



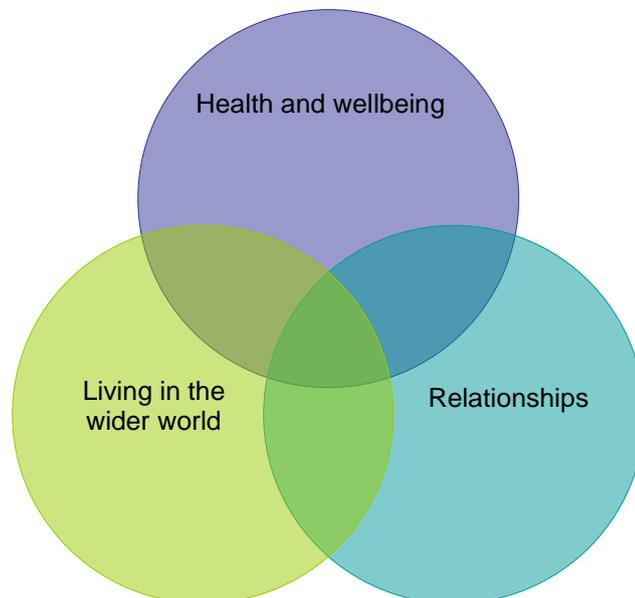
## Monkseaton High School

### PSHE Policy

#### What is PSHE?

PSHE education is a programme of learning through which our students build on previous study, to continue to acquire the knowledge, understanding and skills they need to manage their lives now and in the future. PSHE education helps our students develop the qualities and attributes they need to thrive as individuals, family members and members of society.

#### Core themes:



Through these three overlapping and interlocked 'core themes' we strive to equip our students with the knowledge, understanding, skills and strategies to live healthy, safe, productive, capable, responsible and balanced lives. We believe our programme of study encourages them to be enterprising and supports them in making effective transitions, positive learning and career choices and in achieving economic well-being.

Through the embedded delivery throughout the school of these 'core themes' we believe we can help to reduce or remove many of the barriers to learning experienced by some of our students and significantly improve their capacity to learn and achieve. Our PSHE programme aims to promote our student's personal development by helping them build their confidence, resilience and self-esteem, and to identify and manage risk, make informed choices and understand what influences their decisions. By helping our students develop an understanding of themselves, empathy and the ability to work with others will help them form and maintain good relationships, develop the essential skills for future employability and better enjoy and manage their lives.

In addition, we believe that our PSHE education programme makes a significant contribution to our student's spiritual, moral social and cultural education of our students and there is significant and important overlap between the two programmes.

### **Key themes**

Within PSHE we aim to cover the following key themes:

1. **Identity** - Their personal qualities, attitudes, skills, attributes and achievements and what influences these.
2. **Relationships** - Including different types and in different settings.
3. **A healthy lifestyle** - Including physically, emotionally and socially.
4. **A balanced lifestyle** - Including within relationships, work-life, exercise and rest, spending and saving and diet.
5. **Risk** - Identification, assessment and how to manage risk.
6. **Safety** - Including behaviour and strategies to employ in different settings.
7. **Diversity and equality** - In all its forms.
8. **Rights** - Including the notion of universal human rights.
9. **Responsibilities** - Including fairness and justice.
10. **Consent** - In different contexts.
11. **Change** - as something to be managed.
12. **Resilience** - the skills, strategies and 'inner resources' we can draw on when faced with challenging change or circumstance.
13. **Financial awareness** – including Personal finance and debt awareness.
14. **Preparation for the world of work** – Including preparation for work experience

## **Delivery of PSHE**

Whilst PSHE (IL) is delivered as a discrete subject in years 9 and 10, content is also supported by:

- School assemblies
- Tutorial programme
- SMSC week
- Visiting speakers
- Curriculum content
- Targeted group work
- School health nurse
- Work with other professionals e.g. CAMHS.