

PSHE and Life Studies Programme of Study at Eastbourne College

Year 9

MT1 - LWW	MT2 - HEWB	LT1 - HEWB	LT2 - HRR	ST1 HRR/ LWW	ST2 LWW/ HRR
Intro to Teentips wellbeing hub/ Settling in, getting to know you/ Expectations Intro to unifrog -SJG – head of futures Adapting to change and new school Identifying strengths, Goal Setting – SMART (Managing friendships/ new social situations) Online presence	Healthy and unhealthy friendships Importance of resilience Mental and Emotional Health Healthy coping strategies/ positive lifestyles Healthy lifestyle – healthy / balanced eating, importance of sleep Digital literacies – protecting well-being	Managing Peer Pressure Alcohol, Smoking/vaping Drugs Bullying Balanced Healthy lifestyle choices – diet, exercise 1st Aid – recovery position, CPR, defib	Healthy Relationships Different types of relationships Communication and consent Sexual health and contraception Decision making	Sexual health – STIs, Managing risks and decision making. Dealing with relationships – break up, sexting, attitudes to pornography. Gender/ sexuality Personal Skills and strengths. How to apply these to the wider world - why are skills important? Overview of technological change in the workplace, skills for the workplace. Understanding careers as a journey. Loggin skills in unifrog (led by SJG – head of futures)	Personal Skills and strengths. How to apply these to the wider world - why are skills important? GCSE options and employability skills. Overview of technological change in the workplace.. Understanding careers as a journey. Loggin skills in unifrog (led by SJG – head of futures) Sexual health – STIs, Managing risks and decision making. Dealing with relationships – attitudes to pornography Gender/ sexuality

External speakers on topics – EDI, Eating disorders, consent, healthy eating, drugs and alcohol, sex and relationships, LGBT+ – how to be an ally

Year 10

Pupils follow a 2-lesson rotation (per topic) interspersed with whole year talks on a variety of topics

<u>Topic</u>	<u>Outline</u>
HEWB 1	Mental Health and stigma Coping strategies (healthy and unhealthy) Blue Health - Making the most of our coastal location – walk to the beach (weather and light dependent) or mindfulness, meditation, yoga etc
HEWB2	The impact of drugs, alcohol and vaping Peer pressure The influence of social media
LWW1	Gambling and addiction The impacts of financial decision making Economic Wellbeing
LWW2	Staying safe on line, digital awareness Futures – led byt SJG – Head of Futures
HRR1	Relationships – different types - healthy / unhealthy Recognising coercive behaviour Consent
HRR2	The impact of the media and pornography - and how they impact relationships Communities and belonging
Futures	Types of careers. Revisiting careers as a journey not a ladder. Interests quiz Exploring employer profiles. Career pathways

External speakers –LGBT+ being an ally , sugar, county lines, EDI, resilience, encrouaging respect,

Year 11

Pupils have a lesson every other week and follow a rotation of topics interspersed with whole year talks

<u>Topic</u>	<u>Outline</u>
HEWB	Stress, managing stress, coping strategies, where to get help in and out of school. Mental health issues – how to recognise and help.
Responsible health choices	Responsible health choices and staying safe.
HRR	Focusing more on consent
Introduction to politics and democracy	To inform pupils of the strengths and weaknesses of systems of direct and indirect democracy What is democracy? Is the UK a democratic country? Do our democratic systems work / are they fair / do they produce satisfactory outcomes?
Tolerance and Kindness	Protected characteristics, FBV
Futures	The world of AI
Influence of media	The impact of media, social media, fake news, online presence
Work Experience	To explore more about work experience

External speakers on topics – setting up for exam success, risks and consequences, Eastbournian society and futures fair, summer after GCSEs and festival/ party safety (NB – consent, drugs, alcohol etc)

Post 16 Choices	To explore post 16 options – A levels, Schools, College, B tech, Apprenticeships etc– using unifrog
-----------------	---

This is now covered in year 11 futures sessions / careers interviews etc

Study Skills – now covered in tutor time

Year 12

Pupils have a lesson every other week on a rotation basis interspersed with whole year talks (topics sometimes change)

<u>Topic</u>	<u>Outline</u>
Skills for Employment / Personal Branding	Personal Branding. How to others see me? Why is my brand important? How to impact my brand? Understanding a recruiter's perspective. Employment related terminology. Explore CVs.
Health and Emotional wellbeing	Self-care, promoting wellbeing, acknowledging feelings, MH issues how to recognise and how to help. Healthy coping strategies
Healthy and Respectful relationships	Consent, healthy relationships, contraception and STIs where to get help, assertive communication. Strategies for managing situations.
Blue Health	Taking the opportunity to make sure of our coastal location. Walk to the beach (weather dependent) if not mindfulness, yoga, etc inside
Personal Finance	Earning money Spending money And the awkward bit in between Managing your personal finances is a fact of life
Transition to independent living	Practical considerations for life after school
Teamwork and Leadership skills	Leadership – skills for it, different types, Teamwork – working together recognising peoples values.
Use of AI	

External speakers on topics – Drugs, resilience, ES and futures, health and wellbeing, polar exploring, empowering about mental health and suicide prevention (safe drive stay alive – delivered in tutor time.)

Year 13

Pupils have a lesson every other week in the MT and sometimes runs over to a couple of lessons in the LT

<u>Topic</u>	<u>Outline</u>
HEWB	Recapping MH on a continuum, preparing for A levels and what it might look like at uni/ job and where to get help. Emotional regulation.
HRR	Consent and the law
Personal Safety	Independence and keeping safe. Personal safety in the car, whilst travelling, at uni Travel abroad Also linking to sexual safety, substance abuse
First Aid	Recap simple first aid situations, CPR and defib
Politics	Link back to the fact that Politics is all about winning the power to make these tough decisions and it is their vote that is key to this process
Personal Finance	Managing money, budgeting, debt, saving money
Linkd In and Interview skills	
Life after Eastbourne College	

All supported by SMT assemblies, chapel, pastoral team.

– there is flexibility and may be some change within the programme to address and issues that may arise or need talking about both within PSHE lessons and within the pastoral set up.

Year 12 13 to encourage self led inquiry into RSE topics and critical reflection

To include new statutory guidance 2025-2026 (KCSIE and DFE) https://assets.publishing.service.gov.uk/media/689c57087b2e384441636190/RSHE_Statutory_Guidance_-_July_2025.pdf

Summary of 2026 RSHE Statutory Guidance Updates

This summary outlines the key updates in the statutory guidance for Relationships, Sex and Health Education (RSHE) effective from 1 September 2026. It is intended to support curriculum planning and review for PSHE programmes of study in Years 9–13.

Key Updates:

- Curriculum must be age and stage appropriate; teachers use professional judgment in delivery.
- LGBTQ+ content integrated across secondary RSHE;
- Gender identity teaching must reflect legal facts and avoid presenting contested views as fact.
- Expanded online safety content includes deepfakes, AI, pornography, scams, and incel culture.
- Strengthened teaching on sexual harassment and violence, including stalking and financial exploitation.
- Mental health education includes emotional regulation, resilience, and suicide prevention.
- Personal safety topics expanded to include knife crime, vaping, bereavement, and menstrual health.
- Emphasis on participative learning, safe environments, and staff training.
- SEND inclusivity reinforced; schools must ensure accessibility and reasonable adjustment