

## **PSHE – Personal, Social, Health and Economic Education - Overview**

PSHE education is a school subject through which pupils are able to develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepared for life and work.

Our Programme of Study for PSHE education (key stages 1-5) aims to develop skills and attributes such as resilience, self-esteem, risk-management, team working and critical thinking in the context of three core themes: health and wellbeing, relationships and living in the wider world.

PSHE education at Nether Stowe will help pupils to develop the knowledge, skills and attributes they need to manage life's challenges and make the most of life's opportunities.

We aim to effectively tackle barriers to learning, raise aspirations, and improve the life chances of the most vulnerable and disadvantaged pupil. The PSHE curriculum will address teenage pregnancy, substance misuse, unhealthy eating, lack of physical activity, emotional health and other key issues.

We will ensure that we do advise parents half termly on the areas that their child will be covering and we will endeavour to answer and alleviate any concerns or questions.

### **Relationship and Sex Education**

**Please note that parents will be informed of Relationships and Sex Education lessons that are due to take place throughout the school year and the PSHE Coordinator will be available to answer any questions or concerns**

Relationship and Sex Education (now statutory in all schools) will cover broad areas of particular relevance and concern to children and young people today. The schools aim is to inform pupils of healthy relationships and how they can reflect and make healthy choices in their life. Our programme of study will ensure that every pupil is guaranteed a PSHE education that covers, in relation to those choices that they may have to make about relationships and sex;

- mental health and wellbeing
- physical health
- learning about safe, healthy relationships and sex
- consent

- negotiating life online
- intimate relationships

### **Health and Well Being**

#### **Pupils will learn about and explore;**

- different feelings that humans can experience
- how to recognise and name different feelings
- how feelings can affect people's bodies and how they behave
- how to recognise what others might be feeling
- recognise that not everyone feels the same at the same time, or feels the same about the same things
- ways of sharing feelings; a range of words to describe feelings
- about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)
- different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good
- about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online
- how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health

### **Community - Living in the wider world**

Pupils will explore personal safety, life skills and explore their own and different communities in our society. This will include lessons the reflect and discuss;

- Ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)
- About the different groups they belong to and the different roles and responsibilities people have in their community
- To recognise the ways they are the same as, and different to, other people
- About the different groups that make up their community; what living in a community means

- The value the different contributions that people and groups make to the community
- About diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities
- About stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes
- About prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced.

**If you would like more information about any aspect of our PSHE Education Curriculum please contact Miss Delaney;  
cdelaney@netherstowe.com**