

Department Information:

PSHE is taught to all students in years 7 to 13 weekly as part of the tutor programme and includes Personal, Social, Health and Economic Education (PSHE), Relationships and Sex Education (RSE), Citizenship, and Careers Education. RSHE became compulsory for all schools as of September 2020.

ACHIEVE in the curriculum:

Students are expected to be ambitious in their studies as they collaborate with their peers through a variety of topics throughout the curriculum. This course enables students to demonstrate their integrity, endurance and versatility when it comes to difficult topics or various viewpoints throughout each module.

Curriculum Aims & Intent:

The aim is to broaden students' Spiritual, Moral, Social and Cultural development throughout each topic. Some topics may have specific skills being learnt.

Resources:

Students will need access to a laptop at various points throughout the course. All resources are on FPcloud for staff

How we keep parents informed:

Form tutors will be in touch if required in regard to specific students. Any relevant letters will go out to parents in advance if required.

How parents can help their child:

To support your child during this course it would be great if you spoke to them about the content of the lesson. Then every now and then you can recap on any specific skills (such as how to stay safe online, CPR, etc).

What we study and when:

Term	Unit, Topic Or Summary Of Work Covered	Knowledge, Understanding & Skills Developed	ACHIEVE / Personal Development Focus	How The Work Is Assessed	Careers Links
1	British Values	Students gain an understanding of democratic processes and the importance of participating in civic life (such as through the role of the government, etc). Students are also taught about individual freedoms and rights. Students also focus on their critical thinking and informed decision making skills throughout this module.	Students are able to show understanding, mutual respect and tolerance for diversity as they learn about the diverse cultures, religious and perspectives which make up British society. They develop an understanding of personal responsibility and the importance of protecting their own and others' liberties.	British Values poster/leaflet	<ul style="list-style-type: none"> • Politics • Public service • Law • Criminal justice • Civil rights
2	Relationships	Students are introduced to how to manage ever changing relationships. They focus on how to manage	Students can work on their emotional intelligence and develop a greater understanding of their	Anti-bullying campaign	<ul style="list-style-type: none"> • Counselling and therapy • Social work

		friendships, deal with loneliness and how to handle dangerous relationships (including peer pressure, banter and bullying)	own emotions and those of others. They also focus on conflict resolution and learn how to resolve conflicts in a constructive manner. Through this module students become more self-aware of their own values, beliefs and behaviours – resulting in development of empathy and compassion (allowing them to relate and support others more effectively)		<ul style="list-style-type: none"> • Healthcare professions • Management and leadership • Coaching and mentoring
3	Smoking	Students gain a comprehensive understanding of the health risks associated with smoking and vaping which can lead to more informed choices. Self-control and decision making skills are also improved as they learn about the addictive nature of nicotine and the challenges of quitting smoking.	Their critical thinking skills develop as students question the influence of advertising and peer pressure. Empathy and understanding is developed alongside their own resilience as they learn about overcoming difficult habits.	Anti-smoking campaign	<ul style="list-style-type: none"> • Healthcare professions • Counselling and therapy • Advocacy work • Social work • Media and communication • Fitness and wellbeing
4	Careers Education	Students gain an understanding of various career paths available to them. They learn about various industries, job roles and the skills and qualifications required for different careers. Students develop problem solving skills related to education, job applications and career advancements as they navigate challenges and find solutions.	This module allows students to think carefully about their future and focus on decision making skills (such as what subjects to take at GCSE/A Level to ensure their future career path). Goal setting and planning skills are enhanced throughout the module as they learn to set targets to achieve.	Research on UniFrog	Various
5	Human Rights	Students focus on human rights and animal welfare in this module. They gain empathy and compassion as they understand individuals and groups who are facing discrimination and injustice. This module also allows them to gain a broader understanding of global issues	Learning about human rights fosters a strong sense of ethics and morality as they gain a deeper understanding of concepts like injustice, equality and fairness which link to their integrity as individuals.	Animal welfare research/presentation	<ul style="list-style-type: none"> • Law and legal services • Government and policy • International organisations • Non-profit • Civil rights • Journalism and media • Crisis and conflict management

		and the interconnectedness of communities worldwide.			
6	Physical/Mental health	Students learn about a mixture of both physical and mental health (covering healthy diet, weight, exercise, etc). Students' self-awareness deepens as they begin to develop an understanding of their own physical and mental health needs. They learn to recognise the signs and symptoms increasing their ability to monitor their well-being.	Students are able to make more informed choices about their lifestyle and have a focus on emotional regulation. Their resilience and coping skills alongside empathy and compassion as essential to their endurance and integrity as individuals.	Letter to Year 10	<ul style="list-style-type: none"> • Healthcare professions • Counselling and therapy • Fitness and wellness • Social work • Nutrition • Sports and recreation