



# 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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*Be Kind. Be Confident. Be Ambitious.*

# What's happening in PSHE during Term 1

| Year Group | Topics covered                                                                                                                                                                                                                                   |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Year 7     | <b>Sharing Perspectives</b> – Respecting differences, factors affecting relationships, mental and emotional health, risky behaviour, presenting myself well.                                                                                     |
| Year 8     | <b>Building Perspective and Everyday Safety</b> – Judging how trustworthy information is, responding to disappointment and setback, goals, deadlines and productivity, resisting influence, public transport, dog safety                         |
| Year 9     | <b>Transition and Identity</b><br>Dealing with change in life, study skills, resilience, managing stress, basics of mental health, managing mental health, peer pressure, exploitation and knife crime, forms of discrimination and allyship.    |
| Year 10    | <b>Relationships</b><br>Marriage, civil partnership, becoming a parent, family dynamics, communication in relationships, abusive relationships, sexual violence, gender stereotypes, making decisions about one's sexuality, foetal development. |
| Year 11    | <b>Transition, Identity and Community</b><br>Adulting, self-worth, celebrating success, identity and mental health, gender norms, gender identities, appreciating diversity, gender stereotypes, grief.                                          |



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# Students/Parents/Carers: Where to get more information and help



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



[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 | Childline](#)



[Home Page - e-wellbeing](#)



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



[Allsorts Youth Project](#)



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

0800 1111

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