

## PSHE NEWSLETTER AUTUMN

Dear Parents and Carers,

As a part of your child's education at Hinde House, we promote personal wellbeing and development through an inclusive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that prepares young people for our wider society. It focuses on the holistic nature of the child and ensures they fully understand the skills and information to be informed, tolerant and healthy young people who can think critically and articulate themselves in society.

I am writing to let you know that over the next half term, your child's class will be taking part in lessons which will focus on Health and wellbeing and Healthy Relationships (RSE) aspect of this programme.

Across KS3 we will be learning about healthy friendships, peer on peer abuse, bullying and the foundations for Healthy Relationships.

Pupils will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world and to be tolerant and respectful of all types of families and dynamics.

Year 7 will also receive lessons on the changing adolescent body which will include puberty, bullying and menstrual wellbeing. They will also explore mental health and strategies for anxiety. Year 8 will receive lessons on body image, mental health and online safety.

In KS4 this half term, Year 10 will be looking at media and online safety, including the dangers of viewing explicit material, the dangers of the dark web, sexual diseases and health.

Year 11 will be exploring Mental Wellbeing, recognising problems and seeking support. There will be a focus on peer on peer abuse, cyber safety, the dangers of sexting, revenge porn and the importance of physical and mental health.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. We have a full team of dedicated staff from P.E, Humanities, Science, English, ICT and other subjects.

Please visit the school's website for more detail about our PSHE curriculum. All PSHE teaching will take place in a safe learning environment and is underpinned by our school ethos and values. We work closely with the safeguarding team to ensure our students are safe and supported during the sessions.

If you have any questions or queries please do not hesitate to contact me via [enquiries@hindehouse.net](mailto:enquiries@hindehouse.net)

Yours sincerely,

Warda Yassin Lead PSHE Coordinator

## Lesson overview

### Year 7 (37 hours of lessons)

Health and Wellbeing	Living in the Wider World	Relationships (RSE)
<p>What do we mean by a healthy lifestyle? Health introduction.</p> <p>How can I keep healthy? Food groups, diet and nutrition.</p> <p>Eating responsibly – Food labels and health hazards.</p> <p>Healthy Living – exercise and keeping active.</p> <p>Not eating healthily - what are the consequences?</p> <p>What’s the big deal about energy drinks?</p> <p>The dangers of cigarettes and passive smoking</p> <p>Puberty – what happens, when and why.</p> <p>Periods – what happens, when and why.</p> <p>Introduction to mental health issues – depression focus.</p> <p>What are drugs? Why are they dangerous? (class A, B and C)</p> <p>How can we manage our anger?</p>	<p>Being an aspirational student</p> <p>The importance of self esteem</p> <p>How can we budget our money?</p> <p>How can I create a personal budgeting plan? (2x hours)</p> <p>What are savings, loans and interest?</p> <p>What are the different types of financial transactions?</p> <p>What are the different types of financial products?</p> <p>How can we shop ethically?</p> <p>What are wants and needs and why do we need to know the difference?</p> <p>How can we enjoy social media but keep our accounts safe and private?</p> <p>What is stereotyping and prejudice? Racism focus.</p> <p>How can we be resilient and face challenges?</p>	<p>Keeping good friendships and avoiding toxic ones.</p> <p>Family relationships – the different types and why we don’t always get along.</p> <p>Love and relationships – falling in love and dealing with new feelings.</p> <p>Bullying or banter? Why do people bully others and how can we help stop this?</p> <p>What is cyberbullying? Why do people bully online?</p> <p>How do we keep safe and positive relationships (on and off-line)?</p> <p>What is my personal identity and why is diversity important?</p> <p>Extremism – why does radicalisation happen and how does it challenge our values?</p>

## Year 8 (37 hours of lessons)

Health and Wellbeing	Living in the Wider World	Relationships (RSE)
<p>Personal development and target setting – how can I improve my skills and behaviour?</p> <p>How can self-confidence boost our achievement?</p> <p>How can I manage my behaviour to achieve targets and goals?</p> <p>Why do teenage parents have it so tough? How we can avoid teenage pregnancy.</p> <p>Stereotyping, discrimination and prejudice. Disability focus</p> <p>How can we look after ourselves and others in an emergency? Personal safety and first aid.</p> <p>What is vaping and is this as bad as smoking?</p> <p>What is mindfulness? How can this aid positive mental health?</p> <p>Emotional literacy – why is self-awareness in our actions towards others so important? (2 hours)</p> <p>Cancer Awareness</p>	<p>Internet Safety – what is online grooming and why must we be so careful?</p> <p>How can we care for our environment and why is it changing? (2 hours)</p> <p>Careers + development focus - how can we develop our communication skills?</p> <p>Careers + development focus - how can we develop our teamwork skills?</p> <p>How can we become entrepreneurs?</p> <p>LGBT+ focus: Homophobia</p> <p>Finance – what is income and expenditure?</p> <p>Finance – budgeting and saving personal finances</p> <p>Careers + Finance - What are national insurance and income tax? Reading payslips</p> <p>Why do we pay tax and how is this spent?</p> <p>Stereotyping, discrimination and prejudice. Teens and the media focus.</p>	<p>How do we keep good sexual health and avoid STIs?</p> <p>What is consent and why is it important we know about it?</p> <p>What is sexting and why is it so risky to send personal images?</p> <p>What is pornography and why can it be dangerous?</p> <p>How can we prevent radicalisation and recognise the signs of extremism?</p> <p>Who are the extremist groups and why are they so dangerous?</p> <p>Where does extremism come from?</p> <p>How do religious extremists attract converts?</p> <p>Islamophobia – do Muslims really want Sharia Law in Britain?</p> <p>Stereotyping, discrimination and prejudice. Religion focus.</p> <p>How can British Values teach us tolerance and respect for others?</p> <p>Domestic conflict – why do people run away from home and why is this so dangerous?</p> <p>Body image and the media part 1 with a focus on boys.</p>

## Year 9 (37 hours of lessons)

The following are distinct lessons and can be used in any order, however they fall into the PSHE Association's recommended three categories:

Health and Wellbeing	Living in the Wider World	Relationships (RSE)
<p>Why do we need to keep to rules in order to succeed?</p> <p>How can we foster a Growth Mindset to succeed and achieve?</p> <p>How can I develop interpersonal skills to help me succeed?</p> <p>How can we manage the stress of school and exams?</p> <p>Why do people take illegal drugs and what does the law say about drug use?</p> <p>Why do people become selfie obsessed and consequences can this have?</p> <p>What are the short and long-term consequences of excess alcohol drinking?</p> <p>What is self-harm and why do people do this?</p> <p>Why can't some people access education?</p> <p>How are we protected from prejudice and discrimination?</p>	<p>How does knife crime impact on our communities, why do teens get involved and what are the consequences?</p> <p>How does the law deal with young offenders?</p> <p>How can we be self-disciplined to achieve our aims at school and in the wider world?</p> <p>Employability Skills – preparing for and applying to the world of work and careers</p> <p>What other skills do we need to develop for the work environment?</p> <p>What does it mean to be 'enterprising' and what is an 'enterprising personality'?</p> <p>What is sustainability and why is this essential to our environment?</p> <p>Navigating accounts, savings loans and financial institutions.</p> <p>What rights do we have as shoppers and consumers?</p> <p>How can I stay financially savvy and avoid debt?</p> <p>What can we learn from successful business people and entrepreneurs.</p>	<p>Who are the LGBT+ community and what would they like us to know?</p> <p>Why are British communities so diverse? Immigration and diversity focus.</p> <p>What are domestic violence and abusive relationships?</p> <p>Healthy and unhealthy relationships.</p> <p>CSE – how are children and young people lured into dangerous relationships and what do these look like?</p> <p>Body image and the media 2 – focus on girls</p> <p>Body image and the media 3 – does the media contribute to eating disorders?</p> <p>Can we respect and celebrate British values and the religion and culture of our choice? (2 hour display lesson)</p>

<p>Mental health – how can I deal with and manage anxiety?</p> <p>Acid attacks – why are these on the increase and what can we do if we witness one?</p> <p>Responsible health choices – blood donation, stem cells, vaccinations (2 hours)</p>	<p>Should we send aid to foreign countries – is aid the answer?</p> <p>How can extreme views lead to human rights abuses and atrocities?</p> <p>How do charities like UNICEF help across the world?</p>	<p>What is peer-pressure – why is it so powerful and how can we overcome this?</p>
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## Year 10

### (37 hours of lessons accounting for one week's work experience)

The following are distinct lessons and can be used in any order, however they fall into the PSHE Association's recommended three categories:

Health and Wellbeing	Living in the Wider World	Relationships (RSE)
How can we manage our time effectively to help us succeed?	What is Fake News and why do we need critical thinking skills? (2 hours)	Same sex relationships (LGBT+)
Can tattoos and piercings be dangerous?	What is anti-social behaviour and how does this affect communities?	What are forced and arranged marriages and what do we need to know?
Why do some people commit suicide?	How can we successfully prepare for work experience?	Gender and Trans Identity LGBT+
How can we manage grief and bereavement?	What rights and responsibilities do we have in the workplace?	How can we manage conflict successfully?
How can we manage social anxiety?	What is money laundering and why are some students taken in by this crime?	Why do sexism, gender prejudice and stereotypes still exist?
Why do some people become homeless and why is homelessness on the increase?	What are employers looking for in CVs?	What is community cohesion and why is this important? (British Values)
What are hate crimes and why do these still happen?	British Values – how does the criminal justice system work?	Revenge Porn – what is this and how can we prevent ourselves from being victims?
What is binge drinking, what are the risks and why do people still do it?	What is overt and covert racism and why are people still prejudiced?	Do we have healthy or unhealthy relationships with our role models?
Study Skills – the power of mind and memory.	Why pursue a careers in the STEM industries?	Harassment and stalking – what are these things and what does the law say about it?
Social Media and Self-Esteem	How do we choose a career that suits our personality, ambition and qualifications?	Parenting, the different types and styles and looking after a child.
Internet Safety – the dangers of excessive screen time	Crime, gangs and County Lines (2 hours)	
How can we take steps to live more sustainably? (carbon footprint)	Why do we still need an International Women's Day?	

## Y11

The following are distinct lessons and can be used in any order, however they fall into the PSHE Association's recommended three categories:

Health and Wellbeing	Living in the Wider World	Relationships (RSE)
Why is PSHE so important?	GCSE Revision and Study Skills	Bullying – Body Shaming
Risk Taking	Applying to College and University	Relationship Break Ups
Gambling and Online Gaming	Independent Living	What is Consensual Sex?
Perseverance and Procrastination	Internet Safety – the Dark Web	Why is it essential we know about consent, rape and sexual abuse?
Privilege – How does this affect us all?	How is plastic pollution destroying our environment?	How can we make ourselves and other people feel more positive and why is happiness important?
Why do we need sleep and how does sleep deprivation affect us?	How can we protect animal rights and aid sustainability?	Relationship types and sexuality
Why is our digital footprint important?	How can trade unions protect our rights at work?	What is Chem Sex and what do we mean when we talk about safe sex?
How can we celebrate diversity and our identities?	What is cyber crime?	
What is body positivity and is why is this controversial? (obesity issues)	How can we successfully prepare for a job interview?	
Personal Safety in the Wider World	Globalisation – how does this affect us?	
Fertility and reproductive health issues (2 hours)	What is multiculturalism?	
<b>NEW</b> – First Aid - CPR	What is right-wing extremism?	
	Why is Health and Safety at work so important?	