



## **PSHE PROGRAMME**

(Senior school - years 7-11)

(This document is available on the school website or on request)

*Reviewed May 2016*

### **Aim:**

To provide a stimulating, educationally active, relevant, and appropriate programme of work for all pupils that helps their Personal and Social development and encourages them to live a healthy and responsible, moral life. It will touch on spiritual and cultural issues that will help engender greater understanding and encourage the boys to grow into responsible citizens demonstrating Fundamental British Values.

### **Objectives of PSHE**

The PSHE programme is planned to:

- Focus on the needs and priorities of boys at QE.
- Address national social proprieties such as drug prevention and teenage pregnancy
- Equip our students with the skills to keep themselves safe.
- To teach Fundamental British Values, for example respect for others and courtesy towards all.
- To teach the importance of the rule of law, of individual liberty and its relationship with free speech.
- To encourage students to distinguish right from wrong and to respect the civil and criminal law of England.
- To encourage an awareness of diverse issues addressed within the media, *such as* events in Iraq, racism, the housing market, education, ethics, sport and the consumer society.
- To encourage responsibility for personal behavior and the importance of contributing positively to the lives of others both within school community and the wider society.
- To develop political awareness and an understanding of alternative political systems such as democracy and dictatorships.
- To show respect for all faiths and beliefs.
- To encourage an understanding of public institutions and public services in England (e.g. NHS, BBC, Legal System, Charity Sector etc.) including an awareness of English traditions.
- To develop awareness of what constitutes a healthy diet, appropriate physical exercise and emotional wellbeing.
- To equip students with an understanding of what constitutes healthy relationships and how to develop and maintain them.

### **Overview of Year 8:**

In order to accommodate changes in the Year 8 Timetable, PSHE provision is provided through a series of termly activities and talks. This cover a wide range of themes, including

internet safety, Puberty, Peer Pressure, study skills, Health and diet, personal hygiene, Politics, team work and a Dragons Den style business activity. Visiting speakers will be used to deliver some of the material and use will also be made of school staff such as the School Nurse. It is also planned that at least one activity will be combined with girls at Red Maids' School. The activities will be arranged by the Head of PSHE in consultation with the Head of Year 8 and Tutors.

### Years 7, 9, 10 and 11:

The following is an example of what is taught but is not rigidly followed from term to term.

#### Autumn Term 2015

	Year 7	Year 9	Year 10	Year 11
1 <sup>st</sup> half	<p>Initiate boys into the rules and regulations of QEH.</p> <p>FPS - Problem solving model applied to global issues.</p>	<p><b>What it means to be a Man</b> – covering: - Leadership, Responsibility, Relationships, Self- Confidence, Judgement, Fitness and Curiosity.</p> <p>Leadership Year 9 Self-control Active or Passive Passions and Interests Positive Thinking Self-confidence</p>	<p><b>Drugs, Alcohol and Risk.</b> Review of dangers Medical issues v. Legal issues Cannabis Cocaine Alcohol Legal Highs Clips from Horizon – “Is alcohol more dangerous than drugs?” Legal sanctions – UK and abroad Debate on legalisation of drugs</p>	<p><b>Post 16 Options.</b> Covering Work Experience, writing a CV and Covering Letter. A-levels choices, alternatives e.g.BTEC, college and apprenticeships. (supplemented with Individual interviews)</p> <p>Choosing A-levels Alternatives routes Graduate jobs</p>
2 <sup>nd</sup> half	<p>Charity project - Understand the role and work of Children in Need. Develop ideas for funding and money raising.</p> <p>Boys to make short presentations on issues in the news.</p>	<p><b>Resilience.</b> Dealing with Problems, stress, anxiety, Mindfulness. Coping with failure and dealing with challenges.</p> <p>Dealing with failure Difficult Situations Bullying Challenges Presentation Marshmallows - experiment Classroom</p>	<p>Are Drug users Criminals or in need of medical help? Presentations on group ideas for drug education. How should the law change and adapt? What is the future for drugs? Risk, why we take it and how to reduce it.</p>	<p><b>University.</b> Covering what is a degree, the importance of making the right choice of course and the application process.</p> <p>Overview of student finance. Student Accommodation. The value of a degree. Alternatives to a traditional degree.</p>

		Behaviour Problem Solving and Analytical skills Peer Pressure and How to cope Target Setting - SWOT		Career demands. Employability Skills.
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### Spring Term 2015

	Year 7	Year 9	Year 10	Year 11
1 <sup>st</sup> half	<p>Sex and Relationship Education: understanding the mechanics of sexual relationships and contraception.</p> <p>Bullying. Awareness of different types of bullying, including physical, mental and cyber-bullying. Strategies to deal with bullying and its affects.</p> <p>Online Safety</p> <p>Drugs Education Appreciation of different types of drugs and the harm and benefits they can offer. Knowledge of the damaging effects of smoking and alcohol use.</p> <p>Financial Awareness The importance of budgeting and techniques of personal financial</p>	<p><b>Health:</b> covering smoking and drugs awareness (topic developed in Yr. 10), healthy eating, testicular cancer and exercise</p> <p>Computer Games and Internet safety Diabetes etc. Food and Healthy eating More food Smoking Testicular Cancer Depression Steroids, diet and nutrition</p>	<p><b>The Meaning of Life.</b> From the origins of life, cycles of extinctions and death, population growth, adaptation and attraction to “Sexual Attraction” (CV) and the biological drives that affects human behaviour.</p> <p>How to adapt to a world where primitive male instincts are no longer effective and the value of recognising and adapting to a more feminised world.</p> <p>Pornography Marriage Monogamy Relationships Homophobia</p>	<p><b>Inequality:</b> covering wealth, the Developing World, Money and privilege.</p> <p>Fair Trade The Arab Spring Terrorism Colonialism Water Africa Housing</p>

	control.  Social Responsibility Consideration of the significance of the individual within a social group			
2 <sup>nd</sup> half	Political Awareness Knowledge of the key actors within our political system: their names and roles. Racism Awareness of the history of immigration into Britain and the problems created by racism. Health Education (including healthy eating, physical exercise and mental health) Knowledge of the key ingredients of a healthy diet. Awareness of what constitutes appropriate physical exercise Learning and Study Skills Ability to adjust to the demands of homework and to prepare for exams.	<b>Politics and Economics and Government</b> Looking at the structure of modern Britain, Citizenship and key institutions within the country.  Financial Crisis Politics yr. 9 The Euro and the Greeks World Government Local Government The Economy Tabloid Culture		<b>Employability</b>  Employability Skills Money Yr 11 Influence and Power Summer Holiday and Gap-Year planning Career planning Communication and Etiquette

### Summer Term 2016

	Year 7	Year 9	Year 10	Year 11
1 <sup>st</sup> half	<b>Current Affairs</b>  Awareness of current issues in the news Dealing with	<b>Current Affairs:</b>  Immigration Environment War	<b>Crime and Social Norms</b>  Crime and Deviance Crime Rates	Managing Money. Presentational skills

	<p>Homework Establishing good patterns Target Setting How to establish clear measurable targets. Exam skills</p>	<p>Global politics</p>	<p>Impressions Old Age Privilege Society Swearing Consumer Rights Divorce Teenage Crime Table manners Terrorism Families Prison in Norway</p>	
<p>2<sup>nd</sup> half</p>	<p>Courtesy Dealing with others Sleep Good patterns to aim for. Problems with tiredness.</p> <p>Hygiene Keeping clean Summer Holiday Planning for a good use of the holidays Etiquette Social Conventions; handshakes; meeting people for the first time; School Exams</p>	<p><b>Careers and Society.</b></p> <p>Group presentations on allocated careers. Urban Design Another Sept another iphone Multicultural Britain The Media</p>	<p><b>Environment, Cars and Transport,</b> Accidents, roads and safety</p> <p>Road Accidents Global Warming Climate Change Air quality</p>	<p>xxxxxxxxxxxxxxxxxxxx</p>