

## **CURRICULUM INTENT: PERSONAL, SOCIAL, AND HEALTH AND EDUCATION (PSHE) & RELATIONSHIP AND SEX EDUCATION (RSE)**

At North London Grammar School, personal, social, and health (PSHE) education and relationship & sex education (RSE) is an embedded part of our broad and balanced curriculum. Pupils' spiritual, moral, social and cultural (SMSC) development is at the heart of our school ethos. British Values are promoted through the overarching aims and objectives of PSHE/ RSE by supporting our students to become healthy and responsible members of society, as well as preparing them for life and work in modern Britain.

The intent of our PSHE curriculum is to allow students to develop skills and attributes such as resilience, self-esteem, risk-management, team working and critical thinking whilst giving students opportunities to develop their understanding of democracy and justice, rights and responsibilities plus identities and diversity.

To embrace the challenges of creating a happy and successful adult life, students need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Students can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. PSHE can support young people to develop resilience, to know how and when to ask for help, and to know where to access support. We provide our students with opportunities to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our students are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

The PSHE department aims are therefore to create:

- Successful students who enjoy learning, making progress and achieving.
- Confident and autonomous students who are able to live safe, healthy and fulfilling lives.
- Students who can make informed judgements and have an understanding of the biological, social, emotional, legal, religious, moral and pastoral aspects of sex, sexuality and family life.
- Responsible students who make a positive contribution to society.

## **CURRICULUM IMPLEMENTATION: PSHE / RSE**

Our PSHE/ RSE programme of learning and wider curriculum will enable students to meet the End of Key Stage Statements as set out in the Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance 2019. Our PSHE programme is an integral part of our whole school PSHE education provision and is designed to meet the unique needs of students, not only through the RSE and PSHE Schemes of Work, but through our wider curriculum offer.

Our ever-expanding wider provision of PSHE promotes opportunities to link British Values and Social, Moral, Spiritual and Cultural (SMSC) responsibilities. Along with our broad and balanced curriculum, there are overlaps with other subjects, for example:

- Computing (E-Safety, Cyberbullying & Sexting)
- Science (Reproduction, Stem Cells & Menstruation)
- PE (Leading healthy active lives)
- Religious Education (Valuing different religions, Marriage, Bereavement)
- Student Services (Personal safety, Careers & Team building)
- Drama (Building positive relationships, Equal opportunities, Mental & emotional health)
- English (Identity, Mental health, Resilience)
- Business Studies (Careers, Enterprise, Employability Skills)

Flexibility in the timetable needs to be accounted for as objectives for PSHE education, which will be met outside of the allocated timetable slot. Flexibility in the timetable is also important to allow us as a school to respond to local/ national/ global events that may occur and allow us to respond to any such event in an age appropriate way. The distribution of lessons complements key campaigns throughout the year, such as:

- Anti- Bullying Week
- Black History Month
- Mental Health Awareness Week
- Pride Month
- Women’s Month
- World Cancer Day amongst others.

	AUTUMN TERM		SPRING TERM		SUMMER TERM		TRIPS AND EVENTS
	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world	
Year 7	<b>Transition and safety</b> Transition to secondary school and personal safety in and outside school, including first aid	<b>Developing skills and aspirations</b> Careers, teamwork and enterprise skills, and raising aspirations	<b>Diversity</b> Diversity, prejudice, and bullying	<b>Health and puberty</b> Healthy routines, influences on health, puberty, unwanted contact.	<b>Building relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries	<b>Financial decision making</b> Saving, borrowing, budgeting and making financial choices	

<p><b>Year 8</b></p>	<p><b>Drugs and alcohol</b> Alcohol and drug misuse and pressures relating to drug use</p>	<p><b>Setting goals</b> Learning strengths, career options and goal setting as part of the GCSE options process</p>	<p><b>Discrimination</b> Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p>	<p><b>Emotional wellbeing</b> Mental health and emotional wellbeing, including body image and coping strategies. Puberty/FGM</p>	<p><b>Identity and relationships</b> Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</p>	<p><b>Digital literacy</b> Online safety, digital literacy, media reliability, and gambling hooks</p>	
<p><b>Year 9</b></p>	<p><b>Peer influence, substance use and gangs</b> Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation</p>	<p><b>Community and careers</b> Equality of opportunity in careers and life choices, and different types and patterns of work</p>	<p><b>Respectful relationships</b> Families and parenting, healthy relationships, conflict resolution, and relationship changes</p>	<p><b>Healthy lifestyle</b> Diet, exercise, lifestyle balance and healthy choices, and first aid</p>	<p><b>Intimate relationships</b> Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</p>	<p><b>Employability skills</b> Employability and online presence</p>	
<p><b>Year 10</b></p>	<p><b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p>	<p><b>Work experience</b> Preparation for and evaluation of work experience and readiness for work</p>	<p><b>Healthy relationships</b> Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography</p>	<p><b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media</p>	<p><b>Addressing extremism and radicalisation</b> Communities, belonging and challenging extremism</p>	<p><b>Financial decision making</b> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p>	

<p><b>Year 11</b></p>	<p><b>Building for the future</b> Self-efficacy, stress management, and future opportunities</p>	<p><b>Next steps</b> Application processes, and skills for further education, employment and career progression</p>	<p><b>Communication in relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p>	<p><b>Independence</b> Responsible health choices, and safety in independent contexts</p>	<p><b>Families</b> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p>		
<p><b>UFP</b></p>	<p><b>Careers Finance and Independence 1</b> Careers Employability Skills Computer Literacy Skills Researching Different Jobs Apprenticeships Personal Presentation Skills <b>Assessment</b></p>	<p><b>Health &amp; Wellbeing 2</b> Cosmetic &amp; Plastic Surgery Gender &amp; Identity Miscarriage &amp; Unplanned Pregnancy <b>Assessment</b></p>	<p><b>Sex, Relationships &amp; Society 1</b> Critical thinking Skills Free Speech Vs Hate Speech Social Justice <b>Assessment</b></p>	<p><b>Careers Finance and Independence 2</b> Careers in core subjects Writing Personal Statements Plagiarism Personal Finance <b>Assessment</b></p>	<p><b>Health &amp; Wellbeing 1</b> Class A to C Drugs and Alcohol Education Staying Safe Online Psychological Health Safety in the Workplace <b>Assessment</b></p>	<p><b>Sex, Relationships &amp; Society 2</b> Honour Based Violence Feminism Consent Date Rape <b>Assessment</b></p>	
	<p>Motivation and Work Ethic Initiative Problem Solving Leadership Skills Personal Branding <b>Assessment</b></p>		<p>Culture Wars &amp; Media Influence Callout Culture Cultural appropriation Tolerating Intolerance Online subculture &amp; extremism</p>	<p>Personal Statements Renting V's Buying Payday – Loans Pensions &amp; Retirement <b>Assessment</b></p>	<p>Climate Change Toxic &amp; Positive Masculinity Emotional Wellbeing Drugs, Festival &amp; Parties Sexual Health, STI's</p>	<p>Sex &amp; Media Readiness &amp; Encounters Controlling Relationships Ageism &amp; Prejudice <b>Assessment</b></p>	

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**IMPACT: Improved well-being and mental health, healthy relationships, reduced risky behaviours, increased awareness of consent, better decision making, financial literacy, social and emotional skills, prevention of bullying, increased tolerance and inclusion, preparation for adult life, parental engagement, and long-term health benefits.**

At NLGS we deliver the PSHE/ RSE curriculum by utilising first-hand experience and sharing good practice. However, we are aware that the delivered curriculum must reflect the needs of our students. We expect our staff to use a PSHE programme to equip students with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions in life. We believe the purpose of PSHE/ RSE education is to build, where appropriate, on the statutory guidance outlined by the Department of Education.

We believe that PSHE/ RSE plays a vital role in secondary education and as well as discrete focused lessons, it is also embedded throughout the curriculum. PSHE/ RSE is integral to the development of our student’s values in order for them to become positive members of an ever-changing society. PSHE/ RSE is an important part of school assemblies where student’s spiritual, moral, social and cultural curiosity is stimulated, challenged and nurtured.

**Right to withdraw from RSE.** Please be aware that parents will continue to have a right to request to withdraw their child from sex education delivered as part of RSE in secondary schools which, unless there are exceptional circumstances, should be granted up to three terms before their child turns 16. At this point, if the child themselves wishes to receive sex education rather than be withdrawn, the school should plan for this to happen in one of the three terms before the child turns 16 - the legal age of sexual consent. There is no right to withdraw from Relationships Education as the content of these subjects – such as family, friendship, safety (including online safety) – are important for all students to be taught. If a parent/ carer wishes to withdraw their child from sex education they must put their request in writing to in a ‘Right to withdraw from RSE’ letter and send to Ms Dhrona (Pastoral Deputy Head) to request this.