

Curriculum Intent for PSHE at Trinity High School

PSHE intends to develop the skills and knowledge necessary for pupils to make safe choices and become positive, healthy individuals whilst at Trinity High School and in later life.

Pupils will be taught key character virtues throughout PSHE including resilience, self-control, and self-regulation. Students are encouraged to develop a healthy concept of self, realistic self-image, self-worth, and assertiveness. Using a range of teaching and learning resources pupils will be supported to explore the importance of developing empathy and compassion, a respect for others and valuing and respecting diversity. They will learn how to identify and assess risk, make meaningful decisions, critically analyse, and form their own values and principles.

The PSHE curriculum is spiral, and pupils develop and build upon prior knowledge from earlier Key Stages.

PSHE throughout all year groups focusses on the themes of

- **Health and well-being**
- **Relationships, sex, and health education**
- **The wider world**

Health and well being

Enquiry question	Learning objective
Who am I?	Understand what it means to have self-confidence and positive self-esteem. Consider factors which can affect our self-confidence and understand how we can manage this.
How can I take care of my mental health?	Identify how negative thinking patterns can impact on our response to disappointments Understand strategies to build resilience by reframing negative thinking Know how to recognise signs that someone might need support for mental health concerns Understand mental health issues that most commonly affect young people
Who influences me and how can I identify negative influences?	Identify what makes someone a positive or negative role model. Describe in detail the issues young people face when they idolise poor role models, research and assess whether there is a link between the way some people idolise role models and their levels of self-esteem. Explain, using today's key terminology in the correct context, why we see more of negative than positive role models in the media, evaluating the impact that could have on young people.
How can I stay safe and how do my choices influence others?	To learn to effectively assess and manage the risks of knife crime. To learn how young people can take steps to achieve their goals and live knife free
How can I maintain good health?	To understand the short and long-term effects of smoking and consuming alcohol.
Why is it important to create good sleep habits	Understand the importance of maintaining good quality sleep and strategies to establish good sleep habits
How do I take responsibility for my own health?	Know lifestyle choices that can have a negative impact on health Understand the value in medical screening and seeking early help for medical concerns
If I have something I do not need, should I give it away?	Lessons from NHS Understand the value in donating organs and blood and understand the moral and ethical issues related

Relationships, Sex and Health Education

Enquiry question	Learning objective
What is a relationship?	Explore the different types of relationships we are part of Understand how different relationships are formed, and consider what we expect these relationships to look like Evaluate why relationships are important to us
What does it mean to have an intimate relationship?	Consider the importance of personal values when making decisions Recognise the importance of being ready for an intimate relationship Learn how to recognise and challenge coercion or manipulation in relationships
What does the law say about sexual relationships?	Know the law surrounding sex and the age of consent Understand the idea of consent and why consent is so important Understand what sexting is and the laws surrounding sexting
How does a relationship become dangerous?	Identify signs that a relationship is becoming unhealthy/dangerous Understand how to deal with these situations Be aware of places to seek advice about unhealthy relationships
What does it mean to practise safe sex?	Know what sexual intercourse is Have detailed knowledge of methods of contraception Understand where help and guidance are regarding Sex and contraception
Why does sex have consequences?	Know that a sexual relationship can have a range of consequences Identify some of the negative consequences and know how to deal with them
Understand what it means to be LGBTQ+ and the history surrounding LGBTQ+	Know what LGBTQ+ is about Understand the importance of equality and rights within the LGBTQ+ community
What is unwanted attention?	Identify the signs of negative attention and be aware of strategies and support for dealing with unwanted attention
What does it mean to be a parent?	Know that children can be conceived outside of sexual relationships, know a range of fertility options. Understand the roles and responsibilities of parents Know alternative routes to parenting including fostering and adoption
How does pregnancy work?	Know the stages of pregnancy and understand the medical care needed during pregnancy and labour Understand the are options for dealing with unwanted pregnancy and be aware of the medical processes involved in these options
Is marriage an outdated concept	Know what marriage is and the difference between a religious and a civil union Understand arguments for and against marriage Know the law surrounding forced marriage and honour abuse, be aware of sources of support

The wider world

Enquiry question	Learning objective
What does it mean to 'live within your means'?	Understand the issue of debt and evaluate the long-term consequences of debt Know what it means to budget and understand how to create a realistic budget
Why is gambling addictive?	Correctly identify the dangers of gambling and how they are everywhere in modern life. Describe how it can be difficult it can be to avoid situations where you gamble, especially if you've done it before. Explain how online gambling sites use certain methods to hook in young people and why these are hard to resist.
What is dangerous online activity?	Understand how to recognise illegal activity online Know the law surrounding illegal online activity

Assessment

PSHE is a non-examined subject however, it is important that students are given an opportunity to reflect on their own personal development and evaluate their own progress.

Students are given 'I can statements' that allow them to reflect on their own knowledge of core skills that are necessary for individual flourishing.

The model of assessment that is most meaningful in PSHE education is ipsative assessment. Ipsative assessment compares where a student is at the end of a lesson or series of lessons against where they were before the lesson.