



The PSHE education

learning context

e.g. Understanding healthy relationships

Relevant topics or issues through which to develop skills, strategies and language and explore individual characteristics

Strategies, skills and language

e.g. Collaboration; creative thinking

Developing these enables young people to more constructively realise their characteristics in the real world

Individual characteristics

e.g. Resilience

Attributes, attitudes, values & beliefs and the strength of conviction with which they are held

Character

All the 'characteristics',
learning and
experiences that blend
together to make up a
unique individual

Personal, Social, Health & Economic Education at MRC

23rd June 2021

OVERVIEW

Welcome and an introduction from the Personal, Social, Health & Economic Education (PSHE) and Relationship and Sex Education subject lead.

- What is PSHE and RSE?
- The context and purpose of PSHE and RSE in the school curriculum.
- Aims and ethos of our PSHE education/RSE curriculum.
- Key headlines from the college's RSE policy.
- Opportunity to view the Schemes of work & resources used in lessons.
- Parent/Carers recommended websites, books, and further resources for having discussions at home with your child/ren.
- Parent/carer suggestions for what they would like to see taught in PSHE lessons (this will be conducted via a survey following this live event).
- Question and answer session.

What is PSHE and RSE?

- The Department for Education published [statutory guidance for Health Education, Relationships Education and RSE](#) in June 2019.
- This covers broad areas of particular relevance and concern to children and young people today. It should ensure that every pupil is guaranteed a PSHE education that covers mental health and wellbeing; physical health (including healthy lifestyles and first aid); learning about safe, healthy relationships and sex (including understanding consent, negotiating life online, intimate relationships).

Acronyms

Personal, Social, Health & Economic Education (PSHE)

Relationships and Sex Education (RSE)

Relationships, Sex and Health Education (RSHE)

Context and Purpose

- PSHE education has a [proven impact](#) on life chances and academic success.
- This strengthening of PSHE education's status can have a major impact on the quality of PSHE in all schools for all students.
- These developments mean that all students can benefit from an education that keeps them safe, healthy and prepared for the realities of modern life.

“The evidence shows that personal, social, health and economic (PSHE) education can improve the physical and psychosocial well-being of pupils. A virtuous cycle can be achieved, whereby pupils with better health and well-being can achieve better academically, which in turn leads to greater success.”

Department for Education [review](#) of PSHE education impact and effective practice

[An extensive 2017 literature review](#) by leading economists found ‘*Very strong evidence*’ that PSHE (personal, social, health and economic) learning has a positive impact on health, wellbeing and academic attainment.

AIMS AND ETHOS AT MRC

Our curriculum aims

A person's 'character' develops over time and in a range of contexts and is shaped by unknown and unpredictable events. However, a planned approach to providing opportunities to develop character-based skills and attributes has been shown to make a difference to outcomes for children and young people (see the accompanying document *Section 3: PSHE education character curriculum: Theoretical context and evidence base*). PSHE education is an integral element of a whole-school approach to developing 'character', providing the ideal curriculum subject through which to focus on the development of these essential skills and attributes.

MRC PSHE framework provides learning objectives that, delivered through the context of a planned, developmental PSHE education programme, enable pupils to develop:

- interpersonal and social effectiveness
- self-awareness
- values
- resilience
- effectiveness within a wider community
- risk management

AIMS AND ETHOS AT MRC

The overall outcomes

The aim of the MRC PSHE education programme is to support its students to thrive in a time of rapid change, with new and unpredictable opportunities and challenges constantly emerging, outlined within the three core themes of the PSHE Programme of Study.

- Health & wellbeing
- Living in the wider world
- Relationships

These have been carefully designed as a context through which to develop the concepts, skills and attributes.

Although the specific content of PSHE education will constantly evolve as the world changes, these concepts are timeless. It is not enough to simply teach students about the issues covered in the suggested subject content. It is vital they have the opportunity to explore their attitudes, values and beliefs about them and to develop the skills, language and strategies necessary to manage these issues should they encounter them in their lives.

What is covered in RSE over students' 7-year journey with us at MRC?

- Contraception
- STIs
- Pregnancy and Parenthood
- Healthy Relationships
- Human reproductive systems
- Respect for the opposite sex
- Sexual Harassment
- Access to professional health experts

- Prejudice
- Role of sex in relationships
- Influence of other risk-taking behaviour
- Consent and the law
- Sexuality and the expression of an individual's sexual identity

Schemes of work and resources

YEAR 7

Week	Topic/Unit
Autumn Term 1 – Health and wellbeing	
1.	Transitioning to secondary school
2.	Lesson 1 – Mental Health – Attitudes to mental health
3.	Lesson 2 - Mental Health – Promoting emotional wellbeing

YEAR 8

Week	Topic/Unit
Autumn Term 1 – Health and wellbeing	
1.	Lesson 1 – Mental Health – Attitudes to mental health
2.	Lesson 2 - Mental Health – Promoting emotional wellbeing
3.	Lesson 3 – Mental Health -Digital resilience

[Midhurst Rother College > Curriculum > Curriculum Overview > Key Stage 3 \(mrc-academy.org\)](#)

Schemes of work and resources

YEAR 9

Week	Topic/Unit
Autumn Term 1 – Health and wellbeing	
1.	Lesson 1 – Mental Health – Attitudes to mental health
2.	Lesson 2 - Mental Health – Promoting emotional wellbeing
3.	Lesson 3 – Mental Health -Digital resilience

YEAR 10

Week	Topic/Unit
Autumn term 1 – Health & wellbeing	
1.	Lesson 1 – Mental Health – New Challenges
2.	Lesson 2 - Mental Health – Reframing negative thinking
3.	Lesson 3 – Mental Health - Recognising mental ill-health and when to get help

[KS 4 PSHE Year 10.pdf \(mrc-academy.org\)](https://www.mrc-academy.org/ks4pshe/year10/)

Schemes of work and resources

YEAR 12

Week	Topic/Unit
Autumn term 1 – Relationships (Statutory RSHE unit)	
1.	Transition - VESPA - achieving highly at Sixth Form
2.	Mature relationships and boundaries
3.	Sexual abuse, consent and assault

YEAR 13

Week	Topic/Unit
Autumn term 1 – Living in the wider world	
1.	Workplace rights, relationships and conflict
2.	Applying for jobs, apprenticeships and future careers
3.	Pay, money, managing debt

EXAMPLE OF A LESSON'S ACTIVITY – YEAR 7 **PERSONAL BOUNDARIES**

Task:

- Line up in two lines facing each other about 3 metres apart
- Line 1: walk slowly towards the person opposite
- Line 2: say 'Stop' when you start to feel uncomfortable
- Line 1: you must stop when asked to.

- *Where does the responsibility for stopping lie between the two people?*
- *Why do you think people asked the other person to stop at different distances away?*
- *How did it feel to be able to say 'stop' and have that respected?*
- *How does it feel when people don't respect your boundaries?*
- *How would it have felt if the opposite person had kept taking a step forward even when you asked them to stop?*

THINKING ABOUT NON-VERBAL COMMUNICATION

How might someone have communicated non-verbally that they wanted the other person to stop walking towards them?

Practice!!



Further resources and links

DfE guidance for parents: The Department for Education has published [a useful list of FAQs for parents](#) on the new RSE/Relationships Education requirements, and [new guides for parents](#) on RSE and Health Education.

[Understanding Relationships, Sex and Health Education - a guide for secondary school parents \(publishing.service.gov.uk\)](#)

[PSHE including Sex Relationship and Education Policy DRAFT.pdf \(mrc-academy.org\)](#)

[Midhurst Rother College > Curriculum > Curriculum Overview > Key Stage 3 \(mrc-academy.org\)](#)

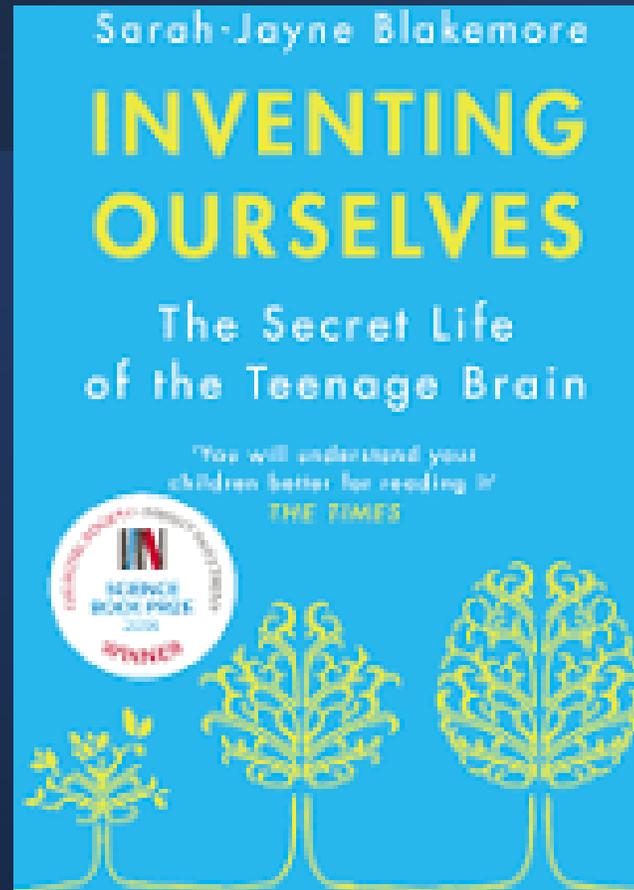
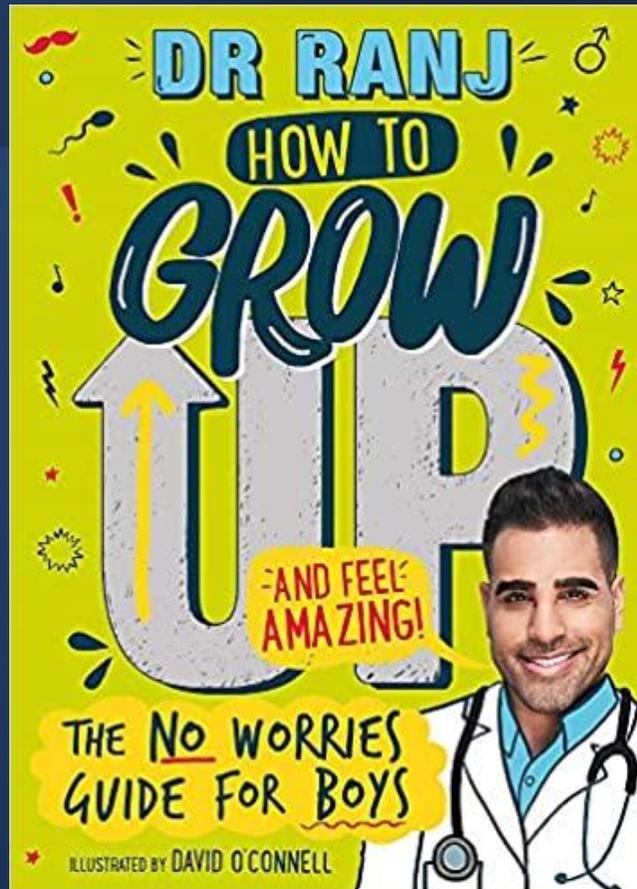
[KS 4 PSHE Year 10.pdf \(mrc-academy.org\)](#)

[How to Talk to Children About Sex & Safety | NSPCC | NSPCC](#)

[Parents survival guide \(youngminds.org.uk\)](#)

[Parenting teenagers | Relate](#)

Interesting reads?



ANY QUESTIONS?

A hand holding a piece of white chalk, pointing at the end of the word 'QUESTIONS'.

We will be sending a link to all Parents/carers asking for feedback from tonight's presentation - this will be conducted via a survey following this live event.