

PSHCE – St Joseph's College

Subject vision statement

Intent statement

What:

The PSHCE provision at SJC uses the models and guidance developed by The PSHE Association including a spiral curriculum and covering their recommended programme of study. It also includes current guidance on Relationships and Sex Education in line with the teaching of the Catholic Church. It can also facilitate opportunities to explore the spiritual, moral, social, cultural, mental and physical development of pupils, at school and in society. This curriculum accompanies other Personal Development elements of SJC provision such as Student Leadership, Extra-Curricular, British Values and Careers Education. It contributes to safeguarding by enabling young people to make sound decisions when facing risks, challenging and complex situations. High quality, evidence-based and age-appropriate teaching of these subjects can help prepare pupils for the opportunities, responsibilities and experiences of adult life.

How:

Students will be given the opportunity to develop the knowledge, understanding and skills they need to manage their lives now and in the future: opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities; the skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives; opportunities to develop positive personal attributes such as resilience, self-confidence, self-esteem, and empathy. There is no formal assessment for this subject.

Why:

PSHCE is vital for students to gain an understanding of the wider world. It covers Personal, Social, Health and Citizenship Education. All of which are designed to prepare learners in a safe environment. Furthermore, it promotes the idea of emotional wellbeing, plus gives an opportunity to talk about mental health, physical health and encourages healthy coping mechanisms for pupils to take into later life.

Year 7						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	What makes a St Joseph's student?	Building Relationships	Healthy lifestyle	Diversity	Introduction to democracy	Living in the wider World
Building on (knowledge, concepts and skills) KS2	The five respects from their induction day and their experience at primary school.	Personal experiences from primary and secondary school.	Established routines in daily life.	Personal experience.	Understanding gained from the wider world and character focuses.	Careers and enterprise sessions that were embedded throughout the year.
Building towards (knowledge, concepts and skills) KS3	Introduction to all aspects of PSHCE e.g. living in the Wider World, Health and Wellbeing in both personal life and the community.	Aspects of relationships that will be built upon in both year 8 and year 9.	Health and puberty, unwanted contact	The British Values of Mutual Respect and Tolerance.	Introducing the UK's political systems to help support students understanding of our right to democracy.	Careers, teamwork and enterprise skills Peter Jones academy
Independent enrichment (wider reading and learning suggestions)	Safer schools police officer talk. Safeguarding team assembly. Team building day for all students	First Aid workshop Anti-Bullying Assembly	Puberty Workshop Healthy Masculinity workshop	Storie Storie – Diversity workshop	Parliament trip	HSBC – Bank account opening Peter Jones workshop

Year 8						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Emotional Wellbeing	Consent and Relationships	Drugs and Alcohol	Discrimination	Wider World Citizenship	Peter Jones – Developing Enterprise
Building on (knowledge, concepts and skills)	Skills from Year 7 Health and Wellbeing unit.	Ideas of relationships being built in Year 7.	Building on health and wellbeing and living in the wider world.	British Values, relationships and Living in the wider world.	Skills learned in subjects such as Geography, plus personal experience.	Building on the business unit from Year 7. Focusing on the economics aspect of Citizenship.
Building towards (knowledge, concepts and skills)	Allowing students to emotionally regulate.	Understanding different types of relationship, how consent works and harmful relationships.	Harmful aspects of drugs, alcohol and vaping. But also, the reasons that people might use them.	Understanding protected characteristics and focusing on racism, religious discrimination, disability, sexism, homophobia and transphobia.	Understanding fake news, media bias and harmful content online.	Building towards the Year 9 LiFE award.
Independent enrichment (wider reading and learning suggestions)	Safeguarding assembly Healthy Masculinity workshop	Anti-Bullying Assembly	DMSF foundation workshop	Anti-bullying workshop	Online safety workshop	HSBC

Year 9						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Safety, influences and gangs	Respectful relationships	Setting Goals – Options process	Health and Puberty	Intimate relationships	LiFE awards
Building on (knowledge, concepts and skills)	Living in the wider world and British Values.	Foundations from Y7 and Y8 to help students improve relationships with others.	Using experience of school so far, targets set in previous years and teachers' guidance to make option choices.	Building on the health and wellbeing features studied throughout year 7 and 8, then exploring puberty and sexual health.	Building on relationships from previous years and explaining changing mindsets towards relationships.	Following the Peter Jones academy to use knowledge of careers and enterprise to achieve a certificate.
Building towards (knowledge, concepts and skills)	Understanding risk in the community and actively working to not join.	Talking about respectful relationships and how to express our feelings in a safe way.	Making informed choices about our futures.	Understanding of mental health with coping strategies to support with changes to bodies and emotional wellbeing. Leading into online safety and masturbation.	Relationships and sex education focusing on sex and the law, STIs, contraception, attitudes to pornography.	Lessons in financial education, allowing students to understand sensible choices when it comes to finance.
Independent enrichment (wider reading and learning suggestions)	Safeguarding assembly County Lines assembly	NHS RSE workshop Bullying workshop	Assemblies by options subjects Time devoted to reading school prospectus	Emotional wellbeing workshop Online safety	SLL RSE Workshop	HSBC workshop

Year 10						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Mental Health	Finances	Healthy Relationships	Living in the wider world	Relationships and Living in the Wider world	Work experience
Building on (knowledge, concepts and skills)	Coping mechanisms and self-regulation.	HSBC Drop downs from KS3, talking about financed and the Peter Jones foundation work.	Consent and RSE from previous years. Expectations.	Thinking about responsible choices and also how to manage for exams.	Extremism and how people are radicalised, also what we can do to challenge extremism.	All economic and careers based topics we have covered so far.
Building towards (knowledge, concepts and skills)	Helping students to understand their emotions and regulate them accordingly.	Understanding the value of money. Explaining contracts etc. Wifi bills and subscriptions.	Relationships expectations vs reality. The nature of porn, impact of media on our ideas of relationships and sex.	Respect for self and others. Our community and the potential challenges we face. Toxic masculinity.	Extremism – Fake news, finding reliable media.	Preparing students to join work experience.
Independent enrichment (wider reading and learning suggestions)	Emotional well-being workshop	HSBC banking workshop	Voicebox			Work experience placements

Year 11						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Building for the future	Next steps	Relationships and responsibility	Independence and how to be safe in the wider world	Families, relationships and communication	
Building on (knowledge, concepts and skills)	Knowledge picked up so far to prepare revision timetables, exam practice and revision techniques.	Careers work from KS3 to help set targets and understand our pathways.	Communication, talking about boundaries.	Revisiting KS3 lessons on local context, then considering personal safety and managing risks.	KS3 curriculum on relationships with others. Revisiting key themes with more depth.	
Building towards (knowledge, concepts and skills)	Revision techniques, stress management and the purpose of your final school year. Putting together revision timetables etc.	Applying for colleges, reflections on our strengths and weaknesses.	Relationships, consent, abusive relationships. Contraception focusing on pressure to and from potential sexual partners.	Making good choices on healthy relationships, where to get help and preparation for a life outside of school.	Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	

Year 12						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Transition into Post-16	Independence: Revision techniques	Your Journey of Life - Finance	Your Journey of Life – Health	Your Journey of Life – World of Work	Next steps research
Building on (knowledge, concepts and skills)	Fresh starts made in Year 7 and Year 10 to allow a fresh start for all pupils.	Skills used during Year 11 and time management learned during their time revising for GCSE subjects.	Enterprise and LiFE awards to help learners make good financial choices.	Science and RSE sessions from both KS3 and KS4 to help make healthy life choices.	Work experience of Year 10. Personal beliefs and aspirations to help shape choices for university.	Topics covered in Careers lessons. Applying for colleges, sixth form in Year 11.
Building towards (knowledge, concepts and skills)	Making sure students are ready, able to manage their time effectively and then build up a positive relationship with teachers in a new environment.	Creating more independence for learners, allowing them to feel comfortable managing their time in unstructured environments.	Preparing for the world of work, adult life and the potential costs of higher education and private rent.	To be able to manage diet, make positive decisions about potentially harmful substances.	Making the correct choices for future jobs/ plans.	Researching universities, jobs, and pathways to become successful.
Independent enrichment (wider reading and learning suggestions)		RSE workshop by NHS Croydon				

Year 13						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Reflections and setting goals	Your Journey of Life - Relationships	Your Journey of Life – Politics	Your Journey of Life – Inclusivity		
Building on (knowledge, concepts and skills)	Skills learned in GCSE and Year 12. Personal experience.	Building on prior experiences in Year 12 and GCSE.	Building on the character element of KS3 and KS4. Promoting Citizenship style activities.	Diversity and equality. Personal experiences.		
Building towards (knowledge, concepts and skills)	Reflecting on what worked in Year 12, managing goals and using independent revision techniques to set up a revision timetable for the remainder of the year.	Managing and maintaining healthy relationships with family, peers and romantic partners. Introduction to the concept of house-sharing at university.	An understanding of democratic rights, why we vote etc.	Understanding that different areas of Britain and the world may have different attitudes towards certain groups. This may shape choices for university or travel.		
Independent enrichment (wider reading and learning suggestions)		RSE workshop by NHS Croydon				