
- To allow students to develop lively, enquiring minds so that they can be capable of independent thought and formulate their own opinions.
- To experience and encourage an enjoyment of learning so that they may be encouraged to take advantage of educational opportunities later in life.
- To develop programmes of study and experiences which will enhance student's self-respect and confidence and encourage them to take responsibility for themselves and their actions.
- To provide students with the necessary skills to respond effectively to social, economic and political changes as well as changing patterns of work.
- To develop social skills that are necessary to work successfully with other people both inside and outside of the school environment.
- To equip students for their adult roles in society and help them to understand the responsibilities of being parents, citizens and consumers.
- To promote interests and skills that will continue to give personal satisfaction in the use of leisure time.
- To establish partnerships between the school and the community it serves and help to develop an understanding of the wider community and the ways in which individuals and school relate.
- To develop a curriculum which enhances student's knowledge and experience and allows them to learn about themselves and the society in which they live, through a variety of social, moral and political issues.
- To provide students with the experience of school as a caring, supportive community where life is enjoyable and there is equal provision of opportunity, regardless of gender, race, culture or ability. To enable students to make informed choices when considering the development of a healthy and safer lifestyle.
- To give students the confidence to discuss difficult issues by encouraging non-judgmental participation by students and staff.
- To provide students with high quality Relationships and Sex Education and Health Education.

The context of the PSHE Curriculum

PSHE cannot be confined to a specific timetabled time and the schools core values are discussed and promoted whenever the opportunity arises.

At St Clement's High School PSHE is delivered within a whole school approach, but also includes the following specific allocated time:

- PSHE lessons
- PSHE sessions in form time
- PSHE focused super learning days
- PSHE Assemblies
- Police talks

Subject Content

KS3

PSHE Lessons

KS3 PSHE lessons are completed in rotation with DT. All students will have covered the following topics by the end of the relevant year:

Year Group	Topic Areas
Year 7	<p>Growing Up (Health and Wellbeing):</p> <ul style="list-style-type: none"> • What happens at puberty • Menstrual Wellbeing • Personal Hygiene • Why am I feeling this? • Why are friends important? <p>Relationships:</p> <ul style="list-style-type: none"> • Different types of relationships • Healthy relationships • Communication skills • Importance of Commitment • Abuse in Relationships
Year 8	<p>Identity (Relationships):</p> <ul style="list-style-type: none"> • Who am I? • What does family mean? • How can I contribute to family life? • Gender Identity • Stereotypes <p>Emotional Wellbeing and Mental Health (Health and Wellbeing):</p> <ul style="list-style-type: none"> • What are emotional wellbeing and mental health? • What is resilience? • Feelings and how to manage them. • Impacts on emotional wellbeing and coping with loss. • Recognising the signs of poor mental health and looking after emotional wellbeing.
Year 9	<p>Sex, sexuality and sexual health (Relationships/Health and Wellbeing):</p> <ul style="list-style-type: none"> • Choices around sex • Pornography and sexting • Sex and the law • Conception, pregnancy and birth • What is contraception? • What are STIs? <p>Healthy Lifestyle (Health and Wellbeing):</p> <ul style="list-style-type: none"> • Things that support our health and when health goes wrong

Form Time

Year Group	Autumn Term	Spring Term	Summer Term
Year 7	Health and Wellbeing <ul style="list-style-type: none"> - Self-Concept - Identity - Self Confidence - Resilience - Healthy lifestyle - Hygiene - Healthy Eating - Importance of physical health - Importance of sleep - Balanced diet 	Relationships <ul style="list-style-type: none"> - Communities - Diversity and difference - Successful communities - Problems in communities - Hate Crime and radicalisation - Contributing to community - Prejudice and discrimination 	Wider World (Careers) <ul style="list-style-type: none"> - Strengths, interests, skills and qualities - Targets and goals - Skills and attributes
Year 8	Health and Wellbeing <ul style="list-style-type: none"> - Alcohol - Tobacco - Drugs - Positives and negatives of drugs in society - Laws surrounding using and supplying substances - County Lines 	Health and Wellbeing <ul style="list-style-type: none"> - Dependence and addiction - Safe use of over the counter drugs. - Risks and consequences of substance misuse on health. 	Wider World (Careers) <ul style="list-style-type: none"> - Routes into work and training - Types of work
Year 9	Health and Wellbeing <ul style="list-style-type: none"> - Risk - Managing risky situations - Bullying - Gambling - Gangs and Knife Crime - Female Genital Mutilation - First Aid and CPR 	Health and Wellbeing <ul style="list-style-type: none"> - Responsibility for own health - Vaccines and importance of vaccines - Access to health services - Organ and Blood Donation - Sexual Harassment 	Wider World (Careers) <ul style="list-style-type: none"> - Financial decisions - Social and moral dilemmas about the use of money - Financial exploitation - Options for the end of KS3

KS4

Science Lessons

KS4 PSHE lessons take place during science lessons, with specific PSHE sessions taught alongside the biology curriculum.

Year Group	Topic Areas
Year 10	<p>Sex, Sexuality and Sexual Health (Relationships/Health and Wellbeing)</p> <ul style="list-style-type: none"> - Consent - Sexual Relationships - Sexual Health, including contraception - Pregnancy Choices - Pornography <p>Alcohol, Tobacco and Other Drugs (Health and Wellbeing)</p> <ul style="list-style-type: none"> - Drugs - Alcohol - Addiction and Dependency <p>Healthy Lifestyle (Health and Wellbeing)</p> <ul style="list-style-type: none"> - Influences on Health - Planning healthy meals and being active - Being health aware

Form Time

Year Group	Autumn Term	Spring Term	Summer Term
Year 10	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> - Body Image and Media - Eating disorders - Self-confidence and mental health - Online/offline balance. - Effect of advertising on health 	<p>Relationships</p> <ul style="list-style-type: none"> - Identity - Gender Identity and transgender - Individual, family and community values - Diversity in sexual attraction and sexuality. - Grooming and sexual harassment - Abuse (online and offline) 	<p>Wider World</p> <ul style="list-style-type: none"> - Finance <ul style="list-style-type: none"> - Budgeting - Credit and Debt - Money Stresses and Pressure - Communities <ul style="list-style-type: none"> - Living in Britain - Equality act and hate crimes - Discrimination - Democracy and voting.
Year 11	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> - Mental Health and Wellbeing - Managing and improving mental health - Self Esteem - Stress - Importance of a healthy lifestyle - Sleep 	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> - NHS - Blood and organ donation - Monitoring health - Risks of cosmetic procedures. 	<p>Relationships</p> <ul style="list-style-type: none"> - Positive relationships - Parenting and Family Life - Stalking and harassment (online and offline) - Manipulation and coercive control - Domestic abuse