

PSHE at Sutton Coldfield Grammar School for Girls

Personal, social, health and economic education (PSHE) plays an essential part in developing well rounded students who are equipped with the confidence and skills necessary to make informed decisions about many of the issues that will face them throughout their lives.

While the programmes of study for PSHE education remain non-statutory certain content such as careers, work-related learning, drugs, and sex and relationships education is statutory. At Sutton Coldfield Grammar School for Girls, PSHE is taught as a timetabled subject which incorporates aspects of citizenship under the following five strands:

- Emotional Health and Well Being
- Life Skills and Keeping Safe
- Sex and Relations Education
- Financial Capability and Work Related Learning
- Citizenship

The subjects outlined in the next slide are subject to change as we review and update our PSHE programme to meet our students' needs.

PSHE

Emotional Health and Well Being

Year 7 - topics around friendships; peer groups; peer pressure and the emotional changes in puberty; the impact of the media on self image.

Year 8 - conflict resolution within relationships; coping with stress.

Year 9 - issues around sleep; work life balance; how to deal with relationships; changes when becoming an adult; strategies to develop confident behaviour & dealing with mental health issues.

Year 10 - making sensible choices within peer groups; diversity in society; coping with crisis; family issues & bereavement; challenging discrimination in all its forms; eating issues & exercise.

Year 11 - dealing with depression; challenging offensive behaviour such as sexual harassment; homophobia & racism; developing strategies to become more resilient & confident; managing disappointments & failure.

Life Skills and Keeping safe

Year 7 - time management & organisation; study skills; fire safety; new risks in travel; basic e-safety and environmental risks.

Year 8 - Team building; e-safety - social media; personal safety - road, railways & holidays; basic first aid; effects of alcohol & smoking.

Year 9 - developing e-safety awareness online; risky behaviour - chat rooms, personal profiles, case studies; self esteem project.

Year 10 - Binge drinking & living with someone who drinks; consequences on the road, choice with drink, drugs, under age drivers, speeding & peer pressure; effects of taking drugs.

Year 11 - driving safely and responsibly; child exploitation and sexting.

Sex and Relationships

Year 7 - family - partnerships & marriage; physical changes in puberty.

Year 8 - different sorts of relationships; coping with relationship difficulties.

Year 9 - appropriate relationships - commitment, partnership, marriage and forced marriage.

Year 10 - contraception & safer sex; sexually transmitted diseases including HIV & AIDS; teenage pregnancy and parenting.

Year 11 - raising awareness about the negative impact of pornography on self image & relationships; sexual Health.

Financial Capability and WRL

Year 7 - me and money management - pocket money, budgeting and saving. What is work? Women in the work place.

Year 8 - debts, savings & interest rates. challenging stereotypes in the work place.

Year 9 - consumer awareness & financial rights - buying, selling, returns; internet shopping & your rights; careers & options.

Year 10 - thinking ahead, managing your money & financing business or personal enterprise; codes of conduct in the work place; applying to college and university.

Year 11 - personal finance - having a job, paying tax, national insurance, pensions; minimum wage; borrowing money - short term & student loans, bank charges & store cards; APR & paying for university; post 16 choices; personal statements and applications.

Citizenship

Year 7 - what is a good citizen? Democracy; pupil voice.

Year 8 - crime - petty theft & girl gangs; victims & the effects on the family & community; Impact of bullying on lives; children's rights; stereotypes & tolerance.

Year 9 - human rights & responsibilities; e-safety & the law; racism, prejudice, discrimination & disability.

Year 10 - global responsibility & awareness.

Year 11 - debating social & moral dilemmas - respect for others & diversity; attitudes and values.