

PSHE

Department background

What is PSHE?

PSHE education at Norlington School is a planned programme of learning through which the boys develop their knowledge, understanding about becoming informed citizens, discussing both local and global issues that affect today's world.

PSHE develops the qualities and attributes pupils need to thrive as individuals, family members and members of society. Students are also encouraged to discuss issues regarding their emotional and economic wellbeing and how to develop healthy lifestyles and demonstrate safe behaviours. There is also an emphasis on promoting the British Values of democracy, the rule of law, individual liberty and mutual respect as well as a tolerance of those with various faiths and beliefs. It enables students to enter the wider world with an understanding of the political, legal and economic functions, and with the social and moral awareness of the society around them.

In studying PSHE students will improve their skills of enquiry, communication and participation. They will grow in confidence and realise that they have a responsibility to make the most of their abilities.

In Year 7 and 8 students have classes once in a two week cycle, with an extra collapsed day. From Year 9 to 13 the subject is taught through their tutorial programme and from external speakers and a series of collapsed days where students are taken off timetable to discuss issues concerning health, work related learning and citizenship.

Below is an outline of what Norlington pupils do in their PSHE lessons each year, however PSHE is not only limited to only those allocated lessons, it can be seen in lessons across the curriculum as well as during form times and whole school, key stage and year assemblies.

Curriculum

Year 7

CYCLE 1

- Transition to secondary school
- Diet, exercise and how to make healthy choices

CYCLE 2

- Enterprise skills and introduction to careers
- Challenging careers stereotypes and raising aspirations

CYCLE 3

- Diversity, prejudice and bullying including cyber bullying.
- Managing on- and off-line friendships

CYCLE 4

- The risks of alcohol, tobacco and other substances
- Managing puberty and the issues of unwanted contact and FGM

CYCLE 5

- Self-esteem, romance and friendships
- Exploring family life

CYCLE 6

- Making ethical financial decisions
- Saving, spending and budgeting our money

Year 8

CYCLE 1

- First Aid and personal safety, focusing on road safety - workshop
- Alcohol and drug misuse and managing peer influence

CYCLE 2

- Tackling age and disability discrimination
- Community action project – old people's home visit

CYCLE 3

- Tackling racism and religious discrimination, promoting human rights
- Online safety and digital literacy

CYCLE 4

- Mental health and emotional wellbeing, including body image

CYCLE 5

- The risks of sexting and pornography

CYCLE 6

- Evaluating value for money in services
- Risks and consequences making financial decisions

Year 9-11 / KS5

Pupils will be taught the following modules. They will be delivered during year assemblies, form times and during certain enrichment days across the school year. There will also be some guest speakers coming into school to discuss more sensitive subjects.

- Mental health
- Bereavement (Samaritans)
- Benefits and risks of lifestyle choices
- Sexuality and orientation
- Modern United Nations
- E-safety
- Parenting skills
- Positive relationships and organisations that support relationships in crisis
- Consent
- Economic and business environment
- How personal financial choices can affect oneself and others
- How to make informed choices and be enterprising and ambitious
- Rule of Law
- Human Rights
- Democracy

The following websites could be used in order to understand some of the content in which the students will be covering in their lessons, as well as enable conversations to continue at home:

- <https://www.pshe-association.org.uk/content.aspx?CategoryID=1053>
- <http://www.youngminds.org.uk/>
- <http://www.kidsmart.org.uk/>
- <https://www.thinkuknow.co.uk/>
- <http://www.thesharpsystem.com/>
- <http://www.childline.org.uk/>
- <https://www.gov.uk/government/publications/preventing-and-tackling-bullying>
- http://kidshealth.org/kid/feeling/friend/peer_pressure.html
- <http://www.citizenshipfoundation.org.uk/main/page.php?427>
- <http://www.un.org/en/rights/>

- <http://www.equalitynow.org/>
- <http://www.youngminds.org.uk/>
- <http://www.sts-firstaid.co.uk/general/first-aid>
- <http://www.talktofrank.com/>
- <http://www.nhs.uk/livewell/drugs/Pages/Drugshome.aspx>
- <http://www.relate.org.uk/>
- <http://forwarduk.org.uk>
- <http://www.nhs.uk/>
- <http://www.bodyandsoulcharity.org/>

- <http://www.stonewall.org.uk/>
 - <http://www.stephenlawrence.org.uk/>
 - <http://www.stress.org.uk/>
 - <http://www.griefencounter.org.uk/about/>

- Additional Links

We include the following themes through-out the key stages by using form time as well as delivery of assemblies.

- Disabilities and being a carer:

- www.scope.org.uk
- <https://www.mencap.org.uk/>

- Cancer

- <http://www.cancerresearchuk.org/>
- <http://www.macmillan.org.uk>
- <https://www.teenagecancertrust.org/>
- <http://www.breastcancercampaign.org/>
- <http://www.icr.ac.uk/support-us/appeals-campaigns/everyman-appeal>

- Overcoming discrimination

- <http://www.stephenlawrence.org.uk/>

- Learning Disabilities

- <https://www.mencap.org.uk/>
- <http://www.autism.org.uk/>
- <http://www.learningdisabilities.org.uk/>

- Child Abuse

- <http://www.nspcc.org.uk/>
- <http://www.childline.org.uk/>