



HILL HOUSE SCHOOL

# **PSHE & RSE**

## **Programme of Study 2023-24**



HILL HOUSE SCHOOL

### **Junior School PSHE & Relationship Education Program of Study**

The Junior School are following the twinkl planning for PSHE.

It covers all key aspects of British Values, Global Citizenship, Personal Safety, Health, RSE and Mental Wellbeing. The program of study is fully in line with the PSHCE Association programme of study and meets the 2019 draft guidance for Statutory Relationships and Health Education.

Year group	M1	M2	L1	L2	S1	S2
1	TEAM	Britain	Be yourself	It's my body	Money Matters	Aiming high
2	Think positive	Respecting rights	VIPS	One world	Growing up	Safety first
3	TEAM	Britain	Be yourself	It's my body	Money Matters	Aiming high
4	Think positive	VIPS	Safety First	Growing Up	One World	Digital Wellbeing
5	Be Yourself	Aiming High	TEAM	It's my body	Money Matters	Britain
6	Think positive	VIPS	Safety First	Growing Up	One World	Digital Wellbeing

## **Sex and Relationship Education (SRE) - Year 6**

In Year 6, we will be looking at the following areas as part of an ongoing programme of SRE within the Junior School. These topics cover some elements of Science and some elements of Personal, Social and Health Education (PSHE).

Your child will be exploring:

- Friendships and Resolving Conflict
- Taking Risks
- Stereotyping and Peer Pressure
- Male and Female Puberty and Hygiene
- Harmful Substances
- Human reproduction and physical contact (sex to a certain degree and unwanted contact).

This will be done through examining questions such as:

- What is conflict?
- How can I prevent and resolve conflict?
- How do I determine risk?
- What will influence the decisions I make?
- What is stereotyping?
- How should I respect others and their lifestyles and beliefs?

Appropriate questions that arise from class discussion will be answered honestly and any resources used will be appropriate to the age and needs of the children.

We also recognise that parents play an important role in their child's SRE and we would encourage you to explore these topic areas at home with your child.

If further advice or support is required, please do not hesitate to speak to your child's class teacher.

## SECONDARY PSHE EDUCATION: LONG TERM OVERVIEW – COMPETENCIES-BASED MODEL

	<b>Autumn 1</b> Independence and aspirations	<b>Autumn 2</b> Autonomy and advocacy	<b>Spring 1</b> Choices and influences	<b>Spring 2</b> Independence and aspirations	<b>Summer 1</b> Autonomy and advocacy	<b>Summer 2</b> Choices and influences
<b>Year 7</b>	<b>Developing goal setting, organisation skills and self-awareness:</b> <ul style="list-style-type: none"> <li>Personal identity and values</li> <li>Learning skills and teamwork</li> <li>Respect in school</li> </ul>	<b>Developing empathy, compassion and communication:</b> <ul style="list-style-type: none"> <li>Making and maintaining friendships</li> <li>Identifying and challenging bullying</li> <li>Communicating online</li> </ul>	<b>Developing agency, strategies to manage influence and decision making:</b> <ul style="list-style-type: none"> <li>Regulating emotions</li> <li>Diet and exercise</li> <li>Hygiene and dental health</li> <li>Sleep</li> </ul>	<b>Developing self-confidence and self-worth:</b> <ul style="list-style-type: none"> <li>Puberty and managing change</li> <li>Body satisfaction and self-concept</li> </ul>	<b>Developing assertive communication, risk management and support-seeking skills:</b> <ul style="list-style-type: none"> <li>Rights in the community</li> <li>Relationship boundaries</li> <li>Unwanted contact</li> <li>FGM and forced marriage</li> </ul>	<b>Developing agency and decision making skills:</b> <ul style="list-style-type: none"> <li>Drugs, alcohol and tobacco</li> <li>Safety and first aid</li> </ul>
<b>Year 8</b>	<b>Developing risk management skills, analytical skills and strategies to identify bias:</b> <ul style="list-style-type: none"> <li>Managing online presence</li> <li>Digital and media literacy</li> </ul>	<b>Developing respect for beliefs, values and opinions and advocacy skills:</b> <ul style="list-style-type: none"> <li>Stereotypes, prejudice and discrimination</li> <li>Promoting diversity and equality</li> </ul>	<b>Developing agency and strategies to manage influence and access support:</b> <ul style="list-style-type: none"> <li>Drugs and alcohol</li> <li>Introduction to contraception</li> <li>Resisting peer influence</li> <li>Online choices and influences</li> </ul>	<b>Developing goal setting, motivation and self-awareness:</b> <ul style="list-style-type: none"> <li>Aspirations for the future</li> <li>Career choices</li> <li>Identity and the world of work</li> </ul>	<b>Developing communication and negotiation skills, clarifying values and strategies to manage influence:</b> <ul style="list-style-type: none"> <li>Healthy relationships</li> <li>Boundaries and consent</li> <li>LGBT+ inclusivity</li> <li>'Sexting'</li> <li>Managing conflict</li> </ul>	<b>Developing agency and strategies to manage influence and access support:</b> <ul style="list-style-type: none"> <li>Maintaining positive mental health</li> <li>Importance of physical activity</li> </ul>
<b>Year 9</b>	<b>Developing goal-setting, analytical skills and decision making:</b> <ul style="list-style-type: none"> <li>GCSE options</li> <li>Sources of careers advice</li> <li>Employability</li> </ul>	<b>Developing self-confidence, risk management and strategies to manage influence:</b> <ul style="list-style-type: none"> <li>Friendship challenges</li> <li>Gangs and violent crime</li> <li>Drugs and alcohol</li> <li>Assertive communication</li> </ul>	<b>Developing empathy, compassion and strategies to access support:</b> <ul style="list-style-type: none"> <li>Mental health (including self-harm and eating disorders)</li> <li>Change, loss and bereavement</li> <li>Healthy coping strategies</li> </ul>	<b>Developing analytical skills and strategies to identify bias and manage influence:</b> <ul style="list-style-type: none"> <li>Financial decisions</li> <li>Saving and borrowing</li> <li>Gambling, financial choices and debt</li> </ul>	<b>Developing assertive communication, clarifying values and strategies to manage influence:</b> <ul style="list-style-type: none"> <li>Healthy/unhealthy relationships</li> <li>Consent</li> <li>Relationships and sex in the media</li> </ul>	<b>Developing decision making, risk management and support-seeking skills:</b> <ul style="list-style-type: none"> <li>Sexually transmitted infections (STIs)</li> <li>Contraception</li> <li>Cancer awareness</li> <li>First aid</li> </ul>
<b>Year 10</b>	<b>Developing self-awareness, goal-setting, adaptability and organisation skills:</b> <ul style="list-style-type: none"> <li>Managing transition to key stage 4 including learning skills</li> <li>Managing mental health concerns</li> </ul>	<b>Developing empathy and compassion, strategies to manage influence and assertive communication:</b> <ul style="list-style-type: none"> <li>Relationship expectations</li> <li>Impact of pornography</li> <li>Identifying and responding to abuse and harassment</li> </ul>	<b>Developing agency and decision making, strategies to manage influence and access support:</b> <ul style="list-style-type: none"> <li>First aid and life-saving</li> <li>Personal safety</li> <li>Online relationships</li> </ul>	<b>Developing goal setting, leadership and presentation skills:</b> <ul style="list-style-type: none"> <li>Skills for employment</li> <li>Applying for employment</li> <li>Online presence and reputation</li> </ul>	<b>Developing respect for diversity, risk management and support-seeking skills:</b> <ul style="list-style-type: none"> <li>Nature of committed relationships</li> <li>Forced marriage</li> <li>Diversity and discrimination</li> <li>Extremism</li> </ul>	<b>Developing motivation, organisation, leadership and presentation skills:</b> <ul style="list-style-type: none"> <li>Preparation for, and reflection on, work experience</li> </ul>
<b>Year 11</b>	<b>Developing resilience and risk management skills:</b> <ul style="list-style-type: none"> <li>Money management</li> <li>Fraud and cybercrime</li> <li>Preparing for adult life</li> </ul>	<b>Developing communication and negotiation skills, risk management and support-seeking skills:</b> <ul style="list-style-type: none"> <li>Relationship values</li> <li>Maintaining sexual health</li> <li>Sexual health services</li> <li>Managing relationship challenges and endings</li> </ul>	<b>Developing confidence, agency and support-seeking skills:</b> <ul style="list-style-type: none"> <li>Making safe and healthy lifestyle choices</li> <li>Health promotion and self-examination</li> <li>Blood, organ, stem cell donation</li> </ul>	<b>Developing empathy and compassion, clarifying values and support-seeking skills:</b> <ul style="list-style-type: none"> <li>Families and parenting</li> <li>Fertility, adoption, abortion</li> <li>Pregnancy and miscarriage</li> <li>Managing grief and loss</li> </ul>	<b>Developing confidence, self-worth, adaptability and decision making skills:</b> <ul style="list-style-type: none"> <li>Recognising and celebrating successes</li> <li>Transition and new opportunities</li> <li>Aligning actions with goals</li> </ul>	