

## PSHCEE at Ebor Academy Filey

PSHCEE (Personal, Social, Health, Citizenship & Economic) education aims to develop in students the knowledge and skills required to keep safe and healthy and to prepare for life and work in modern Britain. It helps students to understand and successfully cope with some of the most important issues to face young people today, including mental health, staying safe online, healthy and safe relationships, challenging extreme views and developing the skills and attributes required to negotiate the labour market.

Our PSHCEE curriculum covers three core themes – **Health & Wellbeing, Relationships and Living in the Wider World**. Statutory **RSE** (Relationships & Sex Education) content is delivered through the theme of relationships. British Values are promoted throughout, the key areas being democracy, the rule of law, individual liberty and mutual respect for and tolerance of those with different faiths and beliefs and those without faith.

**At Key Stage 3**, PSHCEE addresses the changes that young people experience, starting with the transition to secondary school and the challenges of adolescence and increasing independence. Students learn to understand and manage diverse relationships, their lives online and the influence of peers and the media.

**At Key Stage 4**, students deepen their knowledge and understanding of the three core themes. Our KS4 PSHCEE curriculum reflects the fact that students are moving towards an independent role in adult life and taking on greater responsibility.

PSHCEE is taught by form tutors in a fortnightly timetabled lesson of one hour to all year groups. In addition to the content shown on the next page, there is additional delivery of PSHCEE in one form time per week. In Week A, we have a PSHCEE form time focus, which looks at an area of PSHCEE with particular relevance locally, nationally or globally. Examples from the Autumn Term 2021 include The Paralympics & Protected Characteristics, the Afghanistan Crisis & Refugees, Peer-on-peer Abuse and Anti-Bullying Wee

	<b>Autumn 1</b> 3 lessons <i>Health &amp; Wellbeing</i>	<b>Autumn 2</b> 4 lessons* <i>Living in the Wider World</i>	<b>Spring 1</b> 3 lessons <i>Relationships</i>	<b>Spring 2</b> 3 lessons <i>Health &amp; Wellbeing</i>	<b>Summer 1</b> 3 lessons <i>Relationships</i>	<b>Summer 2</b> 3 lessons <i>Living in the Wider World</i>
<b>YEAR 7</b>	<b>Transition, health &amp; safety</b> Transition to secondary school, personal safety in and outside school, healthy routines	<b>Developing skills &amp; aspirations</b> Careers, teamwork and enterprise skills, and raising aspirations.	<b>Diversity</b> Diversity, prejudice, bullying and other forms of peer-on-peer abuse	<b>Health and puberty</b> Healthy routines, influences on health, puberty, unwanted contact, and FGM	<b>Building relationships</b> Self-worth, romance and friendships (including online), grooming, relationship boundaries	<b>Financial decision making</b> Saving, borrowing, budgeting and making financial choices
<b>YEAR 8</b>	<b>Emotional wellbeing &amp; first aid</b> Mental health and emotional wellbeing, including body image and coping strategies, dealing with first aid emergencies.	<b>Community and careers</b> Equality of opportunity in careers and life choices, and different types and patterns of work.	<b>Discrimination</b> Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	<b>Drugs and alcohol</b> Alcohol and drug misuse and pressures relating to drug use	<b>Identity and relationships</b> Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	<b>Democracy in the UK</b> Democracy v. dictatorship, systems of government, political parties and voting.
<b>YEAR 9</b>	<b>Healthy lifestyle</b> Diet, exercise, lifestyle balance and healthy choices	<b>Careers &amp; goal-setting</b> Different types of employment, post-16 pathways, GCSE options and the local labour and career market.	<b>Respectful relationships</b> Families and parenting, healthy relationships, conflict resolution, and relationship changes, forced marriage & FGM.	<b>Peer influence, substance use and gangs</b> Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	<b>Intimate relationships</b> Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	<b>The Rule of Law</b> Role of the justice system, how laws are made and enforced, how policing works.
<b>YEAR 10</b>	<b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	<b>The world of work</b> Preparation and readiness for work. Learning from labour and career market information.	<b>Healthy relationships</b> Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography, <b>harmful sexual behaviour.</b>	<b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media	<b>Addressing extremism &amp; radicalisation</b> Communities, belonging and challenging extremism	<b>Financial decision making</b> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices
<b>YEAR 11</b>	<b>Next steps</b> Post-16 pathways, Application processes, and skills for further education, & employment, borrowing money, tax and mortgages.	<b>Communication in relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	<b>Emergency first aid &amp; medical issues</b> Emergency first aid skills, the importance of screening and self-examination, accessing medical care.	<b>Families</b> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships		

