

# PSHE Consultation Autumn 2020

## Parents/Carers Consultation for Personal, Social, Health Education (PSHE) and Relationship Education (RSE)



TCC has taught PSHEe – Personal Social Health and Economics education for many years as a curriculum subject incorporating health and wellbeing education, relationships and sex education (RSE) and living in the wider world – financial and careers education. Students in years 7-9 have one PSHEe lesson a week and students in years 10 and 11 have one PSHEe lesson a fortnight as part of the balanced curriculum on offer at TCC.

PSHEe is a fantastic opportunity for students to learn more about their health and wellbeing, the importance of healthy relationships and a healthy lifestyle and so much more. It allows students to appreciate a range of opinions and to discuss and articulate their ideas effectively. PSHEe allows students to access information to help them prepare for their future through our planned programme of careers education in line with the Careers Strategy. Students in year 8 also complete the British Heart Foundation Heart Start course to learn basic first aid including CPR.

The Department for Education has released new guidance for the teaching of PSHEe from September 2020, making health education and relationships and sex education now statutory (compulsory) subjects that must be taught by all schools. This does not represent a huge change in the content and delivery of our PSHEe curriculum as we have always considered it a vital subject for personal development but does mean that the rules regarding the rights of parents/carers to withdraw a student from relationships education has changed as now, like the Science curriculum it is part of the National Curriculum. Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE and would need to request this in writing to the Headteacher. Please see attached Department for Education handout for parents about the changes and updates to the PSHEe curriculum.

### PSHEe Curriculum Overview at Torpoint Community College

This is a good time to consult and inform parents about our PSHEe curriculum. We have updated our PSHEe Programmes of Study at Key Stages 3 and 4 in accordance with the new statutory guidelines for RSE and Health Education. We have closely followed the PSHE Association's programme of study and learning objectives which are in turned mapped against the new statutory guidance from the DfE. The chart below shows the topics covered within Key Stage 3 PSHE – years 7, 8 and 9. Each topic consists of a sequence of lessons. When possible, we also make use of external specialist agencies to help deliver content to students, including Brook for RSE and Addaction (We are with You).

20-21 Week	Year 7	Year 8 Topics	Year 9
1		Setting ground rules	
2	Transition to Secondary School	Differences, Diversity and Prejudice	Careers: Setting goals
3			
4		Careers	
5			
6			
7			
Half term			
8	Staying Safe - Personal Safety inside and outside of college	First Aid - BHF Heart Start	
9			
10			Substance Use
11			
12			
13			
14			
Christmas			
15	Healthy Living - Health Education	Drugs, Alcohol and Tobacco Awareness	Healthy Lifestyle
16			
17			Relationships
18			
19			
20			
Half term			
21	Puberty/RSE	Healthy Relationships	Mental health and body image
22			
23			
24			
25			
26			
Easter			
27	Managing Money	Finding Out about...	Keeping safe and understanding issues
28	Careers		
29			
30			
31			
32			
Half term			
33	Drugs - Health Education	Careers	Financial Decision Making
34			
35		Money Matters	Careers
36			
37	Money	Evaluation	
38			
Summer			

- Living in the wider world
- Relationships
- Health and Wellbeing
- Mixture

Each topic contains a sequence of lessons, for example, here is more detail about the content of the first topic covered in year 7, “The Transition to Secondary School”. This topic aims to cover different learning objectives for Relationships and Health Education as well as addressing objectives from other National Frameworks for the effective delivery of PSHEe, the Career Development Institute’s Framework for Careers, Employability and Enterprise education. A detailed scheme of work has been written for each topic to support teachers to deliver PSHEe consistently.

Week	Topic	Lesson Focus	PSHE Association Learning Objectives and CDI Framework for Careers, Employability and Enterprise Education Objectives:
1		Ground Rules, Introduction to PSHEe, issue orange exercise books	H1, H2, H4
2	<b>Transition to Secondary School</b>	Moving on to Secondary School – feelings, College Values, where to find help, new rights and responsibilities.	H2, H10, H21, L2
3		Skills, Qualities, Self-esteem, and Friendships CDI 1,2 - introduce aims of careers, teamwork and enterprise skills, raising aspirations	R13, L2, CDI 1 and 2
4		Coping with transition and where to find help, information, advice and guidance Introduction to online career platforms: Career Pilot and Unifrog KS3 Launch activity and recording session	H5, L6, CDI 4, 10, 11, 14
5		College Values – Caring for the College environment – litter, graffiti, vandalism, arson.	R14, CDI 17
6		Healthy Schools – our canteen, making healthier choices	H17, H18
7			<b>Halloween and/or Firework Safety</b>
<b>Half term</b>			

Students in years 10 and 11 follow the following topics:

#### Year 10

Careers	Issues in the Wider World	Healthy Relationships	Mental and Physical Health
Careers research	Extremism and Radicalisation	Healthy Relationships and Consent	Mental Health
Post-16 Options and Post-18 Options	Exploring Influence	Parenting Challenges	Marketing Challenge: to promote a healthy lifestyle
Interview techniques	Fake news! Role of Social Media	Civil Partnerships and Marriage	Understanding Stress, Anxiety and Depression
Writing a Curriculum Vitae	Financial Decision	E safety - positive relationships online	Self-esteem/Resilience

#### Year 11

World of Work	Relationships	Living in the Wider World	Health and Wellbeing
Understanding the workplace	Relationships	Revision strategies	Healthy Eating and Eating Disorders
Financial decisions	Bad Relationships	Exam stress	Keeping yourself healthy
Consumer rights	Fertility issues	First Aid Skills Recap	Lifestyle Choices
Wider consequences of consumer choices...	Personal Safety	Are you career ready? What is your careers identity?	Health Information

### **Example Resources used in PSHE lessons**

We use PSHE Association quality assured resources to help deliver the content as well as our own resources. We use resources such as those available on the Public Health England website for teachers, Rise Above. You can find a selection of these resources here: <https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview>  
To support the teaching of RSE, we use educational resources produced by Brook, the young person's sexual health charity and Christopher Winter Project resources. You can look at the resources from Brook here: <https://www.brook.org.uk/resources/>

The PSHE Association learning objectives that are covered by our PSHE programme may be found here: <https://www.pshe-association.org.uk/curriculum-and-resources/resources/programme-study-pshe-education-key-stages-1%E2%80%935>

### **Useful resources to use at home to support you further**

The most effective PSHE is a partnership between home and the college, to support discussions at home relating to the topics covered within PSHE, you may find the following website links useful.

*Childline* <https://www.childline.org.uk/> This website is very extensive and has information about a wide range of issues.

### **Health and Wellbeing Education**

*NHS Mental Health* self-care videos and signposts to many more organisations <https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

### **Relationships and Sex Education**

*Sexual Health Cornwall* <https://www.sexualhealthcornwall.co.uk/>

*Brook* <https://www.brook.org.uk/>

### **Living in the wider world**

Careers:

*Unifrog* <https://www.unifrog.org/> This is our main online careers platform – you can research all of your options here and find out about Apprenticeships, Further Education, Higher Education and lots more all in one place – it also logs your progress and has a CV building tool.

*CareerPilot* <https://careerpilot.org.uk/> Another excellent online careers platform made by local universities.

Finances:

*Martin Lewis – Financial Education textbook* (free to download)

<https://www.young-enterprise.org.uk/resources/your-money-matters-financial-education-textbook/>

*Barclays Life Skills* <https://barclayslifeskills.com/young-people/>

### **Seeking Parental Views and Feedback**

We seek the views of parents, students and all stakeholders to help us continually review, reflect upon and improve the PSHE curriculum at Torpoint Community College and welcome your feedback. Please find a Google Forms survey to complete here: [https://docs.google.com/forms/d/14Dpp0Dmo2na6tzjRQQjQ82b9XADH\\_BVtDCWCriEp21A/edit](https://docs.google.com/forms/d/14Dpp0Dmo2na6tzjRQQjQ82b9XADH_BVtDCWCriEp21A/edit)

If you would like any further information about our PSHE provision or have any further questions, please contact Mrs Bray, PSHE Lead [brayd@torpoint.cornwall.sch.uk](mailto:brayd@torpoint.cornwall.sch.uk)