Personal Social Health Citizenship Education

Name:

From:

PSHCE

Personal Well-being

- Yr 7: mental health (in registration)
- Yr 8: body image in the media
- Yr 9: mental health lesson & talk, bounce back, disability
- Yr 11: dealing with stress, learning to relax, time management

Relationships

- Yr 7: Friendship & family
- Yr 8: Building and maintaining friendships, personal identity & nurses' session on love & affection
- Yr 9: Alcohol & relationships, Cyberbullying
- Yr 10: family life, relationships, parenthood

Yr 9 RSE event

Equality LGBT+ focus (also features throughout the PSHCE programme).

Life online (pornography & sexting awareness)

Dangers of alcohol

Healthy Relationships

Fertility & consent

Yr 10 RSE event

Healthy and unhealthy relationships (how to recognise coercion, manipulation, grooming, sexual exploitation, domestic violence & rape).

Citizenship/ British Values

- Yr 7: Respect, diversity, anti-bullying
- Yr 8: challenging discrimination, animal welfare ,anti-prejudice
- Yr 9: Human rights, animal rights, NHS expenses
- Yr 10: Why are we different? Getting involved in government policies, EU decisions
- Yr 11: What will we leave for our children (extinction)?

Health

- Yr 7: Healthy eating production, lesson & fun run
- Yr 8: Dangers of alcohol & smoking, fun run & Macmillan talk
- Yr 9: Healthy lifestyles & sunburn
- Yr 10: Drug & alcohol awareness

Managing Risk

- First Aid session
- Yr 7: Managing risk intro, Road safety, online safety lesson & talk, safe relationships assembly
- Yr 8: Managing risk, crime & safety, anti-racialisation talk
- Yr 9: Online safety, drugs awareness talk
- Yr 10: Risky business (alcohol abuse & sexual exploitation), STI reminder
- Yr 11: Gambling awareness (also features in Yr 7, 8 & 9 Managing Risk lessons)