

# PSHE

## PSHE course overview

Students are encouraged to be thoughtful, reflective and analytical as they explore current social and political issues that will impact them as citizens of the world. They are encouraged to explore these issues through speech, movement and debate.

**Statutory requirement** - Section 2.5 of the national curriculum states that all state schools 'should make provision for personal, social, health and economic education. In addition to this the Department for Education states pupils should receive drug education, financial education, Relationship, Health and Sex Education (RHSE) and stress the importance of physical activity and diet for a healthy lifestyle'



	Year 10	Year 11
Autumn 1	Gender and the media (Stereotypes and gender roles)	Healthy body, Healthy mind ( Healthy eating and mental health disorders)
Autumn 2	Identity (Body image & self esteem)	PS16 (college applications)
Spring 1	Study skills and Mental Health ( effective revision and managing stress)	RHSE (Year 10 content)
Spring 2	County Lines ( drugs, gangs and trafficking)	RHSE (Sexual violence, commitment and marriage)
Summer 1	RHSE (Parenting, infertility, contraception and consent)	Financial management (Budgeting, wages and mortgages)
Summer 2	Drugs awareness (dangers and the media)	N/A

## How is the course delivered?

Students receive 1 hour per week of PSHE education provided by a dedicated team. There is no exam or assessments in PSHE the focus is around developing individuals to be confident, well –informed, responsible citizens



## Who can I contact for further advice or support?

Mrs L Jones, Head of Department: [ljones@cityleicester.leicester.sch.uk](mailto:ljones@cityleicester.leicester.sch.uk)

