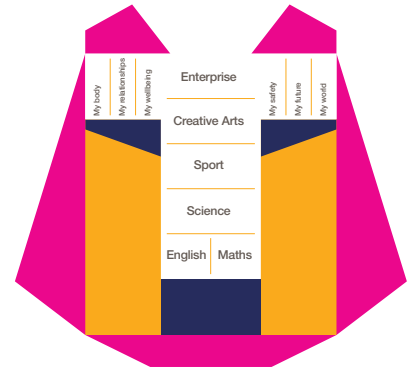


PHSE



PHSE curriculum consists of 3 steps.

Build

At the 'Build' stage, students will fill the PSHE gaps from primary school, and consolidate their knowledge, understanding, attributes and values. It acknowledges the changes that young people experience, beginning with the transition to secondary school, the changes of adolescence and their increasing independence.

Grow

In 'Grow' students will further the knowledge and skills which will equip them for the opportunities and challenges of life. Students will learn to manage diverse relationships, their online lives, and the increasing influence of peers and the media.

Launch

At Launch, students will deepen their knowledge and understanding, extend and rehearse skills, and further explore the attitudes, values and attributes acquired during the Build and Grow stage. This stage reflects the fact that students are moving towards an independent role in adult life, taking on greater responsibility for themselves and others.

Build

- › Help students adapt to the new environment and expectations of secondary school, fostering a sense of belonging and confidence
- › Begin to explore students own personal skills and attributes, and how this can be transferred into future potential careers
- › Encourage healthy lifestyle choices and mental well-being, helping students to understand and manage their emotions
- › Develop essential social skills, including teamwork, communication, and conflict resolution
- › Teach the importance of respect for oneself and others, highlighting the value of diversity and inclusion
- › Begin the journey of understanding money management and the basics of financial literacy
- › Encourage healthy lifestyle choices, including nutrition, physical activity, and understanding the impact of substance use
- › Teach the importance of healthy relationships, respect, and empathy, addressing issues such as peer pressure, bullying, and consent
- › Foster an understanding of diversity, equality, and inclusion, preparing students to contribute positively to society
- › Understand the changes that happen during puberty, both mentally and physically

Grow

- › Promote the Mental and Emotional well-being of students by enhancing students' ability to manage stress, understand mental health issues, and develop coping strategies for emotional well-being
- › Teach the principles of healthy, respectful relationships, including romantic relationships, and address issues such as consent, boundaries, and peer pressure. This includes looking at the nature of online relationships and body image
- › Understand the importance of maintaining a healthy lifestyle through nutrition, exercise, and understanding the risks associated with substance use and abuse
- › Foster social responsibility by develop a sound awareness of social issues such as equality, diversity, and human rights, encouraging active citizenship and community involvement
- › Equip students with advanced financial knowledge and skills, preparing them for financial independence and responsibility
- › Understand the importance of maintaining good sexual health including what STIs are and understand different types of contraception, and how they help to prevent pregnancy and some STI's
- › Understand more about future career choices, including apprenticeships, stem careers, work patterns and how to manage an online presence

Launch

- Be able to identify and use strategies to manage stress, anxiety, and other mental health issues, promoting resilience and self-care. This includes knowing when and where to turn to for help
- Teach students about the dynamics of healthy, respectful relationships, including romantic relationships, and address issues such as consent, boundaries, violence, coercive control, and effective communication. This includes looking at different types of influences that can lead to substance abuse and crime
- Provide comprehensive education on maintaining a healthy lifestyle, including the importance of nutrition, physical activity, and understanding the risks associated with substance use
- Develop students' awareness of social justice issues, encouraging active citizenship, ethical decision-making, and engagement with their communities
- Prepare students for financial independence and career planning, equipping them with skills for budgeting, understanding credit, and exploring future educational and career opportunities
- Develop a deeper understanding of future career choices, including looking at work experience opportunities, mapping a career path and how to prepare for the workplace
- Understand how sex is presented in online and digital media including the dangers of pornography and the skill to understand the legal and moral implications associated with pornography
- Understand consent when participating in sexually intimate situations including their rights and responsibilities in relation to consent. Have safe sex including contraception and STIs
- Understand reproductive health, safe sex and the menopause, including exploring different pregnancy outcomes, sexual health and fertility