



PSHEE Policy

*A copy of this policy is published in the following area:
The school's website*

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Reviewed by: Head of PSHEE

A. Introduction

All Year groups (1st Year – Upper Sixth) receive dedicated PSHEE lessons as part of the curriculum with our Head of PSHEE coordinating a dedicated team of PSHEE staff.

Aims of the PSHEE curriculum

The school recognises its responsibility in developing pupils' spiritual, moral, social and cultural awareness. In addition, the school is responsible for educating pupils on their future economic wellbeing, including providing independent careers advice and guidance. The Personal, Social, Health and Economic Education (PSHEE) programme forms an integral part of how the school meets this responsibility, and development of pupils' SMSC awareness through academic subjects, weekly Chapel services and the day-to-day occurrences in a busy, multi-faith and co-educational Methodist school.

The PSHEE programme leads on, and contributes to the work of other areas of the school, to develop pupils':

- self-awareness, self-esteem and self-confidence
- understanding and appreciation of others
- understanding of the world around them on a local, national and global level

In doing so, the PSHEE programme and other areas of school life enable pupils to:

- distinguish right from wrong and to respect the law
- encourage pupils to accept responsibility for their behaviour, show initiative and understand how they can contribute to community life
- acquire an appreciation of, and respect for, their own and other cultures in a way that promotes tolerance and harmony between different cultural and religious traditions
- enable all pupils to develop into young adults armed with the necessary knowledge, understanding and skills to thrive in the society they live in

B. Content and delivery of the PSHEE curriculum

The PSHEE curriculum is primarily delivered through dedicated lessons in the 1st Year through to Upper Sixth and these are supplemented by occasional workshops. The Lower Sixth also have Sixth Form Diploma lessons.

Our current PSHEE programme can be seen in Appendix 1.

Relationship and Sex Education (RSE) is covered in PSHEE lessons and through talks in chapel and assemblies. Throughout the PSHE programme, RSE is one of the key components of the PSHEE programme and in the Religious Studies GCSE Full Course the topic of Relationships and Families exploring both Muslim and Christian views. The 4th Year will have a workshop delivered by Brook to support the RSE curriculum. In the L6th the training as part of the Advice, Care, Help and Empathy (ACHE) has two sessions which address the topic of RSE, and the majority of our Lower Sixth follow the ACHE programme. See our separate Relationships and Sex Education Policy.

Appendix 1

PSHEE topics by Year groups for 2024-25

First Year	Second Year	Third Year	Fourth Year	Fifth Year	Lower Sixth	Upper Sixth
Starting school	Peer pressure	Bullying	Mental health	Post-16 and Post-18 Options	Sustaining Health at Uni	De-escalating situations
Friendships	Alcohol, drugs & unhealthy behaviours	Physical health and its effect on mood	Identity	Teenage Parenthood	Cancer Awareness	Managing harassment
Interpersonal skills	Emotional wellbeing & physical health	Menstrual health	Types of relationship and their legal status	Unintended Pregnancy	Body image	Working right and responsibilities
Consent	Identity	Healthy coping strategies	Sexual Expectations	Fertility and the effects of STI's	Substance Use and Misuse	Consent
Use of language	Prejudice & discrimination	Effects of drugs on mood	Safeguarding & Personal Safety	Sleep	Drug Addiction	Abuse
Bullying	Relationships & Families	Time management	Health check ups	Mental Health First Aid	Risks and Consequences of Drugs	Forced marriage, honour-based violence, FGM
Emotions and worry	Consent	GCSE options	Health check ups	Managing exam stress	Impact of Drugs and Alcohol on Sexual Behaviour	
Self-esteem and resilience	Intimacy	Aspirations & goals	Health check ups	Coercive Control	Personal and Travel Safety	
Self-harm	Sexuality	Healthy Relationships (c/o Barnardo's) incl:	GCSE options	Social Media	Mental and Emotional health	
Puberty	Sexual health	<i>Gender stereotypes, equality and diversity.</i>	Aspirations & goals	Career Identity	Stress and Anxiety	
Hygiene	Body image	<i>Understanding domestic abuse and sexual violence.</i>	Healthy Relationships (c/o Barnardo's) incl:	Work Experience	Depression	
Unhealthy habits	Nudes & the law	<i>Healthy/unhealthy behaviours.</i>	<i>Gender stereotypes, equality and diversity.</i>	Work Attitude and Values	Healthy relationships	
Gambling & addiction	Puberty shame (incl. period poverty)	<i>Managing conflict and respecting boundaries.</i>	<i>Understanding domestic abuse and sexual violence.</i>	Human Rights and international law (incl FGM)	Intimate relationships	
Saving & Borrowing	Deep fakes and Grooming	Personal safety	<i>Healthy/unhealthy behaviours.</i>		Separation, divorce and bereavement	
Budgeting	Emergency first aid	Employability	<i>Managing conflict and respecting boundaries.</i>		Unwanted pregnancy	
Bias of digital content		Employment law	<i>Managing conflict and respecting boundaries.</i>		Infertility	
Also included in form time:			<i>Managing conflict and respecting boundaries.</i>		Changing Opportunities	Personal safety
First Aid			<i>Managing conflict and respecting boundaries.</i>		Employability	Critical engagement with social media
Communication skills			<i>Managing conflict and respecting boundaries.</i>		Strengths, Interests and Skills	Challenging harmful social media
Online relationships			<i>Managing conflict and respecting boundaries.</i>		Info, Advice and Guidance	Gangs
Evaluating online content			<i>Managing conflict and respecting boundaries.</i>		Online presence	Cybercrime
			<i>Managing conflict and respecting boundaries.</i>		Alternatives to University	Parliamentary democracy
			<i>Managing conflict and respecting boundaries.</i>		Gap Years	Different electoral systems and forms of government
			<i>Managing conflict and respecting boundaries.</i>		UCAS	
			<i>Managing conflict and respecting boundaries.</i>		Income, expenditure, credit, debt	
			<i>Managing conflict and respecting boundaries.</i>		Financial products and services	
			<i>Managing conflict and respecting boundaries.</i>		Insurance, savings and pensions	
			<i>Managing conflict and respecting boundaries.</i>		Managing financial decisions	
			<i>Managing conflict and respecting boundaries.</i>		Mortgages	
			<i>Managing conflict and respecting boundaries.</i>		Student finance	
			<i>Managing conflict and respecting boundaries.</i>		Critical consumerism	
			<i>Managing conflict and respecting boundaries.</i>		Consumer Rights	