



# Seahaven Academy

The best in everyone™

Part of United Learning

## What is PSHE?

PSHE education is a school curriculum subject in England that helps children and young people stay healthy, safe and prepared for life and work in modern Britain. It aims to provide children with the knowledge and skills to keep themselves happy, healthy and safe, as well as to prepare them for life and work.

PSHE education also helps pupils to achieve their academic potential and fosters lifelong aspirations, goals and values. It is a chance to give every child and young person an equal opportunity to develop the skills and knowledge they need to thrive now and in the future.



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## What's happening in PSHE this term

Year Group	Topics covered
Year 7	<b>Making Healthy Choices and Careers</b> Personal safety, personal hygiene, eating and sleeping, evaluating influences.
Year 8	<b>Wellbeing and Careers</b> Online wellbeing, media influence, body image, physical and mental wellbeing, recognising and dealing with emotion and drugs.
Year 9	<b>Body Awareness and Personal safety</b> Contraception, consent, sexual health and STI's, drug and alcohol related emergencies, scams and gambling.
Year 10	<b>Careers and Wellbeing</b> Careers and work experience. Media influence and gangs, radicalisation and extremism, mental wellbeing, alcohol and drug mis-use, first aid, cosmetic surgery.
Year 11	<b>Body Awareness</b> Parenthood and fertility, choices and routes to parenthood, consent and STI's.

**PSHE**  
Association

# Parents/Carers

## Where to get more information/help



[The Mix - Essential support for under 25s](#)

[Find Help With How I'm Feeling | Advice For Young People | YoungMinds](#)

**YOUNGMINDS**  
fighting for young people's mental health

Parents Helpline: 0808 802 5544.

**childline**

ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111

[Home Page - e-wellbeing](#)



[Career Guides For Young Adults - Youth Employment UK](#)

**NSPCC**

Childline offers free, confidential advice and support whatever your worry, whenever you need help.

0800 1111

[NSPCC | The UK children's charity | NSPCC](#)

[Allsorts Youth Project](#)

**allsorts** youth project

Allsorts Youth Project listens to, connects & supports children & young people under 26 who are lesbian, gay, bisexual, trans or exploring their sexual orientation and/or gender identity (LGBT+) and their families.



# Students

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