As part of our ongoing commitment to high-quality PSHE at our school, we are a Life Lessons partner school. Life Lessons takes a whole-school approach to PSHE, which includes:

- a fully inclusive, relevant and youth-led PSHE and RSHE curriculum that meets all statutory RSE guidance,
- age appropriate knowledge and skills curriculum that ensures young people are prepared for personal and social experiences,
- a range of videos where young people share their opinions and experiences, modelling discussion and listening for strong oracy and critical thinking development.

All young people will develop key skills including critical thinking, empathy, mental strength and resilience, and emotional regulation.

Curriculum Intent

PSHE enables our children to become healthy, independent and responsible members of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We provide our students with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a

member of a diverse society. Our children are encouraged to become critical thinkers and develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

Assessment

Class work will be gathered as evidence of study.

Where appropriate, pupils may also have the opportunity to complete AQA Unit Award Scheme units that complement the topic being studied. These awards provide a meaningful way to recognise and celebrate achievement in specific areas of learning

Content – Year 10

1. Wellbeing:
    - Healthy and unhealthy coping strategies
    - Techniques for improving mental health and reducing low-mood
    - How can we improve our self-esteem?
    - How can we overcome barriers to a healthy lifestyle?

2. Healthy Choices:
    - How can someone stop smoking or vaping?
    - What are the effects of illegal drugs on the body and mind?
    - How can people stay safe around alcohol?
    - How can we manage powerful influence?
    - What life saving skills do I need? (part 1)
    - What life saving skills do I need? (part 2)

3. My Body & Me:
    - How does the media affect body image?
    - Pregnancy and healthy foetal development
    - How can people make healthy choices around contraception?

4. Healthy Relationships:
    - How can we repair a friendship?
    - How can we help our friends to have healthy boundaries?

5. Healthy Intimate Relationships:
    - How can people communicate honestly in a romantic relationship?
    - How can someone communicate choices about sex and intimacy?
    - How can romantic relationships be impacted by culture and technology?
    - How can we respond to sexual behaviour online?
    - Why do some people have civil partnerships or marriages?
    - How do gender stereotypes influence sexual violence?
    - What are the effects of sexual harassment on men and women?
    - How can we prevent controlling behaviour in relationships?

6. Identity & Community:
    - How do gender norms influence the way we behave?
    - What would our world be like if there was more tolerance?
    - What is it like to live in Britain?
    - Why is talking about discrimination complex?
    - What is the social model of disability?
    - How easy do people find it to express their religion or beliefs?

7. Digital Lives:

- How might AI affect our lives?
- How can we create a positive reputation online?
- Why can extremism spread online?

8. Aspiration & Money:
    - Making decisions about the future
    - Finding work locally and internationally
    - Saving money and budgeting wisely

Content – Year 11

1. Wellbeing:
    - Balancing everyday pressures and opportunities
    - How can we build resilience and overcome challenges?

2. Healthy Choices:
    - How does addiction impact mental health?
    - How can we avoid exploitation and radicalisation?
    - How can I feel when confident and safe meeting new people?

3. My Body & Me:
    - What health issues can affect people with female bodies?
    - What does it mean to become a parent?
    - Fertility, infertility and miscarriage
    - The choice to continue or end a pregnancy
    - How can we access the healthcare we need?

4. Healthy Intimate Relationships:
    - What happens when romantic partners want different things?

- How can we have a positive impact on romantic partners?
- What can be the impact of combining alcohol and drugs with intimacy?
- How do online cultures and content affect sexual relationships

5. Identity & Community:
    - What does it mean to be anti-racist?

6. Digital Lives:
    - How can we promote equality and respect online?
    - How is data used to make money and influence us?

7. Aspiration & Money:
    - What are my rights and responsibilities at work
    - How can we make healthy choices around gambling?

8. Transition:
    - How does it feel to complete secondary school?

Support

- Talking to your teenager - NHS
- https://www.nhs.uk/healthier-families/
- https://www.childline.org.uk/
- https://crimestoppers-uk.org/fearless
- https://www.ceopeducation.co.uk/11_18/
- https://saferinternet.org.uk/online-issue/social-media-3
- https://www.matthewproject.org/
- https://www.talktofrank.com/
- https://www.brook.org.uk/

- https://www.nhs.uk/live-well/sexual-health/where-can-i-get-sexual-health-advice-now/
- https://www.familylives.org.uk/
- https://www.bbc.co.uk/teach/class-clips-video/articles/zkh8cqt
- https://themoneycharity.org.uk/work/young-people/
- https://www.bbc.co.uk/bitesize/articles/z8dw239
- https://nationalcareers.service.gov.uk/explore-careers
- https://learning.parliament.uk/en/
- https://www.stophateuk.org/