



PSHE programme 2024-2025: 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	<p>What is mental health all about</p> <p>How to talk about feelings/ emotions</p> <p>Ways to improve mental health</p> <p>Asking for help</p> <p>Being positive</p>	<p>What do we mean by a healthy lifestyle</p> <p>sleep</p> <p>Smoking/vaping</p> <p>Alcohol</p> <p>Nutrition</p> <p>Healthy diet</p> <p>Puberty/changing bodies</p> <p>First aid</p>	<p>Introduction to online safety</p> <p>Whats app and messaging</p> <p>Body image and the media</p> <p>Social media dangers</p>	<p>Settling in and transition</p> <p>Aspire, the Windsor way and character</p> <p>Sense of belonging</p> <p>Anti bullying</p> <p>Gender equality</p> <p>Role models</p> <p>Manners, courtesy and respect</p> <p>Sexualised bullying</p>	<p>Introduction to consent/ peer pressure</p> <p>What makes a good friend</p> <p>Building friendships</p> <p>Families</p> <p>Safe relationships</p>	<p>Identity, character, diversity, equality</p> <p>Developing learner skills</p> <p>Personal safety</p>	<p>Careers introduction</p> <p>Finance - Spending habits</p> <p>Guess the carer</p> <p>Enterprise</p>
8	<p>Taking control</p> <p>Resilience toolkit</p> <p>Changing emotions</p> <p>Self esteem</p>	<p>Changing bodies</p> <p>FGM/Circumcision</p> <p>Drugs and county lines</p> <p>Alcohol and social inhibitions</p> <p>Healthy diet</p> <p>Diet,</p> <p>Dental health, Hygiene</p> <p>First aid</p>	<p>Online relationships</p> <p>Sharing images and the law</p> <p>Digital relationships</p>	<p>Managing behaviour</p> <p>Sexual harassment</p> <p>Gay rights</p> <p>Caring for the environment</p> <p>Knife crime and gangs</p> <p>Prejudice and discrimination</p> <p>Radicalisation, extremism</p> <p>Homophobia</p>	<p>Changing friendships</p> <p>Healthy relationships</p> <p>many forms of relationships</p> <p>Contraception</p> <p>Sexual orientation</p> <p>Toxic relationships</p> <p>Consent</p> <p>Pornography</p> <p>Child sexual exploitation</p>	<p>Duke of Edinburgh skills: team work, maps, cooking</p> <p>Religious identity, food, alcohol, drugs</p> <p>Prejudice and discrimination</p> <p>Exploitation</p> <p>Democratic process</p> <p>How laws are made</p> <p>Role of courts Religious freedom</p>	<p>Finance - Saving methods</p> <p>NHS career talk</p> <p>Halesowen college talk</p>
9	<p>Mental health and exercise</p> <p>Managing anxiety</p> <p>Combating negative talk</p> <p>Expressing gratitude</p>	<p>Healthy food choices</p> <p>Eating disorders</p> <p>Substance addiction</p> <p>Drug and alcohol choices</p> <p>Drugs and county lines</p> <p>Vaping</p>	<p>Social media and stress</p> <p>Sexting and social media</p> <p>Online gambling/ gambling risks</p> <p>Online grooming</p> <p>Instagram v reality</p> <p>Sexting</p>	<p>Forced marriage</p> <p>Anger management</p> <p>Toxic masculinity Misogyny</p> <p>Sexual harassment</p>	<p>Safe and healthy sex</p> <p>Reproductive health</p> <p>Dealing with peer pressure</p> <p>Healthy relationships</p> <p>Consent and the law</p> <p>Delaying sex</p> <p>Sexual health</p> <p>Pregnancy choices</p> <p>Domestic violence</p> <p>Relationships and partners</p>	<p>Behaviour to achieve</p> <p>Forced marriage</p> <p>Media</p> <p>Sanctity of life, IVF, organ donation</p> <p>Stem cells</p> <p>Social tragedy</p>	<p>Oxbridge talk</p> <p>Dudley college talk</p> <p>Employer exposure</p> <p>Finance - Money management</p> <p>Options event</p>
10	<p>Rewiring our brain</p> <p>Developing emotional awareness</p> <p>Managing stress</p> <p>Counteracting negativity</p>	<p>FGM</p> <p>Vaccinations and immunisations</p> <p>Vaping and smoking</p> <p>Sleep, exercise and health</p> <p>Alcohol</p> <p>Drugs</p>	<p>Sharing illegal images</p> <p>Keeping online data safe</p> <p>Phone addiction</p> <p>Gaming addiction</p> <p>Unrealistic online world</p> <p>Online radicalisation</p> <p>Fake news</p>	<p>Gender identity and sexual orientation</p> <p>Psychology of bullies</p> <p>Multi cultural society</p> <p>Respecting difference</p> <p>Extremism and fundamentalism</p>	<p>Spectrum of relationships</p> <p>Domestic violence</p> <p>Abusive relationships</p> <p>Fertility and reproductive health</p> <p>Self examination and screening</p>	<p>Transition to key stage 4</p> <p>Community cohesion</p>	<p>Study skills</p> <p>The right career</p> <p>Finance - Risk and reward</p> <p>Careers market</p>

		Prescription drugs	Phone addiction Is it worth a gamble	violence and exploitation RESPECT Hidden scars of knife crime Inclusivity and belonging	Understanding sexual consent Different types of intimacy Distorted reality of Pornography Break ups Conflict management		
11	Setting goals Building resilience Exam stress	Party drugs alcohol dependence and excessive drinking	Safe relationships online Gambling addiction	Striving for equality Discrimination and the equality act Stereotypes and prejudice Gender biases Respecting human rights	Fertility and pregnancy Pregnancy choices Forced and arranged marriages Parenting today Sexual safety Sexual violence and abuse Contraception Domestic abuse	Revision strategies Time management	Personal statements College applications CVs Armed forces talk Local university talk 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.

To find out more about the PSHE/ RSE curriculum please email info@windsor.windsoracademytrust.org.uk for the attention of Mrs Hayes noting the subject area (PSHE) in which you require further information.