



The Nicholas Hamond Academy Provision for PSHE/RSE overview

At The Nicholas Hamond Academy we place great importance on preparing our students for the wider world around them and their place within it. To that end, we have three ways in which we deliver PSHE and RSE curriculum to our students, that also meets fully the legal DFE requirements of content of PSHE and RSE.

We have dedicated LOOL (Leaders of our own Lives) lessons. In Years 7 and 8 these take the format of two lessons a fortnight.

For Years 9 to 11 they take the format of one lesson a fortnight.

This is supported by a PSHE tutor time session each week.

To allow us to expand on topics and bring in experts to inform our students, we also have Curriculum Days, whereby students will have a day of engaging with PSHE and Career materials. These occur many times throughout an academic year.

The curriculum we have devised is a spiral one. This means students will cover topics again as they continue their journey with us, but the content that is delivered will be appropriate to the age and stage of the Year group.

We have divided the PSHE/RSE provision into separate areas. They are as follows:

British Values – the core values that underpin much of the work we do in the academy. These are: Democracy, rule of law, Individual liberty, mutual respect and tolerance.

Prevent - This looks at radicalisation and the prevention of it.

County Lines – Awareness of drugs being brought into the county through the use of mobile phones. This includes signs to look out for of involvement and what to do if you have any concerns.

Being Me In My World – This involves topics such as self-identity, stereotyping, first impressions, respect for the belief of others, intimate relationships, consent, grooming, social media, abuse and coercive control, human rights, stages of grief, assessing and managing risk, age limits and the law, first aid and honour-based violence.

Celebrating Differences – this covers topics such as bullying, discrimination, assertiveness, The protected characteristics, use of language, hate crime, banter, bullying in the workplace, benefits of multi-cultural societies and equality in the work place.

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Dreams and Goals- topics in this section include employment, identifying goals, overcoming challenges, money and happiness, personal strengths, SMART goals, mental health, the impact of physical health in reaching goals, work/life balance, online profile and impact on future goals, sleep and relaxation, budgeting, education and training and parenting skills

Healthy Me – This section involves topics such as managing mental health, physical activity and mental health, the effects of substances, vaccination and immunisation, dental health, responsibility for your own health, legislation and substances, medicines, addictions, first aid and CPR, substances and sources of advice and support, self-examination, organ donation, pregnancy facts and myths, pregnancy choices and expectations in relationships.

Relationships – this area involves topics such as the characteristics of a healthy and unhealthy relationship, peer on peer abuse, having a positive relationship with yourself, online etiquette, social media issues and the law, power and control in relationships, sex and the law, pornography and stereotypes, consent, family planning, consequences of unprotected sex, STIs, sustaining long-term relationships and relationship choices

Changing Me – this final area considers topics such as puberty changes and reproduction facts, IVF, legal status of relationships, resilience and how to improve it, role of media on societal changes, sexual identity, family changes and sources of support.

For a full list of what is covered and when within the PSHE/RSE curriculum for each year group, please refer to the full plan of our PSHE provision.

Through our various methods of delivery, all students in all year groups will cover each of these topics. The only exception to this is in Year 11 they will not cover Celebrating Me and Changing Me due to Year 11 being an examination year and they are not with us for the entirety of an academic year. Instead, these topics are interwoven throughout the other areas.