

Colston's Girls' School
**Personal, Social, Health and Economic
Education (including RSE) Curriculum Overview**

Rationale

As a curriculum area PSHE is designed to help give pupils the skills, knowledge and understanding they need to lead confident, healthy, independent lives and become informed, active, responsible citizens.

Personal, Social, Health and Economic Education (PSHE) is an important and necessary part of all students' education PSHE equips students with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions. There are no internal or external examinations for PSHE.

At Colston's Girls' School we deliver the framework for PSHE using the three strands outlined in The National Curriculum for all young people to become:

- successful learners who enjoy learning, make progress, and achieve
- confident individuals who are able to live safe, happy fulfilling lives.
- responsible citizens who make a positive contribution to society.

The PSHE curriculum is based on the PSHE Association Programme of Study, and covers the core themes of:

- Health & Wellbeing
- Relationships
- Living in the Wider World-Economic wellbeing, careers & the world of work

Religious, cultural and moral values are always considered when teaching and discussing sex and relationships.

Topics covered in PSHE at secondary include:

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- Sex and Relationships education
 - British Society, Culture and Life
 - Drugs and alcohol education
 - Economic and Financial awareness
 - Emotional and mental health
 - Staying safe/making informed choices
 - Keeping healthy
 - Social Skills
 - Careers and work-related learning
 - Anti-smoking/tobacco
 - First Aid
 - Anti-bullying
 - Fire Safety
 - Road Safety

We live in a time of rapid change, with new and unpredictable opportunities and challenges constantly emerging. Our secondary PSHE curriculum provides students with the opportunity to explore their attitudes, values and beliefs and to develop the skills, language, attributes and strategies necessary to manage issues should they encounter them in their lives. Our PSHE curriculum promotes the spiritual, moral, cultural, mental and physical development of our students to prepare them for the opportunities, responsibilities and experiences of later life.

Through the PSHE curriculum, we teach our students about personal identity, diversity and equality, rights and responsibilities, change and resilience, relationships, risk and personal safety, health and wellbeing (physical, mental and social), power (how it is used and encountered) and employability. In addition, we support and deliver a firm commitment to developing and upholding the British Values of democracy, rule of law, individual liberty and mutual respect and tolerance of others

Aims:

- For students to feel positive about who they are and be able to identify their personal qualities, skills and achievements
- Understand and maintain boundaries around their personal privacy, including online
- Know how to best protect their physical and mental health
- Recognise and manage risk, including the risks associated with substance abuse, personal finance, road and rail safety, healthy and unhealthy choices around food, exercise and body image, knife crime, social media and the online world and healthy and unhealthy relationships
- Take increasing responsibility for themselves, their choices and behaviours
- Understand their rights, including the notion of universal human rights, and consent (in different contexts)
- Know the law in relation to FGM
- Explore future opportunities around career aspirations
- Take part in discussions and debates
- Explore British values
- Explore the idea of power, how it is used and encountered in a variety of contexts including bullying, coercion (including online) and how it can be managed effectively
- Make positive contributions to their families, schools and communities
- Explore similarities and differences between people and discuss social and moral dilemmas
- Learn to deal with challenges and accommodate diversity in all its forms, with regard to the protected characteristics set out in the Equality Act 2010
- Prepare for and embrace change and develop resilience
- Consider social and moral dilemmas
- Ask for help
- Find information and advice
- We do this because we believe in the fundamental value of these experiences.

We do this by:

All students receive a PSHE sessions during tutor time. This lesson is delivered by tutors, and these lessons have been planned and designed to meet the needs of all students.

Y7-Y9 students are taught in house groups and are receive one hour a fortnight on their timetable throughout the year. These lessons have been designed to cover age appropriate topics, including

Sex and Relationships and Substance Misuse. Religious, cultural and moral values are always considered when teaching and discussing these topics.

As and when possible and appropriate, external agencies who specialise in the delivery of PSHE related topics are invited into Colston's Girls' School to support the delivery of the PSHE Curriculum.

Y10-Y11 students receive regular PSHE lessons throughout the year and equates approximately 12-14 guided learning hours throughout the year on age appropriate topics relevant to the PSHE curriculum.

As and when possible and appropriate, external agencies who specialise in the delivery of PSHE related topics are invited into Colson's Girls' school to support the delivery of PSHE to KS4 through assemblies and workshops during collapsed curriculum time.

School Ethos

At Colston's Girls' School we believe it is important that many of the skills and attitudes we wish pupils to develop are taught and demonstrated throughout the school in a variety of ways. Pupils will have opportunities to develop their understanding of these issues through:

- School ethos and core values
- PSHE vertical tutor sessions linked to diversity and school and national events
- Assemblies
- Extra-curricular activities
- Classroom and school protocol
- School council and committees, e.g. Food Council, Wellbeing Committee, Diversity Group

Reporting:

All CGS students will have a PSHE comment from their specialist teacher.

Parents/carers will also be informed about when certain topics and content is taught by referring to the PSHE curriculum overview at the end of this document.

We will also send out regular communication in order to inform/remind parents/carers when we are about to start a potentially sensitive topic or a topic that forms part of sex education component of PSHE.

PSHE/SMSC and its relationship to other curriculum areas.

Some aspects of the PSHE/SMSC framework may also be taught and re-visited in other curriculum areas, eg Science, Physical Education, Geography, Religious Studies, English, etc. See the curriculum overviews.

Sex and Relationships education at Colston's Girls' School and Right to withdraw.

For information regarding the rationale for Sex and Relationships Education and the statutory responsibility of schools to teach this from September 2020, please see the Department for Education policy statement published in March.

Religious, cultural and moral values are always considered when teaching and discussing sex and relationships at Colston's Girls' School.

You do have a right to withdraw your child from sex education delivered as part of RSE in secondary schools which, unless there are exceptional circumstances, will be granted up to three terms before

your child turns 16. At this point, if the child themselves wishes to receive sex education rather than be withdrawn, the school should make arrangements for this to happen in one of the three terms before the child turns 16 - the legal age of sexual consent.

There is no right to withdraw from Relationships or Health Education at secondary level and we believe the content of these subjects – such as family, friendship, safety (including online safety) – are important for all children to be taught.

PSHE Curriculum Overview 2021						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Transition to secondary school. What does it mean to be a compelling Individual?	Changing Adolescent Body: Puberty and Menstrual Wellbeing. S	Families: Relationships and human happiness.	Mental Wellbeing: Talking about emotions. S	Internet Safety and Harms: Reality vs the online world.	Healthy Lifestyles: Physical fitness and healthy eating.
	Respectful Relationships: Respect and friendship.		Online Media: Rights, responsibilities and keeping safe.			Health and Prevention: Basic health.
Year 8	Families: Stable relationships and marriage.	Online and Media: Harmful contact.	Mental Wellbeing: Recognising concerns. S	Drugs and Alcohol: Smoking and Alcohol. S	First Aid	Careers and Finance
	Respectful Relationships: Stereotypes and bullying.	Internet Safety and Harms: Body image. S	Health and Prevention: Sleep and routines.	Respectful Relationships: Discrimination.	Being Safe: Honour based violence and FGM. S	
Year 9	Families: Unsafe relationships. S	Online and Media: Indecent image sharing. S	Being Safe: The Law (consent, exploitation and harassment). SE	Drugs and Alcohol: Prescription and illegal Drugs. S	Mental Wellbeing: Common types of ill health. S	Careers and Finance
	Respectful Relationships: Sexual harassment and violence. S	Internet Safety and Harms: Relationships and social media. S	Intimate Relationships: Positivity and health (including STIs). SE	Respectful Relationships: Negative peer pressure including - Gangs and Knife crime. S	Health and Prevention: Immunisation and vaccination	
Year 10	Online and Media: Dangers of viewing explicit material. S	Mental Wellbeing: Impact of our actions on mental health. S	Drugs and alcohol: Addiction and alcohol dependency. S	Intimate Sexual Relationships: Reproductive health and impact of alcohol/ drugs. SE	Healthy Lifestyles: Choices approaching adulthood	Careers and Finance
	Internet safety and harms: Online relationships and harmful behaviour. S			Being Safe: Communicating consent. SE	Health and Prevention: Self-care and self-awareness	
Year 11	Careers education: Planning for the future.	Internet Safety and Harms: Gambling, debt and targeted advertising. S	Drugs and Alcohol: Dangers of recreational drug use. S	Intimate Sexual Relationships: Pregnancy and parenting. SE, S	Mental Wellbeing: Entering adulthood. S	

*SE: Parents/carers are advised that these lessons form part of the **sex education** curriculum, of which parents can 'opt out' for their child).*

S = Potentially sensitive content.

