



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	Transition, identity and community Starting in secondary school, exploring identities (differences and similarities), what is a community?, bullying.
Year 8	Relationships Family relationships, healthy relationships, romantic relationships, physical intimacy, boundaries and consent, relationships online.
Year 9	Transition, identity and community Dealing with change, study skills, resilience, mental health, peer pressure, exploitation, knife crime, discrimination, sexual violence and harassment.
Year 10	Relationships Marriage, civil partnership, becoming a parent, family dynamics, communication in relationships, abusive relationships, decisions about sex, pregnancy.
Year 11	Transition, identity and community Adulting, self-worth, celebrating success, identity and mental health, gender norms, gender identities, appreciating diversity, gender stereotypes, grief.

Parents/Carers: Where to get more information/help

PSHE
Association

[Topics \(pshe-association.org.uk\)](https://www.pshe-association.org.uk)

childline

ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111

[Childline | Childline](https://www.childline.org.uk)



THE MIX
Essential support for under 25s

[The Mix - Essential support for under 25s](https://www.themix.org.uk)

 **e-wellbeing**
POWERED BY
YMCA DownsLink Group

[Home Page - e-wellbeing](https://www.e-wellbeing.org.uk)

[Allsorts Youth Project](https://www.allsorts.org.uk)

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.

[Find Help With How I'm Feeling | Advice For Young People | YoungMinds](https://www.youngminds.org.uk)

YOUNGmINDS
fighting for young people's mental health

Parents Helpline: 0808 802 5544.

 **YOUTH EMPLOYMENT UK**

[Career Guides For Young Adults - Youth Employment UK](https://www.youthemploymentuk.org)

NSPCC

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

0800 1111

[NSPCC | The UK children's charity | NSPCC](https://www.nspcc.org.uk)

Students: Where to get more information/help



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

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