

# PSHE AND RSHE AT EASTBOURNE COLLEGE

## The Curriculum

### 1.1 What we teach, and why

PSHE stands for personal, social, health and economic education. It is taught to every pupil in Years 9, 10 and 11 as PSHE, and in Years 12 and 13 as Life Studies. As part of this programme, pupils are taught relationships and sex education (RSE).

Pupils should leave the College able to form and sustain good relationships, look after their own health and wellbeing, recognise when something is not right and know how to get help, understand the law as it affects them, and manage money and work. The curriculum aims to build positive attitudes and skills. It is designed to complement conversations at home rather than to replace them.

### 1.2 How it is organised

| Year    | Time allocation        | Structure                                                                                                                                                                                                      |
|---------|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Year 9  | One lesson a week      | Six units across the year, taught by the same teacher throughout so that a relationship of trust is built. Week B lessons are timetabled together so the whole year group can be taught by a visiting speaker. |
| Year 10 | One lesson a week      | Six topics, each taught over a two-lesson rotation, supported by whole year group talks.                                                                                                                       |
| Year 11 | One lesson a week      | Seven topics on a two-lesson rotation, with whole year group talks. Provision is compressed by mock examinations and study leave.                                                                              |
| Year 12 | One lesson a fortnight | Eight topics on a rotation, so each pupil meets each topic once during the year.                                                                                                                               |
| Year 13 | One lesson a fortnight | Eight topics in total, on a rotation, running through the Michaelmas term and into the Lent term.                                                                                                              |

Lessons are taught by members of the teaching staff who receive training through whole school INSET, the PSHE Association and the Teentips Wellbeing Hub. Resources are drawn principally from the PSHE Association. The programme is supported by visiting speakers, assemblies, chapel, tutors and the pastoral team.

### 1.3 How to read the tables that follow

Each topic is marked with one of three labels.

| Label | Meaning                           | Right of withdrawal                                                                                                                                                                                       |
|-------|-----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SE    | Sex education                     | <b>Yes.</b> A parent may request that their child is withdrawn from some or all of these lessons. From three terms before a pupil turns 16, the pupil may choose to opt back in.                          |
| RE    | Relationships education           | <b>No.</b> Relationships education is compulsory for all pupils. It covers healthy relationships, consent, boundaries, online conduct and keeping safe, without describing the detail of sexual activity. |
| HE    | Health, wellbeing and wider world | <b>No.</b> Health education, economic wellbeing, careers and citizenship. Pupils also cannot be withdrawn from anything taught in the science curriculum.                                                 |

## I.4 Year 9

One lesson a week. Year 9 is the foundation year of the secondary programme and introduces most themes for the first time.

| Unit                                                                          | What pupils learn                                                                                                                                                                                                                                               | Type |
|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| MT1 Mental health and wellbeing                                               |                                                                                                                                                                                                                                                                 |      |
| Getting started                                                               | Introductions, and agreeing the ground rules for PSHE lessons as a class: respect, no judgement, the right to pass, and the limits of confidentiality.                                                                                                          | RE   |
| Online safety and digital identity                                            | Managing an online reputation; online relationships and cyberbullying; recognising red flags in online contact; cybercrime and the law; privacy and location settings.                                                                                          | RE   |
| Mental health and wellbeing                                                   | Recognising and managing strong emotions; resilience; healthy and unhealthy coping strategies; managing setbacks and disappointment; self-expression and identity; where to find help.                                                                          | HE   |
| MT2 Health and emotional wellbeing                                            |                                                                                                                                                                                                                                                                 |      |
| Positive lifestyles                                                           | Healthy lifestyle; healthy and unhealthy coping strategies; balanced eating with the College caterers; the importance of sleep and how to protect it; physical activity and wellbeing; anti-bullying week.                                                      | HE   |
| Futures                                                                       | Personal strengths and skills; what the labour market is; careers as a journey rather than a ladder; preparing for GCSE option choices; recording skills in Unifrog. At least <b>two futures lesson throughout the term, fitting in with the HoF timetable.</b> | HE   |
| LT1 Drug education, and managing risk in relation to the law                  |                                                                                                                                                                                                                                                                 |      |
| Drug education                                                                | The facts about alcohol, vaping and illegal drugs and the risks associated with each; managing peer influence and pressure; the effects of drinking too much; where to seek help.                                                                               | HE   |
| Managing risk in relation to the law                                          | How young people can be drawn into criminal behaviour and the consequences of breaking the law; assessing and managing risk.                                                                                                                                    | HE   |
| First aid                                                                     | Basic treatment for common injuries; the recovery position; CPR; the purpose and use of a defibrillator.                                                                                                                                                        | HE   |
| LT2 and ST1 and ST2 Intimate sexual relationships and navigating online harms |                                                                                                                                                                                                                                                                 |      |
| Intimate sexual relationships: relationships and consent                      | Different types of relationships and friendships; the characteristics of healthy and unhealthy relationships; communication and conflict resolution; consent, how it is given, withheld and withdrawn; being an LGBTQ ally; consent.                            | RE   |

|                                                     |                                                                                                                                                                                                                                         |           |
|-----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| <b>Intimate sexual relationships: contraception</b> | The full range of contraceptive methods, how they work, their effectiveness and where to obtain them, including correct condom use.                                                                                                     | <b>SE</b> |
| <b>Intimate sexual relationships: sexual health</b> | How sexually transmitted infections are transmitted; how risk is reduced through safer sex; testing, treatment and stigma; where to access confidential advice.                                                                         | <b>SE</b> |
| <b>Navigating online harms</b>                      | Attitudes to pornography and how it distorts expectations; nudes and image sharing, and the law; digital deception and deepfakes, including how they are made and how to identify them; misogynistic narratives online, incel cultures. | <b>RE</b> |
| <b>ST2 Futures and economic wellbeing</b>           |                                                                                                                                                                                                                                         |           |
| <b>Economic wellbeing</b>                           | Why people spend as they do; budgeting, saving and debt; making financial decisions; careers and futures.                                                                                                                               | <b>HE</b> |

**Whole-year talks:** Online safety and acceptable ipad use at EBC, Teen choices covering parties, peer pressure, alcohol, consent, Nutrition and healthy eating, Drugs, alcohol, the law and peer pressure, Consent and the law, LGBTQ and being an ally, Sex and Relationships.

## 1.5 Year 10

One lesson a week. Six topics, each taught over a two-lesson rotation, interspersed with whole year group talks.

| Unit                                                   | What pupils learn                                                                                                                                                                                                                                                    | Type |
|--------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| <b>Independence, health choices and wellbeing</b>      | Making informed, healthy and responsible choices with growing independence; mental health and tackling stigma; healthy and unhealthy coping strategies; developing learning skills for Key Stage 4. Managing personal safety in increasingly independent situations. | HE   |
| <b>Navigating the online world</b>                     | The impact and risks of AI and digital technologies; misinformation and disinformation; deepfakes and manipulated images; sharing images and the law; rights, safety and wellbeing online.                                                                           | RE   |
| <b>Friendship, diversity and challenging extremism</b> | Challenging bullying and harmful attitudes; promoting inclusion; fundamental British values and the protected characteristics; belonging and community; recognising and responding to extremism.                                                                     | RE   |
| <b>Managing influence</b>                              | Evaluating online content and how harmful attitudes such as misogyny spread; thinking critically about influencers and sub-cultures; the risks and consequences of gambling; online financial harms.                                                                 | RE   |
| <b>Exploring consent and recognising abuse</b>         | Consent revisited and deepened, including ethical behaviour beyond consent; recognising, challenging and seeking support for harmful behaviour or abuse; coercive and controlling behaviour; pornography, myths and realistic expectations.                          | RE   |
| <b>Study, work, careers and economic wellbeing</b>     | Career choices and pathways; work experience; applications for study or work; financial decisions and their consequences.                                                                                                                                            | HE   |

**Whole-year talks:** The impact of pornography on relationships, Encouraging Respect, EDI, LGBTQ. County lines, coercion, power imbalance, The importance of Sleep, the Impact of sugar, Resilience.

## 1.6 Year 11

One lesson a week, on a two-lesson rotation per topic.

| Unit                                                    | What pupils learn                                                                                                                                                                                                                     | Type |
|---------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| <b>Life-long wellbeing</b>                              | Revisiting mental health and building strategies that support wellbeing, particularly when managing workload and preparing for examinations; change, loss and grief; recognising when to seek help and where to find it.              | HE   |
| <b>Drugs and personal safety</b>                        | The risks linked to substance use and to gang involvement and criminal exploitation; managing external influence; violence against women and girls, and looking out for one another; strategies for staying safe and seeking support. | HE   |
| <b>Safe relationships: relationships and boundaries</b> | Recognising healthy and unhealthy relationship behaviours; power, control and coercion; setting and respecting boundaries; managing conflict and the ending of relationships.                                                         | RE   |
| <b>Safe relationships: sexual health</b>                | Contraception revisited, including the advantages and disadvantages of each method; sexually transmitted infections and testing; where to get confidential help; Gillick competence and the legal age of medical consent.             | SE   |
| <b>Families and committed relationships</b>             | Family life and how families change over time; marriage, civil partnership and cohabiting, and the legal differences between them; parenting responsibilities and the characteristics of successful parenting.                        | RE   |
| <b>Fertility and pregnancy</b>                          | Fertility and routes to parenthood; the options available in the case of an unplanned pregnancy, presented factually and impartially, and where to get further help.                                                                  | SE   |
| <b>Online financial harms</b>                           | Understanding online financial risk; spending safely; recognising and responding to financial exploitation and scams.                                                                                                                 | HE   |
| <b>Politics, democracy and economic wellbeing</b>       | Direct and indirect democracy; whether the United Kingdom is democratic and whether democratic systems produce fair outcomes; risk, reward and debt.                                                                                  | HE   |

**Whole-year talks:** Risks and consequences, Misogyny and unacceptable behaviour, Knife crime, Setting up for exam success and stress, Drugs, law and alcohol, Preparation for futures fair and the Eastbournian Society, Making a difference, FBV and protected characteristics, Sexual harassment, Summer after GCSEs including consent, festival and party safety,

## 1.7 Year 12 Life Studies

One lesson a fortnight. Each pupil **will cover all** of the eight topics once across the year, on a rotation.

| Topic                                       | What pupils learn                                                                                                                                                                                                                              | Type |
|---------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| Health and emotional wellbeing              | Self-care and promoting wellbeing; acknowledging and naming feelings; the mental health continuum; recognising mental health difficulties and knowing where to find support.                                                                   | HE   |
| Healthy and respectful relationships        | The values that underpin a healthy relationship; assertive communication; recognising pressure, persuasion and coercion; consent, including the role of intimacy and pleasure and ethical behaviour beyond consent; the impact of pornography. | RE   |
| Relationships: sexual health and parenthood | Making choices about sexual health; contraception; understanding pregnancy and the choices available; pregnancy and parenthood.                                                                                                                | SE   |
| Digital and online behaviour, life online   | Setting and maintaining boundaries around personal privacy; managing online content; the implications of new, evolving and sometimes unregulated technology including AI chatbots and deepfakes, and how to respond and seek help.             | RE   |
| Teamwork and leadership                     | Leadership styles and skills; working in a team and recognising the values of others; the use of AI.                                                                                                                                           | HE   |
| Transition to independent living            | The practical considerations of living independently after school.                                                                                                                                                                             | HE   |
| Personal finance 1                          | Earning money and banking.                                                                                                                                                                                                                     | HE   |
| Personal finance 2                          | Independence, student finance and credit.                                                                                                                                                                                                      | HE   |

**Whole-year talks:** Drugs and choices, Mental health, Resilience, teamwork and pursuit of excellence, Becoming an adult and the law, Dealing with risk, failure and forced changes, Preparation for futures fair and Eastbournian Society, UCAS preparation

## 1.8 Year 13 Life Studies

One lesson a fortnight through the Michaelmas term and into the Lent term, eight lessons in total. Each pupil will cover all of the eight topics once across the year, on a rotation.

| Topic                                             | What pupils learn                                                                                                                                                                                                                                                                                                                    | Type |
|---------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| Healthy and respectful relationships              | Consent revisited; recognising pressure and coercion; making values-based decisions about intimacy; what the law says; rights and legal protections against unwanted attention, and what to do about it.                                                                                                                             | RE   |
| Independence and keeping safe                     | Personal safety in increasingly independent settings; keeping safe in cars and while travelling; safety at university and abroad; sexual safety and the interaction between alcohol, drugs and risk.                                                                                                                                 | RE   |
| Health and emotional wellbeing                    | Mental health on a continuum; emotional regulation; preparing for the demands of A levels, university and work; where to get help.                                                                                                                                                                                                   | HE   |
| First aid                                         | A practical recap of first aid for common situations, CPR and the use of a defibrillator.                                                                                                                                                                                                                                            | HE   |
| Politics and democracy                            | How political power is won and exercised; the importance of voting.                                                                                                                                                                                                                                                                  | HE   |
| Personal finance                                  | Managing money, budgeting, saving, investing, debt and risk.                                                                                                                                                                                                                                                                         | HE   |
| Life after Eastbourne College, healthy lifestyles | Taking responsibility for monitoring personal health; registering with a GP and accessing health services including sexual health clinics; the importance of vaccinations; recognising the signs and symptoms of common illnesses including freshers' flu and meningitis; the importance of self-examination; work and life balance. | HE   |
| Interview skills                                  | LinkedIn, applications and interview technique.                                                                                                                                                                                                                                                                                      | HE   |