

## Personal, Social and Health Education

### The Intentions of the PHSE Curriculum

By focusing on five key strands: Health and Well-Being; Personal; Citizenship and Economics; Living in the Wider World and Relationships, we aim to equip students with the skills and knowledge they will need to face current issues and that will allow them to respond with resilience to future change and challenge in their personal lives.

Through active learning opportunities students will be able to recognise and manage risk; take increased responsibility for themselves, their choices and behaviours; and make positive contributions to their families, schools and communities.

The world is full of complex and sometimes conflicting values. PHSE helps students explore this complexity and reflect on and clarify their own values and attitudes. They identify and articulate feelings and emotions; learn to manage new or difficult situations positively and form and maintain effective relationships with a wide range of people. As they explore similarities and differences between people and discuss social and moral dilemmas, they learn to deal with challenges and accommodate diversity in all its forms.

The PHSE provision includes guest speakers and theatre productions such as the Alter Ego Theatre Company.

### The Learning Sequence in PHSE

Academic Year	Term 1	Term 2	Terms 3 and 4	Term 5	Term 6
Year 7	<b>Health and Wellbeing</b> Healthy, balanced diets Smoking Personal safety	<b>Social</b> Personal identity Self-esteem Relationships and social networks	<b>Personal</b> Puberty Sex and relationships Healthy relationships	<b>Economics</b> Money and work Global issues including the environment	<b>Citizenship</b> Rights and responsibilities in society and the community Groups in society and multiculturalism
Year 8	<b>Personal</b> Safe sex Parenthood	<b>Health and Wellbeing</b> Stress Food habits and health choices Alcohol	<b>Social</b> Online life: harmful behaviour online, media portrayals, cyber-bullying, privacy, online safety	<b>Citizenship</b> Groups in society and racism Elections, local government and parliament	<b>Economics</b> The nature of work Enterprise and entrepreneurship Options for the future
Year 9	<b>Social</b> Mental health Families and domestic relationships Cultural identity	<b>Personal</b> Safe sex: STIs and contraception Same sex relationships Long-term relationships	<b>Health and Wellbeing</b> Personal health and mental wellbeing Self-esteem and body image Promotion of mental health Smoking and drugs	<b>Citizenship</b> Courts Political parties Government International organisations	<b>Economics</b> Savings, budgeting, debt Bank accounts Consumer rights Global issues with production

*NB There is no formal assessment in PHSE, in that students don't complete written exam papers for the subject.*