

PSHCE

Personal, Social, Health and Citizenship Education – Curriculum Intent

PSHCE at Nether Stowe primarily aims to support the safeguarding of our students and the values of the school.

Our curriculum incorporates RSE and Health Education, and through a spiral curriculum develops the knowledge and skills needed for students to lead confident, healthy, and responsible lives. We support our student's personal development by:

- Raising awareness
- Promoting conversation
- Signposting advice and guidance
- Targeted support for vulnerable groups

This knowledge engaged curriculum is based on six key principles which endeavours to enrich cultural capital and foster a culture of learning.

The six principles are:

- British values and human rights
- Responsibility and respect
- Individual wellbeing and enrichment
- Communities which are safe, happy and aspirational
- Knowledge of how to keep safe, be healthy and seek advice
- SMSC/RSE

Curriculum Time

PSHCE is a statutory, but non-examined subject, delivered in a spiral curriculum to all students: one lesson per fortnight in all key stages. There are also workshops, presentations and assemblies organised for differing groups of students throughout the academic year. PSHCE content is also delivered through other curriculum subjects, most notably, Food Technology, PE, Science, Drama and Religious Education.

Curriculum Overview

PSHCE subject content is directed by the 2020 new statutory guidance on *Relationships Education, Sex and Relationships Education (SRE) and Health Education*. It is also reviewed and changed each year by the Associate Assistant Head of Personal Development, according to the arising needs of our students and context. Areas covered within PSHCE cover three core themes: (i) health and wellbeing, (ii) relationships, and (iii) living in the wider world; and include learning about:

- Drugs and Alcohol education
- Personal health and safety
- Healthy Lifestyles
- Mental health
- Body Image
- Online Safety
- Friendship and Bullying
- Sex and relationships
- Human Rights and Diversity
- Personal Finance and Money
- Careers

PSHCE also aims to support the development of the learning habits and attributes of the Nether Stowe learner; Ambition, Respect and Resilience. This is further developed by the rebranding of the PSHCE curriculum as the 'We A R R Nether Stowe' curriculum.

Further Information

For more information please contact <mailto:office@netherstowe.com>

Understanding Relationships, Sex and Health Education at your child's secondary school: a guide for parents

Further Advice

Please see the following websites for further advice/guidance regarding the topics that we cover through our PSHE curriculum:

NSPCC



childline

KidsHealth

YOUTH ACCESS



umbrella

YOUNG MINDS

PSHCE at KS3 and KS4

Key Stage 3 and 4 students have PSHCE one lesson per fortnight delivered by their form tutor with additional content covered in tutor time and assemblies. To accompany PSHCE sessions students also take part in weekly community sessions and careers guidance in form time. On occasion a lesson may change in response to contextual needs of the cohort.

PSHCE aims to support our students' personal development by:

- Raising awareness
- Promoting discussion
- Signposting advice & Guidance

Year 7, 8, and 9 students follow a spiral curriculum as outlined below:

KS3 PSHCE Overview

	Autumn 1 (3) Health and Well Being Safety	Autumn 2 (3) Health and Well Being Health	Spring 1 (3) Relationships RSE	Spring 2 (4) Relationships Diversity/Equality	Summer 1 (1) Living in the wider world Values	Summer 2 (4) Living in the Wider World Careers – Relaunch of Unifrog
Y7	Transition and Safety BQ – How do I prepare for life at NS? Transition to secondary and personal safety – inside and outside of school. First aid.	Health and Puberty BQ – How do I respect my body? Healthy routines/personal hygiene, influences on health, advocating for themselves and other. puberty, unwanted contact, and FGM	Building Relationships BQ – How do I build and maintain healthy relationships? Romance and friendships (including online). Setting boundaries Peer pressure and staying positive	Diversity BQ – Why is diversity important? Celebrating what makes us unique. The importance of being kind. Breaking down stereotypes	Politics and Parliament BQ – Why is politics important? Learning about democracy in the UK as part of citizenship and looking at the importance of local MPs.	Financial Education BQ – How do I manage my money? Preparing to manage money in the future and explore careers based on aspirations.
Y8	Drugs and Alcohol BQ – How do I protect my health? Alcohol and drug misuse. Pressure relating to drug use on our mental and physical health.	Emotional Wellbeing BQ – How do I support my well-being? Mental Health and emotional well-being including body image, healthy eating, and unhealthy behaviour – eating disorder and self harm, coping strategies.	Identity and relationships BQ – Why is decision making important in relationships? Respecting yourself and dealing with conflict. Different types on relationships. Healthy relationships.	Discrimination and Diversity BQ – Why is equality important? Law around LGBTQ+ Rights across the world Breaking down misconceptions around protected characteristics.	Law and Society BQ How does the law apply to my life? Exploring the law in the UK and the consequences of breaking the law. Signs of danger online – what are the laws around internet...	Proud to be me! BQ – What skills will I need to be successful? Careers and aspirations. Finding a career that will support your mental health.
Y9	Peer Influence, BQ – How do I make positive choices? Healthy and unhealthy friendships, assertiveness, gang exploitation/county lines	Body Confidence BQ – How am I changing physically and emotionally? How do I prioritise self esteem. Dealing with emotions. Diet, exercise, lifestyle balance and healthy choices. Danger of the media...	Sexual Health BQ – How do I look after my health in an intimate relationship? Relationships and sex education including consent, STIs, contraception.	RSE - Respectful Relationships BQ – What are my rights? Sexual consent, toxic relationships. Domestic abuse. Delaying sexual activity.	Combating Extremism and Terrorism BQ – How does the UK protect us against terrorism? Exploring the dangers of extremism and how counter terrorism works in the UK	Essential Life Skills BQ – How do I turn failure into success? Target setting and preparation for KS4. Managing money and budgeting for the future. The danger of online influencers.

Year 10 and 11 students follow a spiral curriculum based on themes addressed at Key stage 3. Details are outlined below:

KS4 PSHCE Overview

	Autumn 1 (3) Health and Well Being Safety	Autumn 2 (3) Health and Well Being Health	Spring 1 (3) Relationships RSE	Spring 2 (4) Relationships Diversity/Equality	Summer 1 (1) Living in the wider world Values	Summer 2 (4) Living in the Wider World Careers – Relaunch of Unifrog
Y10	<p>Mental Health BQ – How can I access Help?</p> <p>Mental Health and ill health, dealing with transition or change. Moral issues impacting young people – gaming, knife crime, gambling.</p>	<p>Exploring Influence BQ – how do I protect my mental health?</p> <p>The influence and impact of social media, screen time limits, mental health support, promoting emotional well-being and child abuse signs.</p>	<p>Healthy Relationships BQ – Am I making the right decision?</p> <p>Relationships and sex expectations, online pornography – myths vs reality, The impact of the media. Sending and receiving explicit pictures</p>	<p>Exploring World Issues BQ – What are the issues across the globe?</p> <p>International Organisations who support peace Women’s Rights Fair and Free Trade</p>	<p>Exploring British Values BQ – What are my Human Rights?</p> <p>Exploring British values such as mutual respect, democracy, individual liberty, and identity.</p>	<p>Your future and beyond BQ – How do I prepare for success in the future?</p> <p>Post 16 options, managing exam stress. Social media vs reality CV writing</p>
Y11	<p>Building for the future BQ How do I look after my health, physical and mental?</p> <p>Self-efficiency, stress management. Checking our bodies.</p>	<p>Personal safety BQ – How do I make positive choices?</p> <p>Online safety, digital footprints, and live streaming. Cosmetic procedures. Staying safe at festivals – link to substance abuse.</p>	<p>Communication in relationships BQ – How do I protect myself?</p> <p>Respect in relationships communication, relationship challenges – fertility, peer on peer abuse. STIs, contraception revisited.</p>	<p>Preparing for GCSEs Revision support and intervention</p>	<p>Preparing for GCSEs Revision support and intervention</p>	<p>Preparing for GCSEs Revision support and intervention</p>

KS5 PSHCE Overview

Lessons follow the same principle as lower down the school, again following a spiral curriculum that builds upon topics students would have studied at Key Stage 3 and Key Stage 4. Details are outlined below:

	Autumn 1 (3) Health and Well Being Safety	Autumn 2 (3) Health and Well Being Health	Spring 1 (3) Relationships RSE	Spring 2 (4) Relationships Diversity/Equality	Summer 1 (1) Living in the wider world Values	Summer 2 (4) Living in the Wider World Careers – Relaunch of Unifrog
Y12	<p>Transition Managing Stress Health and hormones Mental health Revision techniques</p>	<p>Keeping myself safe Gambling Driver safety and Drink awareness – Spiking Drugs First Aid</p>	<p>Respect What is consent? Sexual health Sexting</p>	<p>Tolerance Trafficking and exploitation Disability awareness Hate crimes</p>	<p>Reflection Personal statements</p>	<p>Aim Higher Intro to Higher Education Careers – Post 16 Work experience preparations and evaluation</p>
Y13	<p>My Independent Future Time management Living independently My future career</p>	<p>Keeping myself safe Safer internet and avoiding scams Mental health – coping with exams Human Rights</p>	<p>Respect Honour based violence/forced marriage Coercive control Pregnancy and Abortion</p>	<p>Preparing for exams Exam support</p>	<p>Preparing for exams Exam support</p>	<p>Preparing for exams Exam support</p>

Assessment

Themes will be assessed by:

- Lesson by lesson self-assessment of learning – each lesson a mini reflection task takes place, this allows tutors to see areas of misconception and provides the opportunity for further discussion and clarification.
- An online Socratic assessment takes place in every Assessment Week.