

Subject: PSHE

Intent

The PSHE curriculum has been carefully designed to take into account a number of factors.

1. Young people today are exposed to more pressures than in any other generation. Recent research conducted by Girl Guiding UK states that 'girls said that they're experiencing unprecedented levels of stress and pressure: to do well at school, to look and behave in certain ways, and to measure up to expectations from friends, family, school and the media. The combination of these can be unmanageable'. For many girls, it is having a damaging effect on their wellbeing and this is not limited to girls.
2. The Independent (Geraldine Bedell 02/16) reported that mental wellbeing among young males is increasing with a year on year increase of reported anxiety, depression, self-harm and anorexia among boys 11-15. A recent article from the Office of National Statistics supports this reporting that the proportion of children aged 10 to 15 years reporting high or very high happiness with friends fell significantly from 85.8% in 2015 to 80.5% in 2017, with boys being the main driver of this change. For these reasons there is an emphasis on mental health and well-being, the curriculum also promotes physical health, effective money management and healthy relationship as these can have a dramatic impact on well-being.
3. Our school is a predominantly white working class cohort and as Newhaven grows and becomes more ethnically diverse it is important that our young people grow into thoughtful, tolerant and kind adults who looks for ways to ensure community cohesion and have the skills to resolve disputes efficiently and effectively. The curriculum, for this reason covers a range of equalities issues including protected characteristics, rights and responsibilities and community cohesion.
4. At Seahaven Academy our approach is underpinned by a sense of moral purpose and commitment to doing what is right. We aim to achieve excellence and act with integrity, this ethos is encapsulated in the United Learning motto as **The Best in Everyone**. This ethos underpins our core values:
 - **Ambition** – to achieve the best for ourselves and others
 - **Confidence** – to have the courage of our convictions and to take risks in the right cause
 - **Creativity** – to imagine possibilities and make them real
 - **Respect** – of ourselves and others in all that we do
 - **Enthusiasm** – to seek opportunity, find what is good and pursue talents and interests
 - **Determination** – to overcome obstacles and reach success

The PSHE curriculum provides opportunities for students to develop these attributes as well as a wide range of other characteristics, and to explore careers and the world of work so that our young people

leave us in a strong position to lead healthy, happy and fulfilling lives and are able to play their part and contribute in the wider world.

- The curriculum is designed to ensure that all matters to do with safeguarding young people are addressed in age appropriate ways, including SRE (Sex and Relationships education) and that young people learn to recognise and manage risk with confidence. The curriculum is designed to revisit themes as students grow older to recap and look at issues in more depth and detail as it becomes more age appropriate to do so.

Curriculum Map

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Health and wellbeing	Living in the wider world	Relationships	Health and wellbeing	Relationships	Living in the wider world
Year 7	Transition to secondary school Diet, exercise and how to make healthy choices	Enterprise skills and introduction to careers Challenging career stereotypes and raising aspirations	Diversity, prejudice and bullying including cyber bullying Managing on- and off-line friendships	The risks of alcohol, tobacco and other substances Managing puberty and the issues of unwanted contact and FGM	Self-esteem, romance and friendships Exploring family life	Making ethical financial decisions Saving, spending and budgeting our money
Year 8	First aid and personal safety, focusing on road safety Alcohol and drug misuse and managing peer influence	Rights and responsibilities in the community Tackling age and disability discrimination	Tackling racism and religious discrimination, promoting human rights Online safety	Mental health and emotional wellbeing, including body image Managing change and loss	Introduction to sexuality and consent Introduction to contraception including condom and the pill	Evaluating value for money in services Risks and consequences making financial decisions
Year 9	Peer pressure, assertiveness and risk, gang crime Dieting, lifestyle balance and unhealthy coping strategies	Understanding careers and future aspirations Identifying learning strengths and setting goals as part of the GCSE options process	Managing conflict at home and the dangers of running away from home Tackling homophobia, transphobia and sexism	Managing peer pressure in relation to illicit substances Assessing the risks of drug and alcohol abuse and addiction	Relationships and sex education including healthy relationships and consent The risks of STIs, sexting and pornography	Planning and carrying out an enterprise project Reflecting on learning skills development in key stage 3
Year 10	Transition to key stage 4 and developing study habits Mental health and ill health, tackling stigma	Understanding the causes and effects of debt Understanding the risks associated with gambling	Tackling relationship myths and expectations Managing romantic relationship challenges including break ups	Exploring the influence of role models Evaluating the social and emotional risks of drug use	Understanding different families and learning parenting skills Managing change, grief and bereavement	Challenging extremism and radicalisation
Year 11	Promoting self-esteem and coping with stress Learning and revision skills to maximise potential Interviewing with confidence	Understanding the college application process and plans beyond school Skills for employment and career progression	Personal values and assertive communication in relationships Tackling domestic abuse and forced marriage	Health and safety in independent contexts Taking responsibility for health choices	British values, human rights and community cohesion	

Staff

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PSHE is taught once per fortnight by tutors