



KS4 Curriculum: PSHE

The content of PSHE at CCHS follows the statutory Relationships and Sex Education (RSE) curriculum guidelines which has been compulsory in all schools since September 2020.

These statutory guidelines include the following themes:

- Different types of relationships, including friendships, family relationships, dealing with strangers and, at secondary school, intimate relationships.
- How to recognise, understand and build healthy relationships, including self-respect and respect for others, commitment, tolerance, boundaries and consent, and how to manage conflict, and also how to recognise unhealthy relationships.
- Factual knowledge, at secondary school, around sex, sexual health, and sexuality.
- How online pornography may affect health and wellbeing, including mental health and relationships.

Curriculum Profile

Years 7 to 11 are taught by tutors for one hour per week in a 'rolling' period superimposed on the timetable. Lessons encourage students to participate in group work, class discussions and role play to allow them to experience social issues in a safe environment. These lessons also help students to foster and develop attitudes of tolerance towards the religious, cultural and moral values of others whilst ensuring students are confident regarding their growing maturity and personal health.

At CCHS we are sensitive to the changing needs of our students and the world they live in; therefore, the syllabus is reviewed and potentially modified on a yearly basis. Topics such as Black Lives Matters, LGBTQ issues, personal safety and consent are at the forefront of the syllabus currently.

PSHE also has extensive relationships with external agencies who bring their own expertise and unique perspective to some of the content being taught. Students have access to the Samaritans, Fire officers and are taught self-defence. Several charities work with the school such as Teenage Cancer Trust and Coppafeel to ensure all the students are self-aware of health issues and where to turn for help.

Older students also assist in teaching year 9 students about consent, contraception and sexual transmitted diseases in a specific morning in the Spring Term. The feedback from the year 9 students is always positive and they enjoy being taught by their peers and feel more comfortable asking them questions.

Year 10

Autumn Term 1	Autumn Term 2
<ul style="list-style-type: none">• Transition from KS3 to KS4.• Resilience.• Managing social pressures.• Friendships.• Managing studies.	<ul style="list-style-type: none">• Run, hide and tell.• Concept of perfectionism and how to deal with it.• Careers talk and introduction to unifrog.• Ta1 discussions.

Spring Term 1	Spring Term 2
<ul style="list-style-type: none">• Healthy and unhealthy relationships.• Unwanted attention and stalking.• Consent.• Pornography.• Revision skills.	No PSHE in this term

Summer Term 1	Summer Term 2
<ul style="list-style-type: none">• LGBTQ+ information.• Invisible discrimination in the media.• Donations – blood donors and stem cell donations.• Recap of first aid.• Samaritan Visit.	<ul style="list-style-type: none">• Mental health awareness.• Period poverty and managing periods.• Care of the body – health, genital and breast care.

Year 11

Autumn Term 1	Autumn Term 2
<ul style="list-style-type: none">• Risky behaviour in teenagers.• Careers Talk.• Leadership conference preparation.	Internal Exams running in first couple of weeks. <ul style="list-style-type: none">• Sixth form entry discussion.• Sixth form fayre.• TA1 discussions.

Spring Term 1	Spring Term 2
Extremism and Radicalisation. Use of language and influences. Self-defence lesson.	No PSHE in this term

Summer Term 1	Summer Term 2
Social attitudes to nudes. Sexual violence. Teenage pregnancy. Abortion.	Public Examinations

Please note that this timeline may be subject to change.