

# PSHE and Citizenship at Budmouth Academy



## What is PSHE?

- In PSHE students learn how to stay safe, happy and healthy
- Important topics include keeping healthy, friendships, puberty and supporting mental health
- These topics are a legal requirement and are covered by the statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education
- What students learn in PSHE will be important for the rest of their lives





## What is Citizenship?

- Citizenship develops students' knowledge, skills and understanding in what it means to play a full part in society as an active and responsible citizen
- Important topics include politics, parliament, human rights, justice and the economy
- These are a legal requirement under the National Curriculum

## Key Stage 3

Year 7

AUT 1: Physical and mental health  
AUT 2: Healthy relationships  
SPR 1: Introduction to British politics  
SPR 2: Online Safety  
SUM: Healthy relationships II and FGM

Year 8

AUT: Respectful relationships  
SPR 1: The Weymouth Project  
SPR 2: Careers and personal finance  
SUM 1: Mental health, smoking and alcohol  
SUM 2: Online safety

Year 9

AUT: Sex and Relationships  
SPR: Risks of drugs and alcohol  
SUM 1: Democracy in the UK and beyond  
SUM 2: Supporting mental health and wellbeing

# Key Stage 4

**Year 10**

AUT: Healthy body, healthy mind  
SPR: Sex and Relationships  
SUM 1: Religion, Philosophy and Ethics  
SUM 2: British Values and PREVENT

**Year 11**

AUT 1: Personal finances  
AUT 2: Keeping healthy  
SPR 1: Ethics: theories and current issues  
SPR 2: Inclusion, diversity and radicalisation  
SUM: Human rights

## Year 7 PSHE / Cit Curriculum Map

### Intent

Providing students at the start of secondary school with a foundation of the age-appropriate knowledge, understanding and key skills needed to help them stay healthy, safe, and prepared for life - and work - in modern Britain.

Topics	(1) Physical and Mental Health Aut 1	(2) Healthy Relationships I Aut 2	(3) Introduction to British Politics Spr 1	(4) Online Safety Spr 2	(5) Healthy Relationships II and FGM Sum 1 & 2
<b>Focus of our enquiry</b>	<p><b>How can we maintain a healthy lifestyle?</b> A series of lessons to prepare students for the changes that will occur during puberty and to teach skills to support their physical and mental health.</p>	<p><b>What do healthy relationships look like?</b> An examination of the key features of healthy relationships, including an introduction to consent, and how students can effectively deal with friendship issues and bullying.</p>	<p><b>How does the UK political system work?</b> An introduction to key concepts in British politics and how the democratic system works in the UK.</p>	<p><b>How can we keep ourselves safe online?</b> An exploration of the opportunities of the internet, the risks students may encounter online and how they can protect themselves against these risks.</p>	<p><b>What is Female Genital Mutilation?</b> A series of lessons building on students' prior learning on healthy relationships and consent and introducing the law and facts on FGM, and how students can recognise, keep safe, seek help and report concerns in relation to FGM</p>
<b>What content will we cover?</b>	<ul style="list-style-type: none"> <li>* Maintaining a healthy lifestyle: diet, exercise and oral hygiene</li> <li>* Mental health: talking about emotions and supporting mental health</li> <li>* Puberty and periods: what happens, when and why?</li> </ul>	<ul style="list-style-type: none"> <li>* Recognising, building and supporting healthy relationships</li> <li>* What is consent?</li> <li>* Effectively dealing with friendship problems</li> <li>* Bullying: causes and effects of bullying and cyberbullying</li> </ul>	<ul style="list-style-type: none"> <li>* What are the British Values and why are they important?</li> <li>* UK democracy: what are political parties and how does parliament work?</li> <li>* The legal justice system: why do we have laws and how are they made in the UK?</li> <li>* Human rights: what are rights and responsibilities?</li> </ul>	<ul style="list-style-type: none"> <li>* Different types of online fraud: scam emails, hacking, pop-up fraud</li> <li>* Ways to protect against online fraud</li> <li>* Managing use of social media: opportunities, risks and the dangers of sharing personal information</li> </ul>	<ul style="list-style-type: none"> <li>* Evaluating sources of information and recognising healthy relationships</li> <li>* Recognising positive and negative relationships</li> <li>* Knowing how to keep safe regarding appropriate and inappropriate or unsafe physical contact from others</li> <li>* FGM: what is FGM, what does the law say about FGM, how can FGM affect current and future relationships?</li> <li>* How to report concerns regarding FGM</li> </ul>
<b>How does this learning link to statutory requirements?</b>	<p>The statutory guidance for <b>Relationships Education, Relationships and Sex Education (RSE)</b> and <b>Health Education</b> states that pupils should know:</p> <ul style="list-style-type: none"> <li>- 'How to talk about their emotions accurately and sensitively, using appropriate vocabulary.'</li> <li>- 'The benefits and importance of physical exercise and time outdoors on mental wellbeing and happiness.'</li> <li>- 'The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.'</li> <li>- 'The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health.'</li> <li>- 'How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.'</li> <li>- 'About personal hygiene, including about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.'</li> <li>- 'The key facts about puberty, the changing adolescent body and menstrual wellbeing.'</li> <li>- 'The main changes which take place in males and females, and the implications for emotional and physical health.'</li> </ul>	<p>The statutory guidance for <b>Relationships Education, Relationships and Sex Education (RSE)</b> and <b>Health Education</b> states that pupils should know:</p> <ul style="list-style-type: none"> <li>- 'How to identify harmful behaviours online (including bullying, abuse and harassment) and how to report, or find support, if they have been affected by those behaviours.'</li> <li>- 'The impact of positive and negative content online on their own and others' mental and physical wellbeing.'</li> <li>- 'How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online.'</li> <li>- 'That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.'</li> <li>- 'Where and how to report concerns and get support with issues online.'</li> </ul>	<p>The <b>National Curriculum</b> states that throughout <b>KS3 Citizenship</b> 'teaching should develop pupils' understanding of democracy, government and the rights and responsibilities of citizens. Pupils should use and apply their knowledge and understanding whilst developing skills to research and interrogate evidence, debate and evaluate viewpoints, present reasoned arguments and take informed action.'</p> <p>As part of <b>KS3 Citizenship</b>, students should be taught about:</p> <ul style="list-style-type: none"> <li>- 'The development of the political system of democratic government in the United Kingdom, including the role of citizens, Parliament and the monarch.'</li> <li>- 'The operation of Parliament, including voting and elections, and the role of political parties.'</li> <li>- 'The precious liberties enjoyed by the citizens of the United Kingdom.'</li> <li>- 'The nature of rules and laws and the justice system, including the role of the police and the operation of courts and tribunals.'</li> </ul>	<p>The statutory guidance for <b>Relationships Education, Relationships and Sex Education (RSE)</b> and <b>Health Education</b> states that pupils should know:</p> <ul style="list-style-type: none"> <li>- 'How to recognise the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.'</li> <li>- 'Why social media, some computer games and online gaming, for example, are age restricted.'</li> <li>- 'The similarities and differences between the online world and the physical world, including the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online' including 'understanding that information, including that from search engines, is ranked, selected and targeted.'</li> <li>- 'Where and how to report concerns and get support with issues online.'</li> </ul>	<p>FGM is a compulsory topic at secondary school and this unit builds on students' primary school learning on the topic. The statutory guidance for <b>Relationships Education, Relationships and Sex Education (RSE)</b> and <b>Health Education</b> states that:</p> <ul style="list-style-type: none"> <li>- 'Schools should address the physical and emotional damage caused by female genital mutilation (FGM). Pupils should also be taught where to find support and that it is a criminal offence to perform or assist in the performance of FGM or fail to protect a person for whom you are responsible from FGM.'</li> <li>- 'Being Safe: Pupils should know the concepts of, and laws relating to FGM, and how these can affect current and future relationships.'</li> <li>- 'Pupils should be made aware of the relevant legal provisions when relevant topics are being taught, including for example: female genital mutilation (FGM).'</li> </ul> <p>Teaching about FGM is also an important part of a school's approach to safeguarding and child protection. The Department for Education guidance <b>'Keeping Children Safe in Education'</b> states that:</p> <ul style="list-style-type: none"> <li>- 'Governing bodies and proprietors should ensure that children are taught about safeguarding, including online safety. Schools should consider this part of providing a broad and balanced curriculum.'</li> </ul>

1. What kind of support / guidance / information could the academy provide which may be useful in helping you fulfil your role at home discussing RSE topics (relationships, health and sex issues) with your child?

2. The PSHE curriculum has been devised so that topics in RSE are taught at an age-appropriate level of each student's school career. Do you have any questions / concerns about any particular RSE topics and at what stage they are taught during KS3 and KS4?

## Discussion and Feedback

3. Are there any particular RSE topics that you would like students to be taught / have the opportunity to learn about through the PSHE curriculum? (e.g. issues that are particular relevant to the local area)

*Do you have any other questions / suggestions about how / the way in which RSE topics are delivered to students at Budmouth?*