

# PSHE

## PSHE

### *Personal, Social, Health and Economic Education*

*PSHE education gives pupils the knowledge, skills, and attributes they need to keep themselves healthy and safe and to prepare them for life and work in modern Britain.* From making responsible decisions about alcohol to succeeding in their first job interview, PSHE education helps pupils to manage many of the most critical opportunities, challenges and responsibilities they will face growing up.

### Provision at Turves Green Boys

All pupils in Year 7 to 10 have one timetabled lesson a week. We also run flexible learning days for all students twice a year.

### Programme of Study

In line with PSHE Association guidance this is delivered at Turves Green Boys' School under five broad themes: Relationships, Health (including Mental Health), Safety, Life Beyond School and British Values.

PSHE is a non-assessed subject so students will not sit a GCSE exam in PSHE.

### **Relationships (including sex education)**

Relationships and Sex Education is defined by the PSHE Association as 'learning about the emotional, social and physical aspects of growing up, relationships, sex,

human sexuality and sexual health' and is in line with current regulations from the Department of Education (DfE) on Relationships Education, Relationships and Sex Education (RSE) and Health Education (July 2019). This content is delivered in an age appropriate way in our school with regard to the age and stage of pupils. The intention of Relationships and Sex Education in our school is to equip children and young people with the information, skills and values they need to have safe, fulfilling and enjoyable relationships and take responsibility for their physical, sexual and emotional health and wellbeing.

Year 7	<ul style="list-style-type: none"><li>• Avoiding Toxic Friendships.</li><li>• When does banter become bullying?</li><li>• What is cyber bullying?</li><li>• Different types of family relationships.</li><li>• Falling in love and dealing with new feelings.</li></ul>
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	<ul style="list-style-type: none"> <li>• Maintaining positive online relationships.</li> <li>• Puberty: What happens when and why?</li> <li>• Teen pregnancy: why is it so difficult?</li> </ul>
Year 8	<ul style="list-style-type: none"> <li>• What is a dangerous relationship: Recognising the signs of domestic abuse.</li> <li>• What are the different types of contraception?</li> <li>• What is an STI?</li> <li>• What is sexting and revenge porn?</li> <li>• Staying safe online: The dangers of pornography.</li> <li>• FGM (Female Genital Mutilation) and why it is illegal.</li> </ul>
Year 9	<ul style="list-style-type: none"> <li>• What is peer pressure?</li> <li>• What is domestic abuse?</li> <li>• What is consent?</li> <li>• What is a dangerous relationship: Grooming.</li> </ul>
Year 10	<ul style="list-style-type: none"> <li>• Relationship breakdowns: The when and the why.</li> <li>• What is the difference between a forced and an arranged marriage?</li> <li>• Body shaming and body positivity.</li> <li>• Safe sex.</li> <li>• Same sex relationships, including trans identity.</li> </ul>

### Health (including Mental Health)

Year 7	<ul style="list-style-type: none"> <li>• Introduction to mental health: What is depression?</li> <li>• The importance of self esteem.</li> <li>• Anger Management</li> <li>• Periods: What happens when and why?</li> <li>• What is healthy living: The main food groups.</li> <li>• How do we maintain a healthy lifestyle: Diet and exercise.</li> <li>• The dangers of cigarettes and alcohol.</li> <li>• What are drugs and why are they illegal?</li> <li>• The dangers of energy drinks.</li> </ul>
Year 8	<ul style="list-style-type: none"> <li>• Mindfulness and emotional literacy.</li> <li>• Body image and the media.</li> <li>• Developing self-confidence.</li> <li>• First Aid: CPR.</li> <li>• Cancer: The causes and the effects.</li> <li>• The dangers of vaping.</li> </ul>

Year 9	<ul style="list-style-type: none"> <li>• Mental Health: Anxiety</li> <li>• Self-Harm</li> <li>• The stress of exams</li> <li>• Illegal Drugs</li> <li>• Alcohol awareness and safety.</li> <li>• Eating disorders.</li> <li>• Promoting a growth mind-set.</li> <li>• Responsible Health Choice: Vaccinations</li> <li>• What is stem cell research and blood banking?</li> <li>• The Selfie Obsessed Culture.</li> </ul>
Year 10	<ul style="list-style-type: none"> <li>• Managing conflict.</li> <li>• The dangers of binge drinking.</li> <li>• Tattoos and Piercings: Can they be dangerous?</li> <li>• What are the effects of sleep deprivation?</li> <li>• What are the dangers of excessive screen time?</li> <li>• Mental Health: How can we make others happy?</li> </ul>

### Safety

Year 7	<ul style="list-style-type: none"> <li>• Staying safe online.</li> <li>• Journey Safety</li> </ul>
Year 8	<ul style="list-style-type: none"> <li>• Radicalism and PREVENT.</li> <li>• E-Safety.</li> </ul>
Year 9	<ul style="list-style-type: none"> <li>• Knife Crime</li> <li>• Gangs and county lines.</li> <li>• Acid attacks</li> </ul>
Year 10	<ul style="list-style-type: none"> <li>• Crime and Gangs</li> <li>• County Lines and drug trafficking.</li> <li>• Harassment and Stalking: What does the law say?</li> <li>• Personal safety in the wider world.</li> <li>• Right-wing extremism and radicalisation.</li> <li>• Terrorism.</li> <li>• Hate crime.</li> <li>• Gambling.</li> <li>• What is money laundering?</li> </ul>

## Life Beyond School

Year 7	<ul style="list-style-type: none"><li>• How can we budget our money.</li><li>• What are financial transactions.</li><li>• Entrepreneurship.</li><li>• How can we shop ethically?</li></ul>
Year 8	<ul style="list-style-type: none"><li>• Caring for the planet</li><li>• Careers and team building.</li><li>• Enterprise.</li><li>• Why do we pay taxes?</li></ul>
Year 9	<ul style="list-style-type: none"><li>• How does the law deal with Young Offenders?</li><li>• What is sustainable living?</li><li>• Employability.</li><li>• Enterprise.</li><li>• Interpersonal skills.</li><li>• What is UNICEF?</li><li>• What are our consumer rights?</li></ul>
Year 10	<ul style="list-style-type: none"><li>• Work experience: What to expect.</li><li>• How to write a CV.</li><li>• Study Skills: Perseverance and procrastination.</li><li>• Digital footprints: Why is this important?</li><li>• What are animal rights?</li><li>• Applying to college/Sixth form.</li><li>• Privilege: How does this affect us all?</li></ul>

## British Values

Year 7	<ul style="list-style-type: none"><li>• Being resilient.</li><li>• Extremism and radicalisation.</li><li>• What makes someone British?</li><li>• Tolerance.</li><li>• Prejudice and discrimination.</li><li>• Stereotyping.</li></ul>
Year 8	<ul style="list-style-type: none"><li>• Radicalism: What are the signs?</li><li>• Tackling Islamophobia in the UK.</li><li>• Tolerance.</li><li>• What are British Values?</li></ul>

	<ul style="list-style-type: none"> <li>• Prejudice: LGBTQ+, Racism and disability.</li> </ul>
Year 9	<ul style="list-style-type: none"> <li>• Diverse Britain.</li> <li>• Why do we need rules in the UK?</li> <li>• Respecting the culture of others.</li> <li>• Should we send aid to foreign countries?</li> </ul>
Year 10	<ul style="list-style-type: none"> <li>• What is the British Criminal Justice system?</li> <li>• Why do we need an International Womens Day?</li> <li>• What is community cohesion?</li> </ul>

Topics to be covered on Flexible Learning Days.

There are a minimum of two per year (dates TBC) and all students take part in school.

Year 7	E-Safety, personal hygiene, anti-bullying, KUDOS (careers programme), relationships,
Year 8	Careers, Child Exploitation (CSE) , alcohol awareness, smoking awareness, KUDOS (careers programme), online safety.
Year 9	CV writing, the dangers of illegal substances, consent, knife crime and county lines, financial planning.
Year 10	Positive body image, CV writing, domestic abuse, extremism, knife crime, the dark web.
Year 11	Pornography and revenge porn, testicular cancer, sexual health, mindfulness and coping with stress, teen pregnancy, abortion, suicide, euthanasia.