

## **Personal, Social and Health Education (PSHE)**

PSHE education is a planned, developmental programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives now and in the future. As part of a whole-school approach, PSHE education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society. Therefore, the overall aim for PSHE education is to provide pupils with:

- ❖ accurate, balanced and relevant knowledge
- ❖ opportunities to turn that knowledge into personal understanding
- ❖ opportunities to explore, clarify and if necessary, challenge, their own and others' values, attitudes, beliefs, rights and responsibilities
- ❖ the skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives
- ❖ opportunities to develop positive personal attributes such as resilience, self-confidence, self-esteem, and empathy

The programme of study is based on three core themes;

### A. Health and Wellbeing

- Personal Safety
- Drugs and Alcohol
- Emergency Aid

### B. Relationships

- Healthy Relationships
- Consent
- Different Relationships
- FGM
- Sexuality and Homophobia
- Sexual Exploitation
- Parenting and Teen Pregnancy
- STI's and Contraception

### C. Living in a Wider World

- Finance, Independent Living
- British Themes
- Employment
- Pornography