

PSHE Overview St Bede's Catholic School and Sixth Form College

2024-2025

At St. Bede's, our Personal, Social, Health, and Economic (PSHE) curriculum, including Relationships and Sex Education (RSE), is designed to provide students with the tools, skills and foundations to navigate life's opportunities and challenges and to find happiness.

We want all our students to grow in their understanding of themselves as children of God and as unique individuals who will contribute meaningfully to relationships, their natural and social environments and the world of work. The PSHE curriculum and daily school life play a key role in nurturing these personal characteristics and values.

The PSHE curriculum at St. Bede's covers three key areas, as recommended by the PSHE Association:

- **Health and Wellbeing**
- **Relationships Education** (including the Ten Ten Programme, *Life to the Full*, delivered in PSHE lessons)
- **Living in the Wider World**

At St. Bede's, we are dedicated to the development of the whole person. As Pope Benedict XVI once said, "The task of every teacher is not simply to impart information or to provide training in skills intended to deliver some economic benefit to society; education is not about and must never be considered as purely utilitarian. It is about forming the human person, equipping him or her to live their life to the full – in short, it is about imparting wisdom."

YEAR 7

Unit 1	Values	The entire school has focused on British Values and Protected Characteristics as part of our response to the violence seen in various cities across the country this summer.
Unit 2	Health and Wellbeing	Safety Personal safety in and outside school, including first aid.
Unit 3	Living in the Wider World	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations.
Unit 4	Relationships	Diversity Diversity, prejudice, and bullying
Unit 5	Health and Wellbeing	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM.
Unit 6	Relationships	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries.
Unit 7	Living in the Wider World	Financial decision making Saving, borrowing, budgeting and making financial choices.

YEAR 8

Unit 1	Values	The entire school has focused on British Values and Protected Characteristics as part of our response to the violence seen in various cities across the country this summer.
Unit 2	Health and Wellbeing	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use.
Unit 3	Living in the Wider World	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work.
Unit 4	Relationships	Discrimination Discrimination in all its forms, including racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia.
Unit 5	Health and Wellbeing	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies.
Unit 6	Relationships	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and managing sexual feelings.
Unit 7	Living in the Wider World	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks

YEAR 9

Unit 1	Values	The entire school has focused on British Values and Protected Characteristics as part of our response to the violence seen in various cities across the country this summer.
Unit 2	Health and Wellbeing	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation.
Unit 3	Living in the Wider World	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process.
Unit 4	Relationships	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes.
Unit 5	Health and Wellbeing	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid.
Unit 6	Relationships	Intimate relationships Relationships and sex education including consent, contraception and sexual exploitation.
Unit 7	Living in the Wider World	Employability skills Employability and online presence.

YEAR 10

Unit 1	Values	The entire school has focused on British Values and Protected Characteristics as part of our response to the violence seen in various cities across the country this summer.
Unit 2	Health and Wellbeing	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change.
Unit 3	Living in the Wider World	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices.
Unit 4	Relationships	Addressing extremism and radicalisation Communities, belonging and challenging extremism.
Unit 5	Health and Wellbeing	Exploring influence The influence and impact of drugs, gangs, role models and the media.
Unit 6	Living in the Wider Word	The World or Work What employers want and application skills.
Unit 7	Relationship	Healthy relationships Relationships, myths, making good moral choices, parenthood, pregnancy and

		solidarity.
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YEAR 11		
Unit 1	Values	The entire school has focused on British Values and Protected Characteristics as part of our response to the violence seen in various cities across the country this summer.
Unit 2	Health and Wellbeing	Building for the future Skills for future education and progress, effective revision strategies and stress management.
Unit 3	Relationships	Healthy relationships Relationships, myths, making good moral choices, parenthood, pregnancy and solidarity. Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships. Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse
Unit 4	Living in the Wider World	Next steps Application processes, and skills for further education, employment and career progression.

