

## **Purpose of Study**

Our pupils are growing up in an ever-changing, increasingly complex world and thus, through our PSHE curriculum, we aim to equip the students with the essential knowledge, skills and qualities needed to live safely and healthily in the wider world. Enabling our children the access to a broad, enriching curriculum will ensure that every child has the opportunity to become a happy, healthy and successful individual who can offer a meaningful contribution to society.

Our schemes of learning will embed the necessary knowledge required to foster student well-being and character, encourage students to embrace positive opportunities, and prepare students with the resilience and self-efficacy to appropriately manage and overcome life's challenges and risks.

## **Core concepts and principles of progression**

In line with the statutory guidance for RSHE, Citizenship and CEIAG, our PSHE curriculum has been carefully devised to ensure that knowledge and topics are both age and developmentally appropriate, building upon previous understanding and different situational contexts. Furthermore, analysis of local PHE data has helped inform the planning of our provision to enable students to develop socially, emotionally, physically, and spiritually, empowering them with the skills needed to lead fulfilling lives and careers.

## **As part of the PSHE provision, students will be exposed to the following breadth and depth of study:**

- **Love and Relationships (RSHE):** Understanding different types of relationships within our society; understanding the difference between a healthy and unhealthy relationship, and the legalities of many actions within and after the end of a relationship.
- **Self - Care:** Students will learn how to take care of their physical and mental health, exploring issues such as substance use/misuse, exercise, nutrition, contraception, and sexually transmitted infections. Additionally, this explores financial literacy, keeping safe in the digital age and managing high stress situations, for example, exams and revision.
- **Citizenship:** To be equipped to make informed political decisions, students will understand the various components of the political landscape: the monarchy, democracy, voting and different laws that are pertinent to themselves and others within society.
- **CEIAG and Employability:** Students will learn about the range of employability skills required to be successful in the workplace as well as examining different Post-16 pathways, including apprenticeships, T-Levels, A-Levels and University.

## **Aims/Outcomes**

**Through our carefully sequenced and ambitious curriculum our students will:**

**Develop their understanding of their sense of character and who they are becoming:**

- Students will develop self-awareness and understand the importance of a clear sense of identity.

- Students will explore and challenge issues that may affect identity, including peer pressure, bullying, prejudice, radicalisation, and extremism.
- Students will become active citizens with the desire and skills to develop their local, national, and global communities.
- Students will have a keen awareness of the socio-political landscape and understand the importance of inclusivity, the beauty of diversity, and challenge themselves and others to be anti-discriminatory and inclusive of all.

**Understand how to take care of their physical and mental wellbeing and the reasons why this is important:**

- Students will know the signs and symptoms of different physical and mental health conditions and be able to effectively seek support.
- Students will understand the dangers of using/misusing substances such as drugs, alcohol, smoking and vaping, as well as knowing how and where to seek necessary support.
- Students will learn what constitutes a healthy and unhealthy relationship and where to find help and guidance if needed.  
Students will understand the law in regard to equality, inclusivity, prejudice and discrimination and how these impact on themselves and others.

**Acquire the knowledge and skills to make informed decisions which will lead to fulfilling lives and careers:**

- Students will understand the different pathways available to help them realise their ambitions.
- Students will learn about the different employability skills needed to be successful in education and the workplace.
- Students will understand the political landscape to enable informed political decisions based on evidence and knowledge of politics.
- Students will understand how and why the management of online identities is important and the potential risks of the world.