

# PSHE Parents' Consultation



**Wednesday 5th October 2022**

Miss Horne – Head of PSHE  
[mhorne@testwoodschoool.co.uk](mailto:mhorne@testwoodschoool.co.uk)

# What is PSHE?



Personal, Social, Health and Economic Education

Relationships, Sex and Health education became statutory in September 2020.

# Purpose of PSHE



- PSHE education equips pupils with the knowledge, understanding, skills and strategies required to live healthy, safe, productive, capable, responsible and balanced lives.
- It helps our students become productive members of our society!

# Content 2022



This year we have developed a new system for the delivery of PSHE

- It will continue to be taught during tutor time on Thursdays
- The content has been split into 5 groupings with teachers located in specialised areas.
  - ◆ Mental Health
  - ◆ Relationship and Sex Education (RSE)
  - ◆ Physical Health
  - ◆ Careers and Finance
  - ◆ Global Community

# Year 7

Autumn Term	Spring Term	Summer Term
<b>Mental Health</b>  Where to access support Working together Identity and self-esteem Responsibility Time Management	<b>Global Community</b>  British Culture Racism Black Lives Matter Gender Identity Sexual Orientations	<b>Careers and Finance</b>  Introduction to the world of work Skills and Interests Money life skills
<b>Physical Health</b>  Puberty Personal Hygiene Immunisations Good sleep practices Rail Safety	<b>Relationships</b>  Types of family Family relationships Friendships Peer Pressure and Bullying Intimate Relationships	<b>Culture Month</b>

# Year 8

Autumn Term	Spring Term	Summer Term
<b>Relationships</b>  Parenthood Cohabitation Types of marriage Divorce Managing unwanted attention Sexting	<b>Careers and Finance</b>  Introduction to choosing GCSEs  Understanding credit and debit	<b>Global Community</b>  The rule of law Right and wrong Gangs and criminal activity County lines
<b>Mental Health</b>  Body Image Sense of Belonging Bereavement Unhealthy Coping Strategies	<b>Physical Health</b>  Staying active Healthy eating First Aid	<b>Culture Month</b>

# Year 9

Autumn Term	Spring Term	Summer Term
<b>Global Community</b>  Democracy Parliament Human Rights Organ Donation Euthanasia	<b>Physical Health</b>  Risks of smoking/vaping Risk of taking drugs Risks of alcohol	<b>Relationships and Sex</b>  Contraception STIs Abortion Miscarriages and fertility options Dealing with sexual pressure
<b>Careers and Finance</b>  Exploring careers Employability skills Costs of running a home Budgeting How to keep finances secure	<b>Mental Health</b>  Promoting positive wellbeing Dealing with new challenges How to reframe negative thinking Recognising mental ill-health	<b>Culture Month</b>

# Year 10

Autumn Term	Spring Term	Summer Term
<b>Physical Health</b>  Alcohol - impacts on society Personal Safety Addiction Cannabis	<b>Relationships and Sex</b>  FGM Consent Sexual exploitation	<b>Mental Health</b>  Understanding common mental health disorders Mental health support Dealing with changes Dealing with loss/grief
<b>Global Community</b>  The death penalty Honour based violence Modern slavery Radicalisation	<b>Careers and Finance</b>  Exploring Post-16 options  Taking control of your money	<b>Culture Month</b>



# Year 11

Autumn Term	Spring Term	Summer Term
<b>Careers and Finance</b>  Personal Statements  VESPA training	<b>Mental Health</b>  Promoting Emotional Wellbeing How to handle unhelpful thoughts Dealing with exam stress Digital detox	<b>Revision</b>
<b>Relationships and Sex</b>  Building healthy relationships Relationship abuse Rape and consent HIV Pornography	<b>Global Community</b>  UK Poverty Foreign Aid Global Responsibilities Human rights and liberty	<b>Exams</b>

# Our support for your child



- Regular training for staff to provide accurate and up to date information
- Consistent, structured sessions to ensure your child gets the information that they need
- LSA support in each session
- External speakers

# Support - useful websites



- BBC Bitesize: PSHE and Citizenship  
<https://www.bbc.co.uk/bitesize/subjects/z7f3cdm>

- Gov.uk education guide for parents  
[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/907640/RSE\\_secondary\\_schools\\_guide\\_for\\_parents.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907640/RSE_secondary_schools_guide_for_parents.pdf)

# How you can get in touch



**Miss Horne – Head of PSHE**  
**[mhorne@testwoodschoool.co.uk](mailto:mhorne@testwoodschoool.co.uk)**

# Year 7

Autumn Term	Spring Term	Summer Term
Mental Health	Global Community	Careers and Finance
Physical Health	Relationships	Culture

# Year 8

Autumn Term	Spring Term	Summer Term
Relationships	Careers and Finance	Global Community
Mental Health	Physical Health	Culture

# Year 9

Autumn Term	Spring Term	Summer Term
Global Community	Physical Health	SRE
Careers and Finance	Mental Health	Culture

# Year 10

Autumn Term	Spring Term	Summer Term
Physical Health	SRE	Mental Health
Global Community	Careers and Finance	Culture



# Year 11

Autumn Term	Spring Term	Summer Term
Careers and Finance	Mental Health	Revision
SRE	Global Community	Exams