



Nova Hreod Academy PHSE Policy 2019-20





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PHSE at Nova Hreod Academy

Our PSHE and SMSC curriculum challenges pupils to become creative, successful and happy individuals. 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 and topical issues and that will allow them to respond with resilience to future change and challenge in their personal lives and the wider world.

Personal wellbeing helps young people embrace change, feel positive about who they are and enjoy healthy, safe, responsible and fulfilled 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

As students learn to recognise, develop and communicate their qualities, skills and attitudes, they will build knowledge, confidence and self-esteem to make the most of their abilities. 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 world is full of complex and sometimes conflicting values. Personal wellbeing 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.

During the year students cover a variety of issues to help them to keep safe and to prepare them for experiences they may encounter.

The PHSE provision is delivered in a number of different ways. For example a designated lesson within Key stage 3 for all students, within the Academy's tutor programme which uses Pixl's 'Them and Us' programme as well as a



combination of day themed articles. We also have guest speakers and theatre productions such as the Alter Ego Theatre Company.

Details of the PHSE curriculum (cross-referenced with the PHSE association) are found below:



	Term 1 Health & Wellbeing	Term 2 Social	Term 3 and 4 Personal	Term 5 Economic	Term 6 Citizenship
7	<p>Lesson 1: Personal Health Profile (H3)</p> <p>Lesson 2: Keeping Healthy – food (H16)</p> <p>Lesson 3: Keeping Healthy - food choices (H16)</p> <p>Lesson 4: Smoking Effects (H15)</p> <p>Lesson 5: Personal Safety (R20)</p> <p>Lesson 6: What to do in an Emergency? (H22)</p>	<p>Lesson 1: What makes us individual? (H4)</p> <p>Lesson 2: Self-esteem (H2)</p> <p>Lesson 3: Making friends (R27)</p> <p>Lesson 4: Bullying (R28)</p> <p>Lesson 5: Changing relationships (R27)</p> <p>Lesson 6: Social networks (R28)</p>	<p>Lesson 1: Puberty in girls (H17)</p> <p>Lesson 2: Puberty in boys (H7)</p> <p>Lesson 3: Puberty (H7)</p> <p>Lesson 4: Personal Hygiene (H10)</p> <p>Lesson 5 : Facts and science relating to immunization and vaccination. (H10).</p> <p>Lesson 6: Human Reproductive System (H7)</p> <p>Lesson 7 : Characteristics of positive and healthy friendships. (R27)</p> <p>Lesson 8 : Being safe in relationships. (R20)</p> <p>Lesson 9: Relationships-boyfriends and girl friends</p> <p>Lesson 10 and 11: Same sex relationship and Transgender. (R20)</p>	<p>Lesson 1: Managing Money</p> <p>Lesson 2: What could I do with money?</p> <p>Lesson 3: How will I earn money?</p> <p>Lesson 4: Rights and Responsibilities at work</p> <p>Lesson 5: Global Issues - Recycling</p> <p>Lesson 6: Global Issues – Organic</p> <p>All link to L18-20.</p>	<p>Lesson 1: Rule to Live By</p> <p>Lesson 2: Rights and Responsibility</p> <p>Lesson 3: Living in the Community</p> <p>Lesson 4: Regional Differences</p> <p>Lesson 5: Multicultural Community</p> <p>Lesson 6: Groups in Society</p>
8	<p>Lesson 1: Sex and the Law (H28)</p> <p>Lesson 2: Condoms (R21)</p> <p>Lesson 3: Abortion (R26)</p> <p>Lesson 4: Young parents & education (R26)</p> <p>Lesson 5: Young Parents & responsibility (R26)</p> <p>Lesson 6: Needs of new born baby.</p>	<p>Term 2 Health & Wellbeing</p> <p>Lesson 1: Stress (H6)</p> <p>Lesson 2: Exam stress (H6)</p> <p>Lesson 3: Food habits for a lifetime (H16)</p> <p>Lesson 4: Vegetarianism (H16)</p> <p>Lesson 5: Alcohol limits (H28)</p> <p>Lesson 6: Alcohol avoidance (H28)</p>	<p>Term 3 and 4 Social</p> <p>Lesson 1: Recognising harmful behaviours online. (R28)</p> <p>Lesson 2: How does the media portray young people? Links to body image eg instagram. (H18)</p> <p>Lesson 3: What is cyber bullying? (R28)</p> <p>Lesson 4: Cyber bullying (R28)</p> <p>Lesson 5: Sexting (R28) (R38)</p> <p>Lesson 6: Privacy settings and CEOP (R28)</p> <p>Lesson 7: Exploitation eg sexual and Human trafficking.</p> <p>Lesson 8: Online gambling (L19)</p> <p>Lesson 9: Evaluative work</p> <p>Lesson 10 and 11: Safety online campaign.</p>	<p>Term 5 Citizenship</p> <p>Lesson 1: Young People and the Law (L4 and 5)</p> <p>Lesson 2: Racism (L3)</p> <p>Lesson 3: Groups and Beliefs (L5)</p> <p>Lesson 4: Parliament (L5)</p> <p>Lesson 5: Elections (L6)</p> <p>Lesson 6: Local Government (L6)</p>	<p>Term 6 Economic</p> <p>Lesson 1: Nature of Work</p> <p>Lesson 2: Dream Careers</p> <p>Lesson 3: Enterprise and Entrepreneurs</p> <p>Lesson 4: Which Job?</p> <p>Lesson 5: What's out there?</p> <p>Lesson 6: Options I will do?</p> <p>All link to L1,2, 7,9, 10 and 12</p>

	Term 1 Social	Term 2 Personal	Term 3 and 4 Health & Wellbeing	Term 5 Citizenship	Term 6 Economic
9	<p>Lesson 1: Mental Health (H6)</p> <p>Lesson 2: Problems in the family (R9)</p> <p>Lesson 3: Running away (R29)</p> <p>Lesson 4: Domestic abuse (R29)</p> <p>Lesson 5: Young carers</p> <p>Lesson 6: Cultural identity (R3)</p>	<p>Lesson 1: Using condoms (R21)</p> <p>Lesson 2: Contraception (R21)</p> <p>Lesson 3: STIs (H12)</p> <p>Lesson 4: STIs (H12)</p> <p>Lesson 5: Sexual Relationships (R8)</p> <p>Lesson 6: Same sex relationships. R15, R17)</p> <p>Lesson 7: Importance of marriage, civil partnerships and other stable, long term relationships. (R9)</p>	<p>Lesson 1: Personal Health (H9)</p> <p>Lesson 2: How to recognise the early signs of mental wellbeing (H6)</p> <p>Lesson 3: How to talk about emotions accurately and sensitively. (H2)</p> <p>Lesson 4: Self-esteem and Body Image</p> <p>Lesson 5: Common types of mental ill health eg anxiety and depression (H4).</p> <p>Lesson 6: Strategies for coping with mental health (broader strategies for promoting their wider wellbeing.) (H3)</p> <p>Lesson 7: Work Leisure and Exercise (Benefits of physical exercise H5)</p> <p>Lesson 8: Drugs and their affects this can include alcohol (H25) (H28)</p> <p>Lesson 9: Smoking (H28)</p> <p>Lesson 10: Drugs - Legal Highs (H26)</p> <p>Lesson 11: Physical and psychological risks of drug use. (H30)</p>	<p>Lesson 1: The Courts</p> <p>Lesson 2: Political Parties</p> <p>Lesson 3: How the Government works</p> <p>Lesson 4: Community Involvement</p> <p>Lesson 5: Being Part of the UK</p> <p>Lesson 6: The UN</p> <p>All link with L4-L7</p>	<p>Lesson 1: Bank Accounts / Identity Theft</p> <p>Lesson 2: Savings, Debt budget, Credit loans Debt problems</p> <p>Lesson 3: Savings, Debt budget, Credit loans Debt problems</p> <p>Lesson 4: Global Issues - Sweat Shopping</p> <p>Lesson 5: What influences our spending?</p> <p>Lesson 6: Consumer Rights</p> <p>All link with L16-20</p>

last updated July 2019 by S.Thomas