



What is PSHE?

The aim of the programme is to cover all aspects of personal, social and wellbeing education not covered by the curriculum of all other subjects. *We plug the gaps of life education!*

We work to develop an inclusive, wellbeing focussed curriculum. Building resilience through mindfulness and age appropriate life skills, awareness of how the world is changing, healthy body image, right and wrong, financial wellbeing, good mental health strategies and personal safety issues such as grooming and e-Safety (to name but a few!).

PSHE is **constantly changing** as we try and respond to the current issues affecting young people and give them skills to help themselves and support others.

Statutory RSE and Health Education

As of September 2020, age appropriate Relationships & Sex Education and Health Education is statutory in all schools.

Relationships and Sex Education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It should equip children and young people with the information, skills and positive values to have healthy, safe, fulfilling relationships, to enjoy their sexuality and to take responsibility for their sexual health and well-being.

The key aim is to empower young people to make informed and positive decisions about relationships.



The programme consists of 3 strands:



PSHE Timetabled Lessons

A major strength of our programme is the use of experienced, specialist PSHE tutors who are used to dealing with the sensitive issues raised in a confident and sympathetic way, giving students the confidence to raise points of concern which are important for them.



Skills for Life

These are taught by the Form Tutor and focus on developing skills which will be useful throughout life. Each year group will cover certain core subjects and then have a specific wellbeing unit.

External Workshops & Speakers

External workshops and speakers are organised to focus on current issues and draw on subject specialists for delivery. E.g. Sex & Relationships workshop (Y9 & 10), Risk & Consequence (Y9), e-safety (Y7).

PSHE Units				
Year 7	Year 8	Year 9	Year 10	Year 11
<p>Belonging to Our Community Belonging, values & teamwork, different types of relationship, peer pressure, bullying, building resilience & wellbeing, balanced lifestyle, sleep, online safety, consent, diversity.</p> <p>Mindfulness The UK's leading mindfulness curriculum for schools. .b stands for 'stop and be', a simple practice at the heart of this ten lesson course which teaches mindfulness skills. The strategies enable students to develop their own mechanisms for coping with challenges and stress.</p> <p>Our Health This unit aims to build personal awareness and responsibility of our health. It looks at the following key areas: How Bacteria & Viruses spread & use of Antibiotics, Vaccines, Blood & Organ Donation, Smoking & vaping, Disability, Looking after your body: personal hygiene, energy drinks, sun cream</p> <p>RSHE This unit builds on the Sex and Relationships education that students will have had in Y6 & Y7 and focusses more on the emotional and wellbeing aspects of how our bodies develop and of relationships. Looking at: Puberty & Emotional Changes, Menstrual Wellbeing Healthy & Unhealthy Relationships, Managing Conflict, Introduction to Consent</p>	<p>Mental Health & Wellbeing Continuing our key focus on mental wellbeing: Self Esteem, Attitudes to Mental Health, Promoting Emotional wellbeing, Digital Resilience, Unhealthy Coping Strategies, Healthy Coping Strategies, Change, Loss & Grief, Consequences of Vaping</p> <p>Body Image We focus on positive messages about body image & how to challenge negative thoughts & pressure: Appearance Ideals, Media Messages, Confront Comparisons, Banish Body Talk, Be the Change</p> <p>Relationships Continuing our focus on features of healthy relationships & how to recognise & challenge unhealthy behaviours: Relationship values, Influences on Relationship Expectations, Respectful Relationship Behaviours, Relationships on screen, Managing challenging content, Freedom & Capacity to Consent, Risks & Consequences of Sexting, Sexual Orientation & Gender Identity, Long Term Relationships & Family Life</p> <p>Our World Aspects of our society, the importance of respect for diversity of culture and personality and the reasons we have certain rules: The Law - legal system, crime and consequence, Equality Act, Voting Age, Voting Systems, Human Rights, Violations of human rights & modern slavery, Respecting the cultures of our world, Respecting individuals rather than stereotypes</p>	<p>Wellbeing Choices Choices that we make around social media and the way it affects wellbeing & relationships. It also looks at the risks and consequences around choosing to use legal and illegal addictive substances: Reframing Negative Thinking, Impact of Social media, Body Image, Responding to professional Media, Challenging Appearance Pressure, Sharing Nudes, Achieving a Healthy Lifestyle, Healthy Eating, Drugs & Addictive Substances , Consequences of Substance Abuse, Smoking & Vaping, Addiction & Stereotypes, Alcohol</p> <p>Your Amazing Teenage Brain This unit aims to help young people understand more about the way their brain works and develops through adolescence. In addition, we look at the way we respond to situations and relationships and how outcomes can be managed using specific strategies: Brain structure & Adolescence , Connections & Neuroplasticity, The Brain's Stress Response, Emotional Regulation, Risk, The Role of Empathy in Changing, Relationships</p> <p>Relationships & Sex Education Aims to give reliable information so that informed choices can be made in the future. Key topics are: What is sex? The Reproductive Systems, Consent - avoiding assumptions, Sexuality & Gender - what does it mean?, Identity - relationships & mental health, Sexually Transmitted Infections, Consequences of unprotected sex, Contraception, Pornography - impact on self esteem & relationships, Managing the ending of relationships</p>	<p>Mental & Physical Wellbeing This unit considers how to identify good mental and physical health and strategies for maintaining them. Key topics are: New Challenges, Recognising Poor Mental Health, Promoting Emotional Wellbeing, Lifestyle Balance, Cancer Awareness – learning about the importance of checking for breast and testicular cancer .</p> <p>RSHE This unit continues to build on the work done in previous years on recognising healthy and unhealthy relationships and sex education. The key focus is always ensuring our young people have correct information to make informed choices in their current and future relationships. Key topics are: Healthy & Unhealthy Relationships, Consent - role of intimacy & pleasure, Consent - impact of pornography , Social attitudes to sending nudes & when is the right time to have sex?, STIs, unplanned pregnancy & contraception, Family</p> <p>Planning for the Future This unit aims to start preparing students for life beyond school. It looks at the options for post 18 education, careers and also economic wellbeing: Being Successful, Careers / UCAS, Online Presence & Financial wellbeing, Budgeting</p>	<p>The Diversity of Life This unit explores and celebrates diversity within our community. We look at features of healthy and unhealthy relationships and how to challenge unacceptable attitudes. Key topics are: Positive Relationships (including consent, FGM and positive culture in school), Diversity of Sexuality & Gender, Prejudice & Stereotyping, Challenging Discrimination</p> <p>Life Choices & Wellbeing This unit aims to continue to prepare young people for more a independent life along with strategies for maintaining resilience and positive wellbeing. Key topics are: First Aid and emergency scenarios, Strategies to manage Change, Loss and Grief, Risk, Addiction & Gambling, Substance abuse, Risk, Festival wellbeing, Tackling & Preventing Extremism, Coping with Exams</p>

In support of the PSHE and the Skills for Life programmes, a number of age appropriate external & internal workshops are organised which focus on current issues and are used as stimuli for the timetabled lessons. This is a flexible programme with more to be booked but some of our regular workshops are:

Workshop	Year Groups	Aim
Online safety and Relationships	10	Wirral Brook Education Team discuss rights and responsibilities around your digital footprint and features of healthy online relationships.
Healthy Relationships Workshop	9	Wirral Brook Education Team look at healthy and unhealthy relationships - recognising them and strategies for them.
Building Resilience	7 to 13	An annual PSHE day where we focus on a specific aspect of resilience.
Risking It All	9	An interactive stage production which looks at risk and consequence.
Legal & Illegal Highs (PAS)	11	Evolve Charity speaker will discuss the risks & consequences of legal & illegal highs (psychoactive substances).
Testicular & Breast Cancer Awareness	10	Single sex workshops to raise awareness of how to check for breast cancer and testicular cancer. Oddballs charity deliver a session for boys on testicular cancer.
Staying Safe Online	7	Cheshire Police will be giving advice on how to stay safe online.
Tax Facts	8	Looking at economic wellbeing with a representative from HMRC