



## PSHE programme 2023-2024: Promoting Respect, Responsibility, Resilience, Creativity, Compassion and Courage

The PSHE programme covers British values, Citizenship, Careers and statutory RSE and health education. All year groups have themed weeks each year including anti-bullying, safer internet week, children's mental health week and diversity week.

	Mental health	Health	Online	Respect	Relationships	Real world	Careers
7	What is mental health all about Self talk and growth mindset How to talk about feelings/emotions Ways to improve mental health Being positive	What do we mean by a healthy lifestyle Smoking/vaping Alcohol Immunisations Dental health Nutrition Introduction to cancer Healthy diet Puberty/changing bodies First aid	Introduction to online safety Whats app and messaging Body image and the media Social media dangers	Settling in and transition Aspire, the Windsor way and character Anti bullying LGBT terminology Prejudice and discrimination Radicalisation, extremism Gender equality Role models Manners, courtesy and respect Sexualised bullying	Introduction to consent/peer pressure What makes a good friend Managing friendships Attraction, love and consent Families Safe relationships	Identity, character, diversity, equality Developing learner skills Personal safety Introduction to politics	Careers introduction Finance Guess my job Enterprise
8	Mental health and exercise Mental health conditions Self esteem	Changing bodies FGM/Circumcision Drugs and county lines Healthy diet Diet, dental health, Hygiene	Online grooming Sharing images and the law Relationships with role models Media perception of teens	Managing behaviour Sexual harassment Gender roles Caring for the environment Knife crime and gangs	Changing friendships Healthy relationships Contraception Sexual orientation/same sex relationships Sexual orientation/same sex relationships Dealing with conflict Send me a pic What is love	Good leaders, extremism and radicalisation Personal safety Stephen Lawrence case Young offenders Duke of Edinburgh skills: team work, maps, cooking Religious identity, food, alcohol, drugs Prejudice and discrimination Exploitation	Aspirations Finance
9	Mental health and friends Self harm	Body image FGM and the law Screen time Energy drinks Importance of sleep Vaping Cancer awareness Drugs Exercise Dental health and hygiene	Social media and stress Sexting and social media Online gambling/ gambling risks Online grooming	LGBT+ Transgender Forced marriage Anger management HBT bullying Acid attacks Harassment and stalking Misogyny	Dealing with peer pressure Healthy relationships Consent and the law Delaying sex/ why have it Sexual health Domestic violence Child sexual exploitation Relationships and partners Dangers of pornography	Behaviour to achieve Human rights Criminal justice system Media Sanctity of life, IVF, organ donation Stem cells Social tragedy	Personal development/ goal setting Money management STEM Gender roles
10	Stress and anxiety Eating disorders Managing social anxiety Grief and bereavement	Party and illegal drugs Blood donation Binge drinking Prescribed drugs and county lines	Social media and self esteem Online grooming Fake news Insta life v real life	Gender prejudice Consent and rape Bullying Hate crime International women's day	Sexting and the law Domestic violence Abusive relationships Sexual health Teen pregnancy and	Transition to key stage 4 Community cohesion	study skills unifrog careers programme Careers market

		tattoos and piercings Sleep Male and female cancers		Sexual harassment LGBT+ rights Anti social behaviour Incels and misogyny	parenting Pornography Revenge porn and upskirting Break ups Conflict management		
11	Body positivity Stress Mindfulness and relaxation Exam stress	Alcohol choices Risk taking Fertility, choices, abortion	Online safety in the workplace	LGBT+ rights	Love and abuse Respect and relationships Parenthood Sexual health	Revision strategies Time management Personal safety Independent living Money/ cost of living Rights and respect in the workplace Protection from discrimination	Personal statements College applications CVs Careers Job interviews

In addition to the programme above PSHE, RSE and British Values are also delivered through assemblies, tutor time and votes for schools.

### **Right to withdraw.**

From September 2020, you may withdraw your child from sex education\* lessons (***but not lessons on relationships or lessons as part of the science curriculum***) up to and until 3 terms before your child turns 16. To do this you must seek permission from the Headteacher. Following a conversation with the Headteacher or Deputy Headteacher, except in exceptional circumstances, the parent's wishes will be respected.

\*Sex education includes lessons on contraception, sexually transmitted diseases (STIs) and pregnancy.