



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	Sharing Perspectives – Respecting differences, factors affecting relationships, mental and emotional health, risky behaviour, presenting myself well.
Year 8	Relationships Family relationships, healthy relationships, romantic relationships, physical intimacy, boundaries and consent, relationships online.
Year 9	Transition and Identity 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	Relationships 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	Transition, Identity and Community Adulting, self-worth, celebrating success, identity and mental health, gender norms, gender identities, appreciating diversity, gender stereotypes, grief.

Students/Parents/Carers

Where to get more information/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

ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111

[Childline | Childline](#)

[Home Page - e-wellbeing](#)



[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.



[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](#)



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