



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	Body Awareness Bodily changes through puberty, periods, sexuality, privacy and consent, FGM and forced marriage.
Year 8	Relationships and Wellbeing Unhealthy relationships, boundaries and consent, intimacy online, contraception, know your rights. Online wellbeing, fake news, online safety and self-esteem and grooming.
Year 9	Community and Body Awareness Discrimination and prejudice, sexual violence and harassment, cultivating a positive relationship with your body, body image and beauty standards.
Year 10	Relationships and Wellbeing Managing decisions about sex, pregnancy, know your rights, online wellbeing, media influence and gangs, radicalisation and extremism.
Year 11	Community Appreciating diversity, gender stereotypes, grief, connecting with yourself mindfully – stress, self-concept and motivation. Body image in the media – pornography and dangers.

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](#)



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](#)

[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.

NSPCC

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

0800 1111

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



Students

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