

# PSHE and RSE

## Our vision

At Sir John Talbot's School, our vision for PSHE is to provide a comprehensive and engaging curriculum that equips our students with the knowledge, skills, and attitudes necessary to make informed decisions, develop positive relationships, and lead healthy and fulfilling lives. We aim to empower our students to understand and navigate the complex social, emotional, and health-related challenges they may encounter both now and in the future.

Through our PSHE program, we strive to promote personal development, resilience, and well-being among our students. Our intent is to foster a supportive and inclusive learning environment that encourages open dialogue, critical thinking, and respectful engagement with a range of sensitive and controversial topics. We aim to empower our students to explore their identities, understand their rights and responsibilities, and develop a strong sense of self-worth.

We intend to provide our students with accurate and up-to-date information on a wide range of topics, including mental health, relationships and sex education, drug and alcohol education, financial literacy, online safety, and healthy lifestyle choices. Our curriculum promotes the development of essential life skills such as effective communication, decision-making, problem-solving, and critical media literacy.

Furthermore, we aim to nurture the development of empathy, respect, and tolerance within our students, enabling them to appreciate diversity, challenge prejudice, and contribute positively to their communities. We recognize the importance of preparing our students for the challenges and opportunities of the modern world.

In summary, our PSHE curriculum provides a holistic education that supports the well-being and personal development of our students. Through a comprehensive and inclusive curriculum, we aim to equip them with the knowledge, skills, and attitudes needed to thrive in their personal and social lives, make responsible decisions, and positively contribute to society now and in the future.



Health & wellbeing

Relationships

Living in the wider world

Living in the wider world careers will be covered in form time.

KS4



Financial

£ independence

Internet



Mental wellbeing



To explore mental health and emotional wellbeing including body image and coping strategies.

Sexual relationships and sexual health



Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography

To be able to manage money and financial commitments into adulthood.

safety



Dealing with family life



To be able to navigate the internet safely, digital literacy, media reliability, and gambling hooks

Families and parenting, healthy relationships, conflict resolution, relationship changes and dealing with grief.

Healthy relationships



To understand the difference between healthy and unhealthy friendships, and how peer pressure can lead to involvement in gang culture

BRITISH VALUES



Managing



Physical wellbeing



To explore physical health including body image, diet, exercise sleep and obesity. Basic first aid training.

Relationships in the modern world



To understand the importance of family life, marriage, gender identity, sexual orientation and healthy relationships

in our local community

To understand the importance of British values and how you can become a valued member of your local community.

your finances



Stamping out discrimination



To develop good financial habits including saving, borrowing, budgeting, and making sound financial choices.

To understand discrimination in all its forms, including racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia

Dangers to your health



To explore the dangers of alcohol, smoking/vaping and drug misuse and pressures relating to drug use.

PERSONAL SAFETY



To explore personal safety in and outside school and online safety.

Lifelong



My changing body



To examine healthy routines, influences on health and how your body is changing with a focus on puberty.

Celebrating diversity



To explore diversity, to understand why discrimination is wrong and how to act against bullying.

learner



Friendships and building relationships



Transition to secondary school



To explore how to be a lifelong learner, through study skill, personal brand, online presence, and ambitious goals.

To understand self-worth, romance and friendships (including online) and relationship boundaries.

To explore the transition to secondary school, strategies to build resilience and cope with emotional and mental wellbeing.

YEAR 7

KS3 Assessments

- Included in each unit:
- AFL during lessons
- Discussions during lessons
- Online End of unit test

**The Big Picture:** Year 7 PSHE provides a supportive and engaging curriculum that addresses the specific needs and challenges faced by students during their transition to secondary school. We aim to equip our students with the knowledge, skills, and attitudes necessary to navigate this important phase of their lives and foster a positive and inclusive learning environment.

Year Group 7

### Intent

Our curriculum is a spiral curriculum which intends to build on the knowledge and understanding, skills, attributes and values students have acquired and developed during the primary phase. Recognizing the importance of friendships and social relationships, we aim to help our Year 7 students develop positive and healthy friendships. We intend to promote a culture of respect, kindness, and inclusivity, fostering an understanding of the diverse backgrounds and perspectives that exist within our school community. Understanding that Year 7 students are going through significant physical and emotional changes, we intend to provide them with accurate and age-appropriate information about changing bodies and puberty. Promoting diversity and personal safety is another key aspect of our Year 7 PSHE curriculum. We aim to celebrate and value the differences that exist within our school community, fostering an atmosphere of respect, acceptance, and inclusion. Finally, we intend to nurture a love for lifelong learning in our Year 7 students. Through our PSHE curriculum, we will encourage curiosity, critical thinking, and a growth mindset. We aim to develop their skills in setting goals, managing time, and seeking support when facing challenges. By instilling a passion for learning, we believe our students will be better equipped to achieve academic success and develop as well-rounded individuals.

### Implementation

We allocate one dedicated PSHE lesson per week for Year 7 students. These lessons will be interactive, engaging, and designed to meet the specific learning needs of this age group. Our lessons will cover the three overarching units on health and wellbeing, relationships and living in the wider world.

We will incorporate PSHE themes into whole-school assemblies to reinforce key messages and create a shared understanding among all Year 7 students of the school values as well as British values.

The form tutors also play a vital role in supporting Year 7 students' personal development. During form tutor time, specific PSHE activities and discussions focus on PSHE, citizenship and national and international awareness days.

PSHE themes will be integrated into the wider curriculum where relevant and appropriate. We will work collaboratively with subject teachers to identify opportunities to reinforce and apply PSHE learning in different contexts.

Effective communication and feedback are essential in PSHE implementation. We will encourage students to express their thoughts, concerns, and opinions through various means, including class discussions, written reflections, and anonymous feedback mechanisms. Teachers will provide constructive feedback and offer guidance to support students' personal growth and development.

**Key assessments:** To assess prior knowledge and engage students from the outset, we will incorporate "What do I already know" starter activities at the beginning of PSHE lesson. We integrate Assessment for Learning (AFL) strategies throughout the lessons to monitor students' understanding and provide timely feedback. This will include the use of whiteboards, traffic light cards, and other formative assessment techniques. At the end of each lesson, we will conduct recap plenaries to consolidate students' learning and assess their retention of key concepts. These plenaries may involve group discussions, quizzes, or short written reflections. Finally, we will encourage students to engage in self and peer assessment and reflection as part of the assessment process.

### Core areas

#### Health & Wellbeing:

Transition to secondary school  
My changing body

#### Relationships:

Friendships and building relationships  
Celebrating differences

#### Living in the wider world:

Lifelong learners  
Personal safety

### Impact

Through the comprehensive and impactful PSHE curriculum, our Year 7 students develop into confident, resilient, and socially responsible individuals during their first year at secondary school. They will be equipped with the knowledge, skills, and attitudes necessary for their personal and social well-being, fostering their success not only during their time in school but also throughout their lives.

# Year 7 Curriculum Overview - PSHE

Content Topic/unit name, enquiry question	Disciplinary Knowledge (Skills) Actions taken within a topic to gain substantive knowledge	Substantive Knowledge This is the specific, factual content for a topic, which is connected into a careful sequence of learning	Prior Learning (KS2)	Future learning (KS3)
Transition to secondary school	-Reflection: The challenges they have overcome and may still face in the first half term of secondary school. - Discussion & collaboration: Managing emotions. - Real world application: Values and resilience.	To explore the transition to secondary school, strategies to build resilience and cope with emotional and mental wellbeing. PSHE association pos: H1, H2, H4, H5, H6, H9, H10, H30, H33, R13, R38, L1, L2, L3, L6	Jigsaw – Being in my world Jigsaw – Healthy me PSHE association pos: Health & wellbeing – mental health.	<ul style="list-style-type: none"> <li>Year 8 – British values.</li> </ul>
Friendships and building relationships	-Reflection: What makes good friends? - Discussion & collaboration: healthy and unhealthy friendships. - Real world application: Keeping safe online and consent	To understand self-worth, romance and friendships (including online) and relationship boundaries. PSHE association pos: H1, R1, R2, R9, R11, R13, R14, R16, R19 R24	Jigsaw – Relationships PSHE association pos: Relationships – friendships, managing hurtful behaviour, safe friendships.	<ul style="list-style-type: none"> <li>Year 8 – Relationships in the wider world.</li> <li>Year 9 – healthy relationships</li> <li>Year 9 – RSE</li> </ul>
Lifelong learner	-Reflection: What mindset do I have? - Discussion & collaboration: Team building skills - Real world application: Target setting and forming good habits.	To explore how to be a lifelong learner, through study skill, personal brand, online presence, and ambitious goals. PSHE association pos: R15, R16, R39, L1, L4, L5, L9, L10, L12	Jigsaw – Dreams & goals PSHE association pos: LWW – Aspiration, work and career.	<ul style="list-style-type: none"> <li>Year 9 – Raising aspirations</li> </ul>
My changing body	-Reflection: How can I look after my changing body? - Discussion & collaboration: What is happening to my body and why? - Real world application: Where to go for advice, including information on FGM	To examine healthy routines, influences on health, puberty and FGM. PSHE association pos: H1, H5, H6, H7, H10, H13, H14, H15, H16, H17, H18, H19, H20, H22, H34	Jigsaw – Changing me PSHE association pos: Health & wellbeing – physical wellbeing, ourselves growing & changing.	<ul style="list-style-type: none"> <li>Year 9 - RSE</li> </ul>
Celebrating differences	-Reflection: Why celebrate diversity? - Discussion & collaboration: What is the difference between bullying and banter? - Real world application: Stereotypes and discrimination and the law.	To explore diversity, prejudice and bullying.  PSHE association pos: R3, R4, R5, R39, R40, R41	Jigsaw – Celebrating differences PSHE association pos: Relationships – Managing hurtful behaviors LWW – Communities,	<ul style="list-style-type: none"> <li>Year 8 – stamping out discrimination.</li> <li>Year 8 – Relationships in the wider world</li> </ul>
Personal safety	-Reflection: The advantages and disadvantages of the internet. - Discussion & collaboration: How our lives are affected by social media etc. - Real world application: Staying safe online	To explore personal safety in and outside school and online safety.  PSHE association pos: H19, H13, H30, H31, R2, R13, R17, R42, L19, L20, L24, L27	Jigsaw – Relationships PSHE association pos: Health & wellbeing – keeping safe LWW – media literacy & digital resilience.	<ul style="list-style-type: none"> <li>Year 8 – Physical wellbeing.</li> <li>Year 9 – internet safety.</li> </ul>

**The Big Picture:** Year 8 PSHE provides a dynamic and inclusive curriculum that addresses the specific needs of our students. By exploring dangers to health, stamping out discrimination, managing finances, promoting physical well-being, understanding modern relationships, and fostering British values, we aim to empower our Year 8 students to make informed decisions, develop resilience, and become active, responsible, and socially aware members of our community. Year Group 8

**Intent**

Our curriculum is a spiral curriculum which intends to build on the knowledge and understanding, skills, attributes and values students have acquired and developed during the primary phase and Year 7. Our first priority is to educate Year 8 students about the dangers that can impact their health and well-being. Through age-appropriate discussions and activities, we will cover topics such as substance abuse, the dangers of vaping and smoking and alcohol. We aim to empower students to make informed decisions, develop resilience, and seek help when needed, promoting their physical and mental well-being.

Building on celebrating differences in year 7, the year 8 PSHE curriculum aims to create an inclusive and respectful learning environment where students understand the importance of equality and diversity. Through open discussions and collaborative activities, we aim to empower students to challenge discrimination and promote equality within their own lives and in the wider community. We recognize the importance of equipping students with financial literacy skills to make informed decisions and manage their finances effectively. Year 8 PSHE will introduce concepts such as budgeting, saving, debt, and understanding financial institutions. By providing practical examples and interactive activities, we aim to develop students' financial capabilities, promoting responsible and informed financial decision-making.

Year 8 PSHE will also focus on promoting physical well-being and a healthy lifestyle. By encouraging students to make informed choices and adopt healthy habits, we aim to support their physical development, boost their energy levels, and enhance their overall well-being.

As students navigate their teenage years, understanding healthy and respectful relationships is crucial. We aim to equip students with the skills to recognize and establish positive relationships, understand the value of family life, marriage and different gender and sexual orientation.

Finally, British Values in Our Community will foster an understanding and appreciation of British values within our diverse community. We will explore democracy, rule of law, individual liberty, mutual respect, and tolerance of different faiths and beliefs. Through engaging activities and discussions, students will develop an awareness of their rights and responsibilities as citizens, promoting active participation in a community project.

**Implementation**

We allocate one dedicated PSHE lesson per week for Year 8 students. These lessons will be interactive, engaging, and designed to meet the specific learning needs of this age group. Our lessons will cover the three overarching units on health and wellbeing, relationships and living in the wider world. We will incorporate PSHE themes into whole-school assemblies to reinforce key messages and create a shared understanding among all Year 8 students of the school values as well as British values.

The form tutors also play a vital role in supporting Year 8 students' personal development. During form tutor time, specific PSHE activities and discussions focus on PSHE, citizenship and national and international awareness days.

PSHE themes will be integrated into the wider curriculum where relevant and appropriate. We will work collaboratively with subject teachers to identify opportunities to reinforce and apply PSHE learning in different contexts.

Effective communication and feedback are essential in PSHE implementation. We will encourage students to express their thoughts, concerns, and opinions through various means, including class discussions, written reflections, and anonymous feedback mechanisms. Teachers will provide constructive feedback and offer guidance to support students' personal growth and development.

**Key assessments:** To assess prior knowledge and engage students from the outset, we will incorporate "What do I already know" starter activities at the beginning of PSHE lesson. We integrate Assessment for Learning (AFL) strategies throughout the lessons to monitor students' understanding and provide timely feedback. This will include the use of whiteboards, traffic light cards, and other formative assessment techniques. At the end of each lesson, we will conduct recap plenaries to consolidate students' learning and assess their retention of key concepts. These plenaries may involve group discussions, quizzes, or short written reflections. Finally, will encourage students to engage in self and peer assessment and reflection as part of the assessment process.

<b>Core areas</b>
<b>Health &amp; Wellbeing:</b> Dangers to your health Physical well being
<b>Relationships:</b> Stamping out discrimination Modern relationships
<b>Living in the wider world:</b> Managing finances British values in out local community

**Impact**

The impact of Year 8 PSHE extends far beyond the classroom and school years. It equips our students with the skills, knowledge, and attitudes necessary for a successful and fulfilling future. By promoting health and well-being, fostering equality and respect, developing financial literacy, enhancing physical and emotional well-being, nurturing positive relationships, and fostering active citizenship, our Year 8 students are empowered to thrive as responsible, resilient, and socially conscious individuals throughout their lives.

# Year 8 Curriculum Overview - PSHE

Content Topic/unit name, enquiry question	Disciplinary Knowledge (Skills) Actions taken within a topic to gain substantive knowledge	Substantive Knowledge This is the specific, factual content for a topic, which is connected into a careful sequence of learning	Prior Learning KS2 and Year 7	Future learning (KS3)
Dangers to your health	<ul style="list-style-type: none"> <li>-Reflection: Why do young people put their health in danger?</li> <li>- Discussion &amp; collaboration: Should energy drinks be banned?</li> <li>Drugs research and presentation.</li> <li>- Real world application: Dangers to your health and the law</li> </ul>	<p>To explore the dangers of energy drinks, alcohol, smoking/vaping and drug misuse and pressures relating to drug use.</p> <p>PSHE association pos: H23, H24, H25, H26, H27, H29, H31, H5, R20, R42, R44, L19</p>	<p>Jigsaw – Healthy me PSHE association pos: Health &amp; wellbeing – healthy lifestyles. Drugs alcohol &amp; tobacco Year 7 – personal safety</p>	<ul style="list-style-type: none"> <li>• Year 9 - peer pressure</li> <li>• Year 9 – Healthy relationships</li> </ul>
Stamping out discrimination	<ul style="list-style-type: none"> <li>-Reflection: What can SJT do to stamp out discrimination?</li> <li>- Discussion &amp; collaboration: Why is gender stereotyping outdated and wrong?</li> <li>- Real world application: 2010 equality act</li> </ul>	<p>To understand discrimination in all its forms, including racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia.</p> <p>PSHE association pos: R38, R39, R40, R41, R3, R4, R42, R43, L24, L26</p>	<p>Jigsaw – Celebrating differences. PSHE association pos: LWW – communities Year 7 – celebrating differences.</p>	<p>Year 9 – Healthy relationships</p>
Managing your finances	<ul style="list-style-type: none"> <li>-Reflection: how ethical is my shopping?</li> <li>- Discussion &amp; collaboration: how to keep my money safe.</li> <li>- Real world application: savings, loans and risks to your money.</li> </ul>	<p>To develop good financial habits including saving, borrowing, budgeting, and making sound financial choices.</p> <p>PSHE association pos: H32, L15, L16, L17, L18</p>	<p>Jigsaw – Dreams &amp; goals PSHE association pos: LWW – economic wellbeing (money)</p>	<ul style="list-style-type: none"> <li>• Year 9 – Financial independence</li> </ul>
Physical wellbeing	<ul style="list-style-type: none"> <li>-Reflection: How can I improve my physical wellbeing?</li> <li>- Discussion &amp; collaboration: How my physical wellbeing is influenced.</li> <li>- Real world application: Basic first aid training</li> </ul>	<p>To explore physical health including body image, diet, exercise sleep and obesity. Basic first aid training.</p> <p>PSHE association pos: H1, H3, H12, H14, H15, H16, H17, H18, H19, H20, H21, H33</p>	<p>Jigsaw – Healthy me PSHE association pos: Health &amp; wellbeing – health lifestyles, keeping safe Year 7 – My changing body</p>	<ul style="list-style-type: none"> <li>• Year 9 - mental health and healthy coping strategies.</li> <li>• Year 9 – STI's</li> </ul>
Relationships in a modern world	<ul style="list-style-type: none"> <li>-Reflection: What are my family values?</li> <li>- Discussion &amp; collaboration: Positive relations</li> <li>- Real world application: Marriage and the law</li> </ul>	<p>To understand the importance of family life, marriage, gender identity, sexual orientation and healthy relationships.</p> <p>PSHE association pos: H10, H35, H36, R1, R4, R5, R6, R9, R10, R16, R18, R19, R24, R25, R26, R27, R29, R30, R32</p>	<p>Jigsaw – Relationships PSHE association pos: Relationships – families and close positive relationships Year 7 – Friendships and building relationships. Year 7 – Values</p>	<ul style="list-style-type: none"> <li>• Year 9 – Dealing with family life.</li> <li>• Year 9 - RSE</li> </ul>
British values in our community	<ul style="list-style-type: none"> <li>-Reflection: The importance of values</li> <li>- Discussion &amp; collaboration: Which is the most important British value research &amp; debate.</li> <li>- Real world application: Getting involved in my local community.</li> </ul>	<p>To understand the importance of British values and how you can become a valued member of your local community.</p> <p>PSHE association pos: R3, R14, R15, R16, L1, L2, L9, L10, L11</p>	<p>Jigsaw – Being in my world PSHE association pos: LWW – shared responsibilities, communities Year 7 – School values</p>	<ul style="list-style-type: none"> <li>• Year 9 – Raising aspirations</li> </ul>

**The Big Picture:** In the final year of KS3 PSHE, we will provide a comprehensive and transformative curriculum that addresses the specific needs of students as they prepare for their GCSE options and transition into adolescence. We aim to equip our students with the knowledge, skills, and attitudes necessary to develop mature attitudes towards mental and sexual health, healthy intermate relationships, and financial independence. Our curriculum focuses on supporting students in making informed choices for their future, promoting positive mental and sexual health, and fostering a sense of confidence with regards to the next stages of their lives.

Year Group 9

### Intent

Our curriculum is a spiral curriculum which intends to build on the knowledge and understanding, skills, attributes and values students have acquired and developed during year 7 and 8 PSHE programme. Our first priority is to educate Year 9 students about healthy relationships and equip them with skills to manage peer pressure effectively. Students will learn to recognize and establish positive relationships, develop assertiveness skills, and make informed decisions while resisting negative peer pressure.

Year 9 PSHE curriculum will provide support and guidance for students in dealing with family dynamics and challenges. We will cover topics such as communication within families, managing conflict and grief, and developing strategies for healthy family and intermate relationships.

In an increasingly digital world, Year 9 students need to understand the importance of online safety. We will explore topics such as online privacy, cyberbullying, digital footprint, and responsible social media use. Students will learn strategies to protect their personal information, identify potential risks, and make responsible choices when using technology, ensuring their online experiences are safe and positive.

We prioritize mental well-being by promoting awareness, understanding, and resilience. Students will explore topics such as stress management, self-esteem, healthy and unhealthy coping strategies.

As part of statutory RSE, students will explore topics related to sexual relationships and sexual health, with a focus on consent, healthy relationships, and safe sexual practices. Through age-appropriate discussions and activities, students will gain a comprehensive understanding of consent, contraception, sexually transmitted infections (STIs), and the importance of making informed choices. The curriculum will empower students to develop responsible attitudes towards sexual relationships and their own sexual health. Finally, we aim to build on the basic financial knowledge gained in year 8 to understand money management and responsibilities as a young adult.

### Implementation

We allocate one dedicated PSHE lesson per week for Year 9 students. These lessons will be interactive, engaging, and designed to meet the specific learning needs of this age group. Our lessons will cover the three overarching units on health and wellbeing, relationships and living in the wider world. We will incorporate PSHE themes into whole-school assemblies to reinforce key messages and create a shared understanding among all Year 9 students of the school values as well as British values.

The form tutors also play a vital role in supporting Year 9 students' personal development. During form tutor time, specific PSHE activities and discussions focus on PSHE, citizenship and national and international awareness days.

PSHE themes will be integrated into the wider curriculum where relevant and appropriate. We will work collaboratively with subject teachers to identify opportunities to reinforce and apply PSHE learning in different contexts.

Effective communication and feedback are essential in PSHE implementation. We will encourage students to express their thoughts, concerns, and opinions through various means, including class discussions, written reflections, and anonymous feedback mechanisms. Teachers will provide constructive feedback and offer guidance to support students' personal growth and development.

**Key assessments:** To assess prior knowledge and engage students from the outset, we will incorporate "What do I already know" starter activities at the beginning of PSHE lesson. We integrate Assessment for Learning (AFL) strategies throughout the lessons to monitor students' understanding and provide timely feedback. This will include the use of whiteboards, traffic light cards, and other formative assessment techniques. At the end of each lesson, we will conduct recap plenaries to consolidate students' learning and assess their retention of key concepts. These plenaries may involve group discussions, quizzes, or short written reflections. Finally, will encourage students to engage in self and peer assessment and reflection as part of the assessment process.

#### Core areas

#### Health & Wellbeing:

Healthy relationships  
Mental well being

#### Relationships:

Dealing with family life  
Sexual relationships  
and sexual health

#### Living in the wider world:

Internet safety  
Financial independence

### Impact

The impact of Year 9 PSHE extends far beyond the classroom and school years. By implementing this comprehensive PSHE curriculum, we intend to empower Year 9 students to develop essential life skills, make informed decisions, and thrive in their personal, social, and health well-being. Our curriculum will equip them with the knowledge, skills, and attitudes necessary to navigate healthy relationships, manage peer pressure, deal with family life, stay safe online, support their mental well-being, understand sexual relationships and sexual health, and understanding of money management as a young adult.

# Year 9 Curriculum Overview - PSHE

Content Topic/unit name, enquiry question	Disciplinary Knowledge (Skills) Actions taken within a topic to gain substantive knowledge	Substantive Knowledge This is the specific, factual content for a topic, which is connected into a careful sequence of learning	Prior Learning KS2, Year 7 & Year 8	Future learning (KS4)
Healthy relationships	<ul style="list-style-type: none"> <li>-Reflection: Why do teenagers take risks?</li> <li>- Discussion &amp; collaboration: The risks of being in a gang</li> <li>- Real world application: Knife crime case studies and county lines in Shropshire.</li> </ul>	To understand the difference between healthy and unhealthy friendships, and how peer pressure can lead to involvement in risky behaviour. PSHE association pos: H24, H25, H27, H28, H29, R1, R20, R37, R42, R44, R45, R46, R47	Jigsaw – Healthy me PSHE association pos: Health & wellbeing – healthy lifestyles. Drugs alcohol & tobacco Year 7 – Personal safety Year 8 – Dangers to your health.	Jigsaw – Year 10 – coping in a complex world, respectful relationships, relationships in an inclusive society Year 11 – Healthy intermate relationships
Dealing with family life	<ul style="list-style-type: none"> <li>-Reflection: Dealing with personal family circumstances</li> <li>- Discussion &amp; collaboration: The responsibilities in families and family values.</li> <li>- Real world application: Where to get support with personal family challenges.</li> </ul>	Relationship Families and parenting, healthy relationships, conflict resolution, and relationship changes including dealing with grief.  PSHE association pos: H2, H9, R1, R6, R19, R21, R22, R23, R35, R36	Jigsaw – Relationships PSHE association pos: Relationships – families and close personal relationships. Year 7 – Friendships and building relationships. Year 8 – Relationships in a modern world	Jigsaw – Year 10 – Coping on a complex world, respectful relationships
Internet safety	<ul style="list-style-type: none"> <li>-Reflection: What is my digital footprint?</li> <li>- Discussion &amp; collaboration: Why do teenagers sext and what are the risks?</li> <li>- Real world application: Staying safe online and where to get support.</li> </ul>	To be able to navigate the internet safely, digital literacy, media reliability, and gambling hooks PSHE association pos: H3, H30, H32, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27	Jigsaw – Relationships PSHE association pos: Health & wellbeing – keeping safe LWW – media literacy & digital resilience. Year 7 – Personal safety	Jigsaw – Year 10 – coping in a complex world Year 11 – Becoming an adult and the law
Mental wellbeing	<ul style="list-style-type: none"> <li>-Reflection: How can I best manage my mental health?</li> <li>- Discussion &amp; collaboration: Why is there stigma around mental health?</li> <li>- Real world application: Healthy coping strategies.</li> </ul>	To explore mental health and emotional wellbeing including body image and healthy coping strategies.  PSHE association pos: H3, H4, H5, H6, H7, H8, H9, H10, H11, H12, H20 L24	Jigsaw – Healthy me PSHE association pos: Health & wellbeing – mental health Year 7 – Transition to secondary school Year 8 – Physical wellbeing	Jigsaw – Year 10 – looking after your physical and mental health Year 11 – managing future goals, mental health
Sexual relationships and sexual health	<ul style="list-style-type: none"> <li>-Reflection: Attitudes towards sexual relationships</li> <li>- Discussion &amp; collaboration: Consent</li> <li>- Real world application: Consent and the law, contraception and STI's</li> </ul>	Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography. PSHE association pos: R7, R8, R9, R11, R12, R18, R25, R24, R26, R27, R28, R29, R30, R31, R32, R33, R34, L21, H31, H35, H36	Jigsaw – Changing me PSHE association pos: Relationships – safe relationships. Year 7 – My changing body Year 8 – Relationships in the modern world	Jigsaw – Year 10 – respectful relationships Year 11 – managing your sexual health Year 11 – Becoming an adult and the law
Financial independence	<ul style="list-style-type: none"> <li>-Reflection: How responsible am I with money management?</li> <li>- Discussion &amp; collaboration: budgeting for the future</li> <li>Real world application: tax, and NI on pay slips. Financial commitments such as mortgages and pensions.</li> </ul>	To develop the financial knowledge to become more aware of how to manage money as an adult.  PSHE association pos: L11, L12, L13, L15, L16, L17, L18	Jigsaw – Dreams and goals PSHE association pos: LWW – economic wellbeing (money) Year 8 – Managing your finance.	Jigsaw – Year 11 – managing future goals





# KS4 PSHE Learning Journey

Our vision:  
Achievement  
through caring



- Health & wellbeing
- Relationships
- Living in the wider world

All aspects of PSHE, careers and personal development will be covered during form time, forum, trips & visits, guest speakers and drop-down days.

How to manage stresses in the run up to exams. STI's, fertility and pregnancy.

Stages of intermate relationships, LGBTQ+ rights and being true to yourself, unhealthy relationships.

**Sexual health**

**Healthy intermate relationships**

**Mental health**

Financial decisions such as budgeting and gambling, long term relationship and future goals.

Knowledge of the law in relation to issues such as relationships, abuse, equality act and pornography.

The role of media in driving changes in society, sexual identity and challenging stereotypes.

**Managing future goals**

**Becoming an adult and the law**

**Relationships in an inclusive society**

YEAR **11**

Maintaining a work/life balance, how online profiles can impact future goals. The options around organ donation.

Improving health, mental health and sexual health.

.Sustaining long-term relationships, intimacy and a health self relationship.

**Impact of physical health**

**Looking after your physical & mental health**

**Respectful relationships**

**on reaching your goals**

Equality in the workplace, rights and responsibility of protected characteristics. Equity, equality and inequality.

Human rights and to manage online risks. Managing risk including in an emergency. Coping with grief and ending relationships safely

**Living in a diverse society**

**Coping in a complex world**

YEAR **10**

KS4 PSHE is delivered using the online provider – Jigsaw. This provides a programme which offers us a comprehensive, carefully thought-through Scheme of Work bringing consistency and progression to our students’ learning in this vital curriculum area. Students deepen knowledge and understanding, extend and rehearse skills, and further explore attitudes, values and attributes acquired during key stage 3. PSHE education reflects the fact that students are moving towards an independent role in adult life, taking on greater responsibility for themselves and others.

The program is delivered by for tutors during tutor time. The Jigsaw Programme, which covers all areas of PSHE for the secondary phase including statutory RSE and Health Education. The table below gives the learning theme of each of the six Puzzles (units) and as these are taught across the school; the learning deepens and broadens every year.

The KS4 curriculum is also supported by assemblies, drop down days, guest speakers and trips and visits intended to develop students' personal development.

Our vision:  
Achievement  
through caring



## KS4 PSHE Learning Journey

Health & wellbeing
Relationships
Living in the wider world

	Coping in a complex world	Living in a diverse society	Impact of physical health on reaching your goals	Looking after your physical & mental health	Respectful relationships	Relationships in an inclusive society
Year 10 (14-15)	Human rights, societal freedom, understanding safety in UK and beyond, ending relationships safely, stages of grief, loss and bereavement, peer on peer abuse, social media and culture, use of online data, threats to online safety, online identity, assessing and managing risk, the law and social media Risk and emergency contacts Positive and negative relationships	Equality including in the workplace, in society, in relationships Equality Act 2010 Vulnerable groups including disability and hidden disability Workplace expectations Rights and responsibilities Power and control in relationships, coercive control Benefits of multi-cultural societies Equity, equality and inequality My health	Impact of physical health in reaching goals, relationships and reaching goals, resilience, work/life balance, connections and impact on mental health, balanced diet, vital organs, blood donation, benefits of helping others, online profile and impact on future goals and employability	Improving health, mental health, sexual health, blood-borne infections, self-examination, diet and long-term health, misuse of prescription drugs, substances and the body, common mental health disorders, positive impact of volunteering, common threats to health including chronic disease, epidemics, misuse of antibiotics Organ donation Stem cells	Sustaining long-term relationships, intimacy, healthy relationship with self Attraction, love, lust Relationship choices, ending relationships safely, consequences of relationships ending e.g. bullying, peer on peer abuse, revenge porn, grief-cycle, Impact on family understanding love, fake news Pornography	Impact of societal change on young people, role of media on societal change, reflection on change so far and how to manage it successfully, decision making, sexual identity gender, spectrum of sexuality, stereotypes in romantic relationships, sexual identity and risk, physical and emotional changes, family change, sources of support

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Achievement  
through caring



# KS4 PSHE Learning Journey

Health & wellbeing

Relationships

Living in the wider world

## Becoming an adult & the law

## Managing future goals

## Sexual & mental health

## Healthy intimate relationships

Year 11 (15-16)

Becoming an adult. Age limits and the law  
Relationships and the law, consent, coercive control, peer on peer abuse, domestic abuse, honour-based, violence, arranged and forced marriages  
The Equality Act 2010  
The law on internet use and pornography  
Social media concerns, sexting  
Keeping safe, emergency situations, key advice, first aid, scenarios and consequences

Anxiety, solution focused thinking, sleep, relaxation, Aspiration on; career, finances, budgeting, borrowing, relationships, Skills identification, realistic goals, gambling, financial pressure, debt, dream jobs, skill set, employment, education and training options, long-term relationship dreams and goals, parenting skills and challenges, resilience, what to do when things go wrong

Managing anxiety and stress, exam pressure, concentration strategies, work-life balance, sexual health, hygiene, self-examination, STIs, sexual pressure, fertility issues, contraception, consent, pregnancy facts and myths, pregnancy choices including adoption, abortion, bringing up a baby, financial implications, identifying a range of risks including rape and strategies for staying safe  
Expectations in relationships

Stages of intimate relationships, positive and negative connotations of sex, spectrum of gender and sexuality, LGBT+ rights and protection under the Equality Act, "coming out" challenges, LGBT+ media stereotypes, peer on peer abuse, power, control and sexual experimentation, forced marriage, honour-based violence, FGM and other abuses, hate crime, sources of support

Health & wellbeing

Relationships

Living in the wider world

All aspects of PSHE, careers and personal development will be covered during form time, Unifrog careers program, forum, trips & visits, guest speakers and drop-down days.

To evaluate personal values in relation to sexual health and attitude to pornography. To understand the emotional and physical journey through fertility, pregnancy and the menopause.

To understand effective budgeting and financial planning through university and beyond. To understand the range of savings, debts, mortgages and other financial choices.

To manage mature friendships, including making friends in new places and online. To develop strategies to manage conflicts, intimacy, personal safety and peer pressure.



## The Big Picture

Our aim at KS5 is to provide a comprehensive education that builds upon key themes from KS3 and KS4, while preparing students for life at university and the wider world. We strive to foster intellectual curiosity, critical thinking, and a strong sense of personal and social responsibility, empowering our students to achieve their full potential and make meaningful contributions to society.

### Intent

We are committed to supporting students' mental health and emotional well-being. Our Year 12 PSHE curriculum focuses on developing strategies to manage stress, build resilience, and promote positive mental health. We recognize the importance of lifelong learning and study skills in developing a positive professional persona. Our PSHE program in Year 12 aims to enhance students' ability to manage their time effectively, set goals, and develop effective study habits. Students also develop further the importance of understanding discrimination in all its forms, promoting inclusivity, and recognizing the rights and responsibilities of living in a diverse society. We explore topics such as equality, diversity, and human rights, and encourage students to challenge prejudice and discrimination. Additionally, we address the issue of bullying in adulthood and the role of pressure groups, fostering an environment of respect, empathy, and active citizenship. In preparation for the world of work, our PSHE curriculum equips students with a range of tools and skills necessary for success. We cover topics such as employability skills, CV writing, interview techniques, workplace etiquette, and professional identity development.

### Implementation

Tutor time sessions will serve as a regular platform for delivering PSHE content and facilitating discussions. During tutor time, dedicated sessions will be conducted to cover specific topics related to mental health, professional development, diversity, consent, and other relevant themes. To encourage open dialogue and the exchange of ideas, weekly PSHE forums will be held. These forums will provide a space for students to share their perspectives, ask questions, and discuss important issues related to the PSHE curriculum. Forums can be facilitated by tutors or guest speakers, allowing students to explore diverse viewpoints and engage in critical thinking.

**Health & Wellbeing:**  
Understanding mental health  
Dealing with stress and change

**Relationships:**  
Diversity and inclusion  
Respectful relationships

**Living in the wider world:**  
Readiness for the world of work  
Planning for the future

### Impact:

To ensure that students have the knowledge and understanding, skills, strategies, and attributes necessary for independent living and the next stage in their education or career. By addressing issues with real-life relevance to them, we empower students to navigate the complexities of adulthood, make informed decisions, and contribute positively to society, setting them on a path of lifelong learning and personal fulfillment.

## The Big Picture

Our aim at KS5 is to provide a comprehensive education that builds upon key themes from KS3 and KS4, while preparing students for life at university and the wider world. We strive to foster intellectual curiosity, critical thinking, and a strong sense of personal and social responsibility, empowering our students to achieve their full potential and make meaningful contributions to society.

### Intent

In Year 13, our intent for PSHE is to provide a comprehensive program that empowers students to make responsible health choices, gain knowledge about illnesses affecting young adults, explore physical health in gaining independence, manage mature friendships, develop strategies to handle conflicts. As students gain independence and transition into adulthood, our PSHE curriculum addresses various aspects of physical health. We cover topics such as first aid, travel health and safety, and the impacts of substance abuse. Students will evaluate personal values in relation to sexual health and pornography. Through open and respectful discussions, we aim to promote sexual well-being, instill confidence, and foster a positive attitude towards sexual health. We provide support and guidance in order for students to comprehend the emotional and physical journey through fertility, pregnancy, and the menopause. Students will learn about budgeting techniques, understanding personal finances, and making informed decisions about savings, debts, mortgages, and other financial choices. By promoting responsible financial management, we aim to equip students with the skills necessary for university and beyond.

### Implementation

Tutor time sessions will serve as a regular platform for delivering PSHE content and facilitating discussions. During tutor time, dedicated sessions will be conducted to cover specific topics related to mental health, professional development, diversity, consent, and other relevant themes. To encourage open dialogue and the exchange of ideas, weekly PSHE forums will be held. These forums will provide a space for students to share their perspectives, ask questions, and discuss important issues related to the PSHE curriculum. Forums can be facilitated by tutors or guest speakers, allowing students to explore diverse viewpoints and engage in critical thinking.

**Living in the wider world:  
Financial choices through  
life**

**Relationships:  
Intimate relationships  
Building and maintaining healthy relationships**

**Health & Wellbeing:  
Managing your health  
Healthy choices**

### Impact:

To ensure that students have the knowledge and understanding, skills, strategies, and attributes necessary for independent living and the next stage in their education or career. By addressing issues with real-life relevance to them, we empower students to navigate the complexities of adulthood, make informed decisions, and contribute positively to society, setting them on a path of lifelong learning and personal fulfillment.