PSHE Subject Statement of Intent.

A key purpose of education is to prepare young people for their adult lives. However, from environmental issues to the internet and from international relations to national politics, the world is an uncertain place. Therefore, education should help young people to develop the knowledge, skills, and resilience that they will need to thrive in our complex world. PSHE isn't just another school subject. It is an opportunity to give all of our students a place to develop some of the necessary knowledge and skills that they will need to make informed decisions that will help them to be healthy, happy, and successful now and in the future.

By the end of their education in PSHE at Callington Community College, all students will have participated in a range of curriculum experiences that encourage them to make healthy, safe, and informed decisions regarding various situations and challenges which life may present them. In particular, relating to relationships (including online), drugs and addiction, and both physical and mental health. To fully appreciate PSHE and develop a deep schema, the curriculum will be delivered through the following themes:

Relationships (including online), physical and mental health and living in the wider world.

Each of these themes will develop through a spiral curriculum that is planned to provide key knowledge, understanding and skills at a relevant and age-appropriate time.

The Department for Education's statutory guidance on Relationships, Sex and Health Education (RSHE) has influenced the curriculum. Further support has come from the PSHE Association, Brook (sexual health and wellbeing), YZUP (drugs and addiction), Citizens Advice Bureau and Devon / Cornwall Police.

Our PSHE curriculum addresses disadvantage through ensuring that all students are given opportunities to develop key knowledge and skills to participate healthily, safely and confidently in society. Furthermore, the prominence of discussion in PSHE will help to develop all students' ability to articulate opinions and understanding with confidence and clarity.

	Autumn Term (Cycle 1)	Spring Term (Cycle 2)	Summer Term (Cycle 3)
Year 7	**Physical and Mental health** • Transition to secondary. • Mindfulness. • Attitudes to mental health. • Promoting mental wellbeing.	**Physical and Mental health** • Understanding drugs – Caffeine. • Tobacco – risks and influences. • Alcohol and risks	**Living in the wider world** • CEIAG (Career Pilot). **Physical and Mental health** • The importance of sleep.
	Relationships (including online). • Bullying (types and seeking support). • Types of relationship. • Communication in relationships.	**Physical and Mental health** • Puberty - Physical / emotional changes. • Feelings. • Support and guidance.	**Living in the wider world** • Identity. • Online identity. • Media stereotypes.
Year 8	**Physical and Mental health** • Attitudes. • The law and managing risk.	**Physical and Mental health** • Unhealthy coping strategies. • Healthy coping strategies.	**Relationships (including online).** • Sexual imagery (sexting). • The impact of pornography.

	Relationships (including online). • Sex and relationships. • Conception. • Contraception and consent. **Living in the wider world** • **CEIAG** (Career Pilot).	**Living in the wider world** • Identity and difference. • Digital footprints. • Media and prejudice. • Media, prejudice and stereotypes.	**Physical and Mental health** • Making choices about diet and exercise. • Maintaining dental health. **Living in the wider world** • Extremism. • FGM
Year 9	**Living in the wider world** • Identity and media. • Celebrities and body image. • Photoshop and body image. **Physical and Mental health** • New challenges. • Reframing negative thinking. • Recognising mental ill health / seeking support. • Promoting emotional wellbeing.	**Living in the wider world** • **CEIAG** (Career Pilot). **Relationships (including online).** • Forming positive relationships. • Healthy respectful relationships. • Healthy safe relationships. **Physical and Mental health** • Alcohol and cannabis – Effects. • Managing influence.	**Relationships (including online).** • Relationship abuse. • Consent. • Sharing sexual images. **Living in the wider world.** • Critical thinking online – content. • Media propaganda. • Can you trust online contact? **Physical and Mental health** • Maintaining physical health.
Year 10	**Physical and Mental health** • Dopamine – How drugs affect the brain. • Harm caused by drugs. • Direct and indirect dangers of drug use. • The cycle of addiction. **Living in the wider world.** • Gambling – managing risk. • Managing impulses. • Accessing help and support.	**Relationships (including online).** • Health and relationships recap. • Consent and the law. • The impact of pornography. **Living in the wider world.** • Assess and manage the risks of knife crime. **Physical and Mental health** • Dealing with loss and grief. **Living in the wider world** • CEIAG	**Relationships (including online).** • Long-term commitments. • The legal status of marriage. • Parenting. **Physical and Mental health** • Lifestyles and wellbeing • Managing influences.
Year 11	**Living in the wider world** • **CEIAG**	**Physical and Mental health** • Substance use and assessing risk. • Managing influence. • Help seeking / sources of support.	**Living in the wider world** • The economy and me. • Making informed decisions. • Why do decisions matter?