

## **PSHE Statement of Intent**

### **Intent**

Personal, Social, Health and Economic (PSHE) education is a school subject which helps students develop the knowledge, skills and attributes to stay healthy and safe now and prepare for their futures. We believe that good PSHE education also helps students to achieve their academic potential. Our intent is to provide an academic PSHE curriculum that provides opportunities for students to reflect on and clarify their own values and attitudes and explore complex and sometimes conflicting range of values and attitudes they encounter now and in the future.

Our PSHE curriculum focuses on three core themes which borrow heavily from the work of The PSHE association:

- Health and wellbeing
- Relationships
- Living in the wider world

### **Implementation**

Format for delivering PSHE is covered through our weekly PHSE lesson, citizenship and collective time and incorporated throughout the curriculum under the themes of Spiritual, Moral, Social and Cultural development within individual subject areas wherever possible.

### **Impact**

Our PSHE curriculum aims to enable students to become healthy, safe, independent, responsible members of society who demonstrate respect and tolerance and who are prepared to face and manage the challenges and opportunities of an ever-changing modern Britain. Preventative PSHE education helps students to know how they can support each other, manage their own behaviour and get help for themselves or their friends when they need it, therefore supporting positive behaviour and attitudes. Overall aims The PSHE programme at our school aims to make a major contribution to preparing young people for the opportunities, responsibilities and experiences of life. It aims to help students develop in the following key areas: We will:

- Help students to aspire to be the best they can be, to have dreams for their future and know what is required to reach them.
- Provide opportunities for our students to learn about rights and responsibilities and appreciate what it means to be a valuable member of an ever-changing diverse society.
- We will help them to understand and consider many of the moral, social and cultural issues that are part of growing up in Modern Britain.
- Deepen our students' understanding of the fundamental British values of democracy, individual liberty, the rule of law and mutual respect and tolerance.
- Develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.
- Stimulate, challenge and nurture student's spiritual, moral, social and cultural curiosity.
- Help students to understand the importance of their physical and mental health, understand emotions and feelings and have strategies to help them become resilient and confident.
- Help students to have a good understanding of themselves, to have empathy, an ability to work with others and to form and maintain positive relationships treating everyone equally with tolerance and respect.
- Teach our students age-appropriate understanding of healthy relationships through appropriate relationship and sex education.

- Teach our students about personal safety (online and off-line) and we will ensure students know where and how to get help if needed.

We also help to develop a set of overarching concepts that run throughout the programme of study. These are as follows:

- Identity (their personal qualities, attitudes, skills, attributes and achievements and what influences these; understanding and maintaining boundaries around their personal privacy, including online)
- Relationships (including different types and in different settings, including online)
- A healthy (including physically, emotionally and socially), balanced lifestyle (including within relationships, work-life, exercise and rest, spending and saving and lifestyle choices)
- Risk (identification, assessment and how to manage risk, rather than simply the avoidance of risk for self and others) and safety (including behaviour and strategies to employ in different settings, including online in an increasingly connected world)
- Diversity and equality (in all its forms, with due regard to the protected characteristics set out in the Equality Act 2010)
- Rights (including the notion of universal human rights), responsibilities (including fairness and justice) and consent (in different contexts)
- Change (as something to be managed) and resilience (the skills, strategies and 'inner resources' we can draw on when faced with challenging change or circumstance)
- Power (how it is used and encountered in a variety of contexts including online; how it manifests through behaviours including bullying, persuasion, coercion and how it can be challenged or managed through negotiation and 'win-win' outcomes)
- Career (including enterprise, employability and economic understanding) we will constantly review and adapt our PSHE curriculum to meet the changing needs of our students and our school community.

The current PSHE co-ordinator teaches discreet PSHE lessons to both the Futures Group and the Thomas Group. In both groups the curriculum is similar up until Christmas when there is an emphasis on Sex and Relationship education in Futures and a focus on Personal Development in The Thomas Group.