

PSHE Education at St Thomas More Catholic School and College is taught in a variety of ways including through dedicated PSHE lessons, assemblies, specific events including Diversity Day, National Careers Fair, Mental Health Awareness and Tutor provision. Our curriculum aims to provide students with a sound understanding of their role as a citizen now and in the future, the opportunity to consider wider societal and personal issues and the ability to develop critical thinking to make safe and informed decisions. Today's children and young people are growing up in an increasingly complex modern world and are living their lives seamlessly on and offline and this presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.

We work in line with the Government's Personal, Social, Health and Economic (PSHE) Education Guidance,

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/908013/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

St Thomas More Catholic School & Sixth Form College has committed to developing students' awareness in three key areas, including;

- Mental Health & Wellbeing
- Relationships
- The World We Live In

Each member of staff will be trained in the RSE aspect of PSHE and will then support students with the pre-planned and resourced topics.

Tutors cover topical PSHE stories/issues in tutor time and during the compulsory and timetabled PSHE session ( Tuesday Period 1 )and these can be focused on a specific PSHE topic and aim to contextualize the lesson-based learning of students, making them accessible, relatable and current affairs based. This encourages our students to gain a wider understanding of the world they live in and to debate differing views whilst respecting the views of others. The tutor role is pivotal and will allow for a sound platform for students to share ideas and broaden their position in society.

## **Core Theme Overviews**

Topics taught in PSHE are 'spiral' and developmental. The aim is that knowledge and understanding is built upon through the academic years whilst also looking to make cross curricular links, where possible and appropriate e.g. drugs education to enrich students' awareness.

Topics are aimed at the developmental stage of students and are revised regularly to ensure they are suitable for our students. Topics come under the following 3 Core Themes of the PSHE Curriculum;

### **CORE THEME 1 – HEALTH & WELLBEING**

This Core Theme covers mental, physical and emotional wellbeing. Enriching understanding of what mental ill health can look like, healthy coping mechanisms that can be used to manage mental ill health and how to promote positive mental wellbeing in yourself and others. The topics developed further into looking at the links between physical and mental health and the impacts this can have on emotional wellbeing in the now and in the future. Core Theme includes; Anti Bullying, Mental Health & Wellbeing, Tolerance, Diversity in the Media, Drugs Education.

### **CORE THEME 2 - RELATIONSHIPS**

This Core Theme covers the development of healthy relationships and incorporates the statutory requirements of Sex and Relationships Education. The topic explores how to build healthy relationships with family and peers before looking at romantic relationships, consent, contraception/pregnancy choices and development of the family unit. The aim is to equip students with knowledge to make informed choices, behave in a respectful and appropriate manner and understand the law around Sex, Relationships and Media.

Core Theme includes; Sex and Relationships Education (SRE), Community, Relationships & The Abuse of Power

### **CORE THEME 3 – LIVING IN THE WIDER WORLD**

This Core Theme covers the development of students as part of their wider community. Developing awareness global issues, different cultures and of how developmental stages can influence personal change, students look to enhance their understanding of broader topics and gain practical and useful understanding of topics covered to develop healthy discussion, make informed and appropriate decisions and contribute positively to their local and wider community.

Core Theme includes; Personal Finance, The Legal System, Social Justice, Medical Ethics, Careers, Values & Global Education, Personal Safety and Diversity & Awareness.

The programme allows teachers to flexibly deliver high-quality PSHE and encompass many areas of study. The central aim of PSHE is to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.

We are raising awareness through the following:

What it means to study at a Catholic college and understanding and embracing different faiths

Supporting global charities talk

Introduction to the MAC chosen local charity-(Doorway) and promoting social action

Authentic freedom

Sex/Peer/virginity/procreation

Self-image/body shame/dignity and modesty

Values, attitudes and beliefs – making wise choices

Parenthood

Pregnancy and abortion

Abuse – different types and signs

Solidarity- Female genital mutilation and honour based crimes

Bone Marrow talk

Driving safely

Staying safe in society – Talk by the police

Mental health signs/signposting and support

Finance and budgeting and making sound decisions

International day

Hidden disabilities talk