

Subject overview for: Personal, Social, Health, Religious & Economic Education (PSHRE)

1. Subject overview

The aims of the PSHRE faculty at JMHS include;

- Giving young people information they need to develop healthy, nurturing relationships of all kinds, not just intimate relationships
- Developing knowledge about safer sex, sexual health, the law, delaying sexual activity and avoiding harmful behaviour and abusive relationships
- Keeping young people safe online and through all ICT activities
- Increasing understanding of physical health and mental wellbeing, promoting self-control and self-regulation, whilst signposting when to seek support and how to access it
- Providing a balanced programme of careers and economic education so that young people approach the future with knowledge, understanding and confidence

Well delivered PSHRE programmes have an impact on both academic and non-academic outcomes for pupils, particularly the most vulnerable and disadvantaged. Students are supported to develop their understanding of key areas of Health, Relationships and Sex, Careers and Skills, Economic Health, Online safety and many other areas to keep them safe and well prepared for life through a study of a broad range of topics.

All students are provided with PSHRE education via several different mechanisms, including bespoke workshops delivered by Designated Safeguard Leader trained senior pastoral staff (e.g. Year Leader or SLT member – 6 workshops per year), tutor delivery (every day), specialist delivery through the Science faculty (9 modules), assemblies, guest visitors, topical (weekly picture news resource) opportunities, literacy/class reading PSHRE texts (Year 7-11) and cross-curricular activities. Students have opportunities to develop literacy, language and vocabulary through PSHRE themes. This rich diet of delivery ensures that a comprehensive package of PSHRE learning is enjoyed by all students.

2. Key Stage Three summary (Year 7-9)

Year 7		
PSHRE Pastoral Workshops	Science – Enhanced PSHRE delivery	PSHRE Tutor Delivery
<ul style="list-style-type: none"> • Equalities introduction • Bullying - Understanding and responding to bullies • Bullying - Child on Child abuse • My online presence - me and my phone • Emotional Resilience • Working at relationships/ friendships 	Sexual Health Unit 1: Changing adolescent body, healthy intimate relationships, pregnancy	<ul style="list-style-type: none"> • Class reading – two lessons per week. Starting with Year 7 in school including the topics on bullying, OCD, self-esteem, right and wrong, first impressions, family relationships • Topical PSHE Weekly Picture News Resource with literacy activities, produced and sent weekly, British values included and settling-in activities (scheduled into scheme work) • PSHRE themed assembly – one per week • Careers delivery – one lesson per week (please see separate Careers Curriculum) • 6 blocks of PSHRE tutor delivery, one lesson per week, including; <ul style="list-style-type: none"> - Boot Camp - Mental Health 1 - Relationships 1 (bullying) - ICT Online safety 1 - Relationships 2 (separation, bereavement, loss, mental health review) - Health 1 (smoking / vaping)

Year 8		
PSHRE Pastoral Workshops	Science – Enhanced PSHRE delivery	PSHRE Tutor Delivery
<ul style="list-style-type: none"> • My perfect partner • Hate crime • Consent Introduction (What age can I?) • Substances • Staying safe online and Sexting • Peer pressure - being and loving myself (esteem) <p>*Please note that the order that these workshops are delivered in is subject to change</p>	Health Unit 1 including healthy eating, hygiene and dental hygiene Health Unit 2 including smoking	<ul style="list-style-type: none"> • Class reading – two lessons per week. Including looking at society and our flaws, waste, greed, abusive relationships, ignorance v knowledge first impressions, family relationships • Topical PSHE Weekly Picture News Resource with literacy activities, produced and sent weekly, British values included and settling-in activities (scheduled into scheme work) • PSHRE themed assembly – one per week • Careers delivery – one lesson per week (please see separate Careers Curriculum) • 6 blocks of PSHRE tutor delivery, one lesson per week, including; <ul style="list-style-type: none"> - ICT online safety 2 - Mental Health 2 (body image, coping) - Relationships 3 (peer pressure, abuse) - Mental Health 3 (emotional resilience) - Relationships 4 (consent, diversity, race relations) - Economic Health 1

Year 9		
PSHRE Pastoral Workshops	Science – Enhanced PSHRE delivery	PSHRE Tutor Delivery
<ul style="list-style-type: none"> • Am I ready for a sexual relationship? • Healthy Relationships • Sexual Abuse and Exploitation • Responding to inappropriate behaviour • Banter, harassment and peer on peer abuse • Pornography impacts and dangers (including mental health) 	<p>Sexual Health Unit 2 to include STIs, alcohol, drugs leading to risky sexual behaviour,</p> <p>Health Unit 3 to include physical activity and mental well-being to combat stress, cancer, smoking and alcohol consumption, legal and illegal drugs, physical and psychological consequences of addiction, immunisation & vaccination</p> <p>Sexual Health Unit 3 to include reproductive health, contraception, choices related to pregnancy, menopause</p>	<ul style="list-style-type: none"> • Class reading – PSHRE themed • Topical PSHE Weekly Picture News Resource with literacy activities, produced and sent weekly, British values included and settling-in activities (scheduled into scheme work) • PSHRE themed assembly – one per week • Careers delivery – one lesson per week (please see separate Careers Curriculum) • 6 blocks of PSHRE tutor delivery, one lesson per week, including: <ul style="list-style-type: none"> - Relationships 5 (unhealthy relationships, conflict, abuse) - ICT Online safety 3 - Mental Health 4 (Identifying signs of MH) - Relationships 6 (equality, hate, extremism, inclusion) - Relationships 7 (consent, first time, abuse and the law) - RE (transition unit)

3. Key Stage 4 summary (Year 10-11)

Year 10		
PSHRE Pastoral Workshops	Science – Enhanced PSHRE delivery	PSHRE Tutor Delivery
<ul style="list-style-type: none"> • Toxic masculinity • Sexual exploitation (Part 1) • Sexual exploitation (Part 2) and drugs including county lines • Abusive relationships including gaslighting and domestic abuse, consent and the law • Online relationships – how could it go wrong? • Homophobia 	<p>Sexual Health Unit 4 including STIs, sexual pressure, choice to delay</p> <p>Health Unit 4 including stem cell donation and cancer</p> <p>Health unit 5 including healthy lifestyle, cardiovascular ill-health, immunisation and vaccination, self-examination</p>	<ul style="list-style-type: none"> • Class reading – PSHRE themed • Topical PSHE Weekly Picture News Resource with literacy activities, produced and sent weekly, British values included and settling-in activities (scheduled into scheme work) • PSHRE themed assembly – one per week • Careers delivery – one lesson per week (please see separate Careers Curriculum) • 6 blocks of PSHRE tutor delivery, one lesson per week, including; <ul style="list-style-type: none"> - Relationships 8 (commitment, marriage, parenting) - Economic Health 2 (influences, informed decision, saving etc) - Mental Health 5 (reframing negative thinking) - Mental Health 6 (depression, eating disorders, anxiety) - ICT Online safety 4 - ICT Online Safety 5

Year 11		
PSHRE Pastoral Workshops	Science – Enhanced PSHRE delivery	PSHRE Tutor Delivery
<ul style="list-style-type: none"> • Mental health and exams • How can we ever get racial equality? • Online v Real World – Online blackmail and when things get worse • County Lines 	<p>Sexual Health Unit 5 to include the menstrual cycle, contraception, menstrual well-being</p>	<ul style="list-style-type: none"> • Class reading – PSHRE themed • Topical PSHE Weekly Picture News Resource with literacy activities, produced and sent weekly, British values included and settling-in activities (scheduled into scheme work) • PSHRE themed assembly – one per week • Careers delivery – one lesson per week (please see separate Careers Curriculum) • 4 blocks of PSHRE tutor delivery, one lesson per week, including; <ul style="list-style-type: none"> - Mental Health 7 (exam stress and anxiety) - ICT Online Safety 6 - Economic Health 3 (making / spending money, debt, gambling) - RE - The Big Question

4. Sixth Form courses

PSHRE is a crucial part of the pastoral care and overall provision within JM6. Expertly designed tutor delivery, guest speakers, bespoke activities and 1:1 tutoring programmes build on the foundations set in Key Stage 3 and 4 and prepare JM6 students for the transition into healthy and successful adulthood.

5. Contribution to preparing for life in modern Britain/equalities

PSHRE plays a significant role preparing students for life in modern Britain, paying particular attention to equalities, British Values. Almost every topic provides a learning opportunity for discussion, investigation or analysis of equality and values – messages that can be explored and reinforced many times and in a variety of contexts.

6. Contribution to careers provision

Careers is one of the core strands of PSHRE provision at JMHS, with tutor delivery in every year-group through the school, special events and focus weeks, and an online START package for students to track their journey through careers education. Careers is a weekly part of the tutor-delivered PSHRE programme.