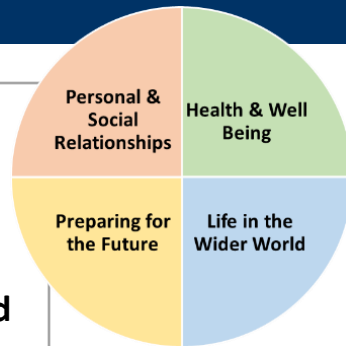


PSHE and Citizenship Education: Autumn 2024 Newsletter

For further details contact:
Mrs Kate Wakelin (*she/her*)
WKK
PSHE Area Leader

What's new?

- PHGS's new model for PSHE and Citizenship Education means students now have a **1-hour timetabled lesson each fortnight with the same PSHE teacher**, alongside **full days in November and January** where the normal timetable is suspended.
- Plus, **Timanyane Day** will run in the Summer term.
- The changes to are designed to facilitate learning and improve the student experience; it retains the four key curriculum themes and expectations for learning in a safe environment.



REMINDER: Students' PSHE books do not come home; they remain in school at all times. If you wish to see any work, please get in touch.

Autumn Term Curriculum: Sept- Dec 2024

Year 7: Transition to Secondary School

Exploring new personal and social relationships that Year 7 students are likely to be making in their early days of secondary school, including **forming positive relationships**, **understanding expectations**, and **looking to their future** at Prince Henry's.

Year 8: Ways of Coping

Exploring ways of coping with some of the common challenges in young people's lives, including **alcohol consumption**, **drugs**, **sleep habits**, **body image** and **online stress**.

Year 9: Intimate Relationships

Exploring the realities of intimate relationships, particularly the importance of **consent**, **making sense of relationships**, **contraception**, **sexual and intimate health** and the **portrayal of sex in the media**.

Year 10: Protecting Financial Futures

Recognising and evaluating different financial concepts and choices, including **employment**, **income**, **taxation**, **financial risk**, **security** and **independence**, as well as the **impact of spending and investment**

Year 11: Families and the Future

Considering some of the personal and family realities young people may face now and in the future, specifically exploring experiences surrounding **family diversity**, **marriage**, **pregnancy**, **fertility**, **loss** and **parenthood**.



Special thanks to...

Our new PSHE staff, who are each taking on their own PSHE classes for 2024-25 and ensuring brilliant delivery of the curriculum across Key Stages 3 and 4. We are delighted with all the collaboration and hard work so far!

Mr C. Lillington, for all his hard work, as ever, providing a busy and vibrant Timanyane Day last July, especially with such an important focus on global citizenship and our spiritual and cultural diversity.

Parents and carers, who give us positive and constructive feedback on PSHE and Citizenship Education, enabling us to provide the most relevant content for them.

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PSHE Day 1: 21st November 2024



Year 7: Healthy Lives

Focusing on staying both physically and mentally well, during a period of significant change in young people's lives, including conversations on **puberty, personal hygiene, developing healthy habits and awareness of personal safety.**

Year 8: Introducing Digital Literacy

Examining the realities of living in a digital age and the importance of being technologically literate; sessions will explore **life online, including age restrictions and accessibility, social media use, news and media outlets, and security online.**

Year 9: Choice and Influences

Examining the choices and influences of young people that may impact their physical and mental wellbeing; sessions will explore **gang culture, carrying weapons, types of behaviour and the implications of drugs and alcohol.**

Year 10: 21st Century Relationship Realities

Exploring and revisiting the realities of romantic and sexual relationships for young people today; sessions will include societal concepts of **sex and gender, consent, coercion and exploitation, conducting relationships online, pornography.**

Year 11: Post-16 Pathways

Focusing on students' imminent **post-16 pathways** choices, there will be the opportunity to select and attend **taster sessions** in various Sixth Form subjects, as well as time for **SMART goal setting, study skills and college and apprenticeships pathways.**

Support and resources at HOME...

It is totally understandable to be apprehensive in discussing some of the PSHE and Citizenship topics with young people; this is real world content with the challenges, complexity and nuance that exists in that real world!

Feel free to use the resources below to support you with what they are learning and be in the best place to have those conversations at home if or when they arise.

- [Young Minds](#)- A whole range of resources (including an A-Z Guide) supporting parents to help their children with feelings, experiences and mental health.
- [Financial Times Learning Hub](#) -A free sign-up to tie in with financial awareness and other content used in our PSHE curriculum.
- [Commonsense.org](#)- Read reviews of films/apps/games/books before or as your young people start exploring them; leave your own reviews too.
- [Thinkuknow](#)- From National Crime Agency, to help you and your children get the most out of the internet and offering guidance if things become problematic.
- [Brooke Sexual Health and Wellbeing Guide](#)- Excellent base to learn the facts about a huge realm of sexual health topics before talking to your young people.
- [Future Goals](#) – A careers and job support site, based in West Yorkshire, with a local Leeds focus and a wealth of resources for young people and carers alike.

If you still have any questions, please get in touch.

Autumn Term

PSHE Day 1

Week A

**Thurs 21st
November**

