

PSHE Intent, Implementation, and Impact

Intent

PSHE sessions aim to help children make choices that keep them safe, happy and healthy. They equip them with the knowledge and skills needed to be independent, responsible citizens who go on to contribute positively to society. Students learn about moral, social and cultural issues so that they have a well-rounded understanding of the world around them. PSHE sessions promote the British values of tolerance, respect, liberty, democracy and the rule of law. We are aware of the way that PSHE supports many of the principles of safeguarding and links closely to our school's Safeguarding Policy. We are aware of the important role the PSHE curriculum has in supporting school to implement the protected characteristics of The Equality Act 2010. Our PSHE (& RSE) curriculum runs in accordance with the DfE statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education 2019.

Implementation

Our PSHE programme of study is split into three core themes.

- **Core theme 1:** Relationships
- **Core theme 2:** Living in the wider world
- **Core theme 3:** Health and Wellbeing

PSHE is taught every week during form time by form tutors who know their students well and can tailor lessons to meet specific student needs. This is 40 minutes per week and sessions are mainly discussion-based, where students are encouraged to express their opinions and ask questions. Term planning is given to all staff which has been developed by the PSHE lead in guidance with The PSHE Association to meet the needs of our pupils. Staff have had CPD training on PSHE on inset days and through directed time; using Brook, specialist speakers and the National College.

PSHE objectives are also taught throughout the whole school curriculum in various subjects such as L4L and P.E (see the PSHE Map which includes an audit across subjects). Specialist speakers in Relationships and Sex Education have delivered topics to all Year groups on topics such as Consent, Contraception, Pornography, Sexting and Sexual Harassment throughout the year. Loudmouth, Rebecca Jennings and The Banter Game Workshop are examples of external speakers/agencies that have been used. Assemblies also cover some PSHE objectives and have been delivered by the safeguarding Team (see the PSHE Map which includes an audit of assemblies).

Impact

Core Theme: Living in the Wider World

Pupils will develop knowledge, acceptance, and engagement with the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs. This builds pupils ability to be reflective about their own beliefs (religious or otherwise) and perspective on life. It builds their knowledge of, and respect for, different people's faiths, feelings and values. Students will explore what it means to have a mortgage and how to budget. This will enable students to assess and manage risk in relation to financial decisions that young people might make and make them aware of responsibilities they will have when they are

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older. Students will explore the benefits and positive use of social media, including how it can offer opportunities to engage with a wide variety of views on different issues. This will allow students to utilise social media responsibly and positively. Students will also recognise and challenge stereotypes and family or cultural expectations that may limit aspirations which will allow students of all backgrounds to push themselves and be ambitious. Additionally, students will recognise the potential influence of extreme views on people's attitudes and behaviours and explore a range of viewpoints to broaden their own opinions about different perspectives and to be tolerant of others.

Pupils will develop and demonstrate skills and attributes that will allow them to participate fully in and contribute positively to life in modern Britain. Students will explore different career aspirations and what they might like to do in the future and they will start to think what they might need to do to get there, planning for the future. Students will explore times of change in their lives and how this links to qualifications and careers and will also reflect on creative and long life skills, and the importance of these within careers. Students will plan for future financial needs which will equip them to become responsible members of society. Students will reflect on further skills such as teamworking, interpersonal and communication skills, and the importance of these within careers. Students will explore STEM Careers and will learn about different roles and misconceptions. Pupils will be able to recognise legal boundaries and, in so doing, respect the civil and criminal law of England. Students will explore what work skills are and break these down into usefulness per type of job. Students will begin to have an understanding of what Labour Market Information is and why it's important to have an understanding. Students will gain information on choosing their options and how to correctly create a CV and Cover Letter. Students will also understand the importance of helping other people in particular third world countries which allow students to develop into positive, good citizens in the community.

Core Theme: Relationships

Relationships and Sex Education topics are important to cover with students as it will equip our young people with knowledge, skills, attitudes and values that will empower them to realize their health, well-being and dignity; develop respectful social and sexual relationships; consider how their choices affect their own well-being and that of others; and understand and ensure the protection of their rights throughout their lives. Sometimes young people can receive confusing and conflicting information about relationships and sex, as they make the transition from childhood to adulthood. This has led to an increasing demand from young people for reliable information, which prepares them for a safe, productive and fulfilling life. Relationships and Sex Education empowers young people to make informed decisions about relationships and sexuality and navigate a world where gender-based violence, gender inequality, early and unintended pregnancies and STIs that still pose serious risks to their health and well-being. To not receive RSE education risks students getting a warped view of relationships from the internet and social media and risks them coming to harm through lack of knowledge and understanding.

Students will look at E-safety and will identify and look at ways to risk from people online that they do not already know; they will explore when and how to access help. Students will explore the dangers of peer pressure by focussing on the role peers can play in supporting one another to resist pressure and influence, challenging harmful social norms and how to access appropriate support. Pupils will understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed. Students will gain knowledge on domestic conflict which will help students understand places they

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can get support if they are or someone they know are affected by this. Students will reflect on body image and learn techniques to think positively about body image which will ease students going through puberty and experiencing changes in their body. Additionally, students will explore stereotypes regarding disability and challenge misconceptions and will explore homophobia; promoting inclusivity and tolerance within students. Students will gain knowledge on Child Sexual Exploitation which will help students understand warning signs to look out for, techniques to put in place and places they can get support if they are or someone they know are affected by this.

Core Theme: Health and Wellbeing

It will give students the information that they need to make good decisions about their own health and wellbeing. It will enable them to recognise what is normal and what is an issue in themselves and others and, when issues arise, know how to seek support as early as possible from appropriate sources. Students can create dialogue and discuss health as well as learning about looking after themselves and others around them. Students will build on their knowledge from Science, focusing on puberty, periods and will also look at criminal offences such as FGM to gain an understanding of what is and isn't okay. Students will look at healthy eating and how this impacts their life. Students will evaluate myths, misconceptions, social norms and cultural values relating to drug, alcohol and tobacco use and explore the negative consequences and risks of drug use. This will reduce the chance of risk taking from students in the future. Students will learn about looking after themselves and others around them. Students will learn about taking more responsibility for their own health with a focus on cancer awareness which will allow students to manage their own health in the future through self-examination for example. Students will explore unhealthy coping strategies, focusing on self-harm and eating disorders. This will equip students with how they can seek help and look out for warning signs in other young people. Additionally, students will learn effective strategies to deal with emotions and stress which will be useful throughout school life, particularly as they start to approach GCSE's.

Students will recap the importance of maintaining personal hygiene with a focus on the spread of disease and the prevention of infection. This allows students to be responsible for their own hygiene, reduces the risk of some medical conditions and also increases self-confidence and positively impacts personal relationships. Students will evaluate the link between language and mental health stigma. This will allow students to develop strategies to challenge stigma, myths and misconceptions associated with help-seeking and mental health concerns. It will also help students to recognise when they or others need help with their mental health and wellbeing.

Students will focus on addiction for the first time, assessing risks which will equip students with the knowledge of the consequences of addiction and will reduce the risk of students going onto having an addiction later in life. Additionally, students will learn about Endometriosis, which will allow students to be aware of the condition and the struggles people face, particularly as students will be going through puberty and may experience this themselves. It will allow students to know where to access help. Students will also look at STI's which will give them an understanding of why safe sex is so important and will encourage them to make safe decisions in the future.