**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 behaviourSpecial People – families and friendshipBeing 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 onlineCareers – 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 lifestylePersonal 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 mediaCareer 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 pressuresCommunity and careers **Lent Term:**Relationship valuesInfluences 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 |