

PSHE and RSE at Norbury High

Overview

PSHE is taught to all year groups once a fortnight - 20 lessons over the year. It is delivered by form tutors and we often host outside speakers and guests. We follow the lessons developed by © Jigsaw PSHE Ltd. We aim to help our students develop into well-informed and well-rounded individuals who are confidently prepared for the challenges they may face.

Jigsaw is sequential, the six puzzles (units) starting with 'Being Me in My World' (BM) at the beginning of the school year and working through to the end of the year:

BM (Being Me in My World)

'Who am I and how do I fit?'

CD (Celebrating Difference)

Respect for similarity and difference. Anti-bullying and being unique.

DG (Dreams and Goals)

Aspirations, how to achieve goals and understanding the emotions that go with this.

HM (Healthy Me)

Being and keeping safe and healthy.

RL (Relationships)

Building positive, healthy relationships.

CM (Changing Me)

Coping positively with change.

Key Stage 3

Year 7 PSHE and RSE

In year 7, PSHE prepares all students for the future through lessons about settling in to secondary school life; future careers; making positive choices online and in the real world; and the onset of adolescence.

UNIT 1 Being Me in My World: unique me, differences and conflict, my influences, peer pressure, online safety, sexting, consequences, online legislation.

UNIT 2 Celebrating Difference: bullying, prejudice and discrimination, Equality Act, bystanders, stereotyping, challenging negative behaviour and attitudes.

UNIT 3 Dreams and Goals: celebrating success, identifying goals, employment, learning from mistakes, overcoming challenges, planning skills, safe and unsafe choices, substances, gangs, exploitation, emergency first aid.

UNIT 4 Healthy Me: stress and anxiety, managing mental health, physical activity and mental health, effects of substances, nutrition, sleep, vaccination and immunisation, importance of information on making healthy choices.

UNIT 5 Relationships: characteristics of healthy relationships, healthy romantic relationships, consent, relationships and change, emotions within friendships, being discerning, assertiveness, sexting.

UNIT 6 Changing Me: puberty changes, Female Genital Mutilation (FGM), breast flattening/ironing, responsibilities of parenthood, types of committed relationships, happiness and intimate relationships, self-esteem, self-image, brain changes in puberty, sources of help and support.

Year 8 PSHE and RSE

In year 8 PSHE builds on the students' knowledge from year 7 and focuses on a deeper understanding of the issues raised in the previous year as well as healthy and unhealthy relationships and pornography.

UNIT 1 Being Me in My World: self-identity, family and identity, stereotypes, personal beliefs and judgements, managing expectations, first impressions, respect for the beliefs of others, active listening.

UNIT 2 Celebrating Difference: positive change made by others, how positive behaviour affects feelings of wellbeing, social injustice, inequality, community cohesion and support, multiculturalism, race and religion, prejudice, LGBTQ+ bullying.

UNIT 3 Dreams and Goals: long-term goals, skills, qualifications, careers, money and happiness, ethics and mental wellbeing, budgeting, variation in income, positive and negative impact of money, online legal responsibilities, gambling issues.

UNIT 4 Healthy Me: long-term physical health, responsibility for own health, dental health, stress triggers, substances and mood, legislation associated with substances, exploitation and substances, medicine, vaccinations, immunisation, blood donation.

UNIT 5 Relationships: positive relationship with self, social media and relationship with self, negative self-talk, managing a range of relationships, personal space, online etiquette, online privacy and personal safety, coercion, unhealthy balance of power in relationships, sources of support.

UNIT 6 Changing Me: types of close intimate relationships, physical attraction, legal status of relationships, behaviours in healthy and unhealthy romantic relationships, pornography, sexuality, alcohol and risky behaviour.

Year 9 PSHE and RSE

In year 9, we continue the study of puberty through more focused Sex and Relationships Education (SRE). We also develop our careers advice and tailor this to the option choices students will have to make.

UNIT 1 Being Me in My World: perceptions about intimate relationships, consent, sexual exploitation, peer approval, grooming, radicalization, county lines, risky experimentation, positive and negative self-identity, abuse and coercion, coercive control.

UNIT 2 Celebrating Difference: protected characteristics, Equality Act, phobic and racist language, legal consequences of bullying and hate crime, sexism, ageism, positive and negative language, banter, bullying in the workplace, direct and indirect discrimination, harassment, victimisation, prejudice, discrimination and stereotyping.

UNIT 3 Dreams and Goals: personal strengths, health goals, SMART planning, links between body image and mental health, non-financial dreams and goals, mental health and ill health, media manipulation, self-harm, anxiety disorders, eating disorders, depression.

UNIT 4 Healthy Me: misperceptions about young peoples' health choices, physical and psychological effects of alcohol, alcohol and the law, alcohol dependency, drug classification, supply and possession legislation, emergency situations, first aid, CPR, substances and safety, sources of advice and support.

UNIT 5 Relationships: power and control in intimate relationships, risk in intimate relationships, importance of sexual consent, assertiveness skills, sex and the law, pornography and stereotypes, contraception choices, family planning, STIs, support and advice services.

UNIT 6 Changing Me: mental health stigma, triggers, support strategies, managing emotional changes, resilience and how to improve it, reflection on the importance of sleep in relation to mental health, reflection on body and brain changes, stereotypes.

Key Stage 4

Year 10 PSHE and RSE

The year 10 course provides students with a deeper understanding of the issues covered in Key Stage 3 as well as introducing external speakers to discuss the realities of drug taking. The Daniel Spargo-Mabbs Foundation is a drug and alcohol education charity that aims to support young people to make safe choices about drugs and alcohol and reduce harm. They do this through increasing understanding of the effects and risks, and helping to develop life skills and resilience. Students also learn about equality in the workplace, online safety and mental health.

UNIT 1 Being Me in My World: human rights, societal freedom, understanding safety in the UK and beyond, ending relationships safely, stages of grief, loss and bereavement, social media and culture, use of online data, threats to online safety, online identity, assessing and managing risk.

UNIT 2 Celebrating Difference: equality including in the workplace, in society, in relationships; equality and vulnerable groups; power and control.

UNIT 3 Dreams and Goals: The impact of physical health in reaching goals; relationships and reaching goals; work/life balance; connections and impact on mental health; benefits of helping others; online profile and impact on future goals.

UNIT 4 Healthy Me: improving health, sexual health, blood-borne infections, self-examination, diet and long-term health, misuse of prescription drugs, common mental health disorders, positive impact of volunteering, common threats to health including chronic disease, epidemics, misuse of antibiotics, organ donation, stem cells.

UNIT 5 Relationships: sustaining long-term relationships, relationship choices, ending relationships safely, consequences of relationships ending e.g. bullying, revenge porn, grief-cycle, divorce and separation, impact of family breakup on children, understanding love, fake news and rumour mongering, abuse in teenage relationships, legislation, support and advice.

UNIT 6 Changing Me: impact of societal change on young people, role of media on societal change, reflection on change so far and how to manage it successfully, decision making, sexual identity gender, spectrum of sexuality, stereotypes in romantic relationships, sexual identity and risk, family change, sources of support.

Year 11 PSHE and RSE

The year 11 course supports students in their preparation for GCSEs and for post-16 education through revision strategies and mindfulness. It also covers LGBTQ+ rights; gender; equality; and sex and relationships education.

UNIT 1 Being Me in My World: equality in relation to disability including hidden, consequences of not adhering to the Equality Act, employers' responsibilities, benefits of multicultural societies, impact of unfair treatment on mental health, misuse of power, campaigning for equality.

UNIT 2 Dreams and Goals: aspirations for career, finances, relationships, health. Skills identification, realistic goals, gambling, financial pressure, debt, dream jobs, skills sets, education and training options, long-term relationship dreams and goals, parenting skills and challenges, resilience, what to do when things go wrong.

UNIT 3 Healthy Me: managing anxiety and stress, exam pressure, concentration strategies, work life balance, sexual health, hygiene, self examination, STIs, sexual pressure, fertility, contraception, pregnancy facts and myths, identifying a range of health risks and strategies for staying safe.

UNIT 4 Relationships: stages of intimate relationships, positive and negative connotations of sex, protecting sexual and reproductive health, safely ending relationships, spectrum of gender and sexuality, LGBTQ+ rights and protection under the Equality Act, 'coming out' challenges, LGBTQ+ media stereotypes, power, control and sexual experimentation, forced marriage, honour-based violence, FGM and other abuses, hate crime, sources of support.