



SBE/JBW

19 September 2023

Dear Blaise families,

As our students climb their own personal mountains to the very best universities in the country or careers of their choosing it is important that they are supported in their personal development too. Enrichment, character education, student leadership roles, the careers programme, pastoral support and the PSHE curriculum all contribute to children's personal development. Today I am pleased to be writing to you with details of our PSHE curriculum which can be found below. We also invite you to offer your feedback on this curriculum [here](#).

	<p>Students will learn about their own identity, including the risks they are willing to take and the British values, as well as how people can stereotype others. They will learn how to keep safe online and whilst using social media. They will also understand what consent means in different contexts, including the sharing of images. They will learn what prejudice and discrimination are and how to challenge these behaviours.</p> <p>Q How do you stay safe online?</p>
7	<p>Students will think about their short and long term goals and what setbacks they may have in achieving these goals as well as how to deal with those setbacks. They will learn about social risks that may arise in their lives and the benefits of making healthy choices in these areas. They will learn about indicators of anxiety and stress and some ways to combat these feelings. They will learn about the importance of a balanced diet, sleep and physical activity in keeping your body and mind healthy. They will look at the reasons some people may choose to misuse substances and the laws around substance misuse.</p> <p>Q What are your long term goals?</p>
	<p>Students learn about the structure of the government. They also learn about traits of healthy and unhealthy relationships and how to manage conflicts in friendships and online. Students learn about the physical and emotional changes that take place during puberty. They also learn about conception and the development of the baby as well as the feeling and choices around having a baby. Students will learn about self-esteem and body image and how the media, and in particular social media, can affect people's self-esteem. They will also identify strategies to build self-esteem.</p>



	<p>Q How does your body change during puberty?</p>
8	<p>Students will learn about their own identity, including how this can be influenced by those around us, such as our family. Students will learn about Britain as a multicultural society and social injustice and inequality, including hate crimes. Students will learn about what bullying is, why it should be challenged and how. Students will learn about how to identify fake news and the role of the government in the media.</p> <p>Q What is meant by 'equality'?</p>
	<p>Students will identify their own long term goals and consider how these may change. They will be taught how their online identity can affect their long term goals. They will learn about what financial decisions they may face in their life including about debt. Students will learn about how you earn money in the UK and how money earned can be budgeted. Students will learn about how to manage stress and what situation may cause stress. They will learn about physical wellness including oral hygiene, disease, vaccination, antibiotics and substance misuse. Students will also learn about the laws around substance misuse and possession.</p> <p>Q How can you manage stress?</p>
	<p>Students will learn about their relationship with themselves and with other people and how these may differ in person to online. Students will learn about the pros and cons of using social media and how to keep themselves safe on social media platforms, including the laws around the sharing of indecent images. Students will learn about how the balance of power in relationships can lead to unhealthy relationships and where to access support. Students will learn about feelings and positive behaviours in romantic relationships and about sexuality including the feeling someone may have around sexuality.</p> <p>Q What are the pros and cons of using social media?</p>
	<p>Students will learn about how peers can influence their identity, in person and online. This includes social risks such as consent, peer groups and substance misuse, as well as online, including the sharing of images. They will learn how prejudice and discrimination affect groups of people and about the equality act. Students will learn about the law and how it is implemented through the justice system.</p> <p>Q What are the protected characteristics?</p>
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	<p>Students will learn about how to make SMART targets for themselves in regards to their long term goals. They will learn about the importance of resilience in regards to mental health and how the media and social media can have an impact on our mental health. Students will learn about substance misuse and the laws regarding substance misuse as well as where to get help and what a support plan may involve. Students will learn about how people can be groomed and exploited with a focus around child criminal exploitation, knife crime and radicalisation. Students will also learn about female genital mutilation, breast ironing and honour based abuse. Students will explore what it is to be a good citizen who contributes to society and about first aid which means they can contribute to society in emergency situations.</p> <p>Q What does the word radicalisation mean?</p>
	<p>Students will learn about good and bad mental health and the stigmas attached to mental health. They will learn about how changes in our lives can affect mental health and how to build resilience through our daily routines. Students will learn about power and assertiveness in relationships and how to say 'no'. They will learn about consent in relationships and the law around consent. Students will learn about grooming and child sexual exploitation. They will also learn about self-esteem, body image and how pornography impacts these. Students will learn about contraception and the consequences of not using contraception. They will learn about sexual health and how to make informed decisions about their sexual health.</p> <p>Q How do you keep your mind healthy?.</p>
10	<p>Students are taught about human rights and the equality act. Students learn about the stages of grief and loss, including the physical and mental responses. Students learn about their online identity, the risks they encounter online and the laws around internet use, including the sharing of images. Students also learn about financial risk and how to mitigate against it. Students learn about the benefits of a multicultural society and inequality in society. They also learn about power, assertiveness and resilience within relationships and the impact unhealthy relationships have upon people.</p> <p>Q What are some indicators of an unhealthy relationship?</p> <p>Students will learn about how their online activities can impact their options in later life. They will focus on what it means to be healthy in regards to sleep, a balanced diet and physical exercise as well as how to protect their health, including self-examination and where you should go to get help if needed. Students will learn about the effect of substances both prescribed and illegal, on the body and how they can impact your health. They will learn about disease and the science being used to prevent disease such as stem cell therapy and organ donation as well as about common STI's, how to prevent them and how they should be treated. Students look at what it means to be an adult in a relationship, the legal status of different relationships and</p>



	<p>consent in relationships. They will also learn about unacceptable behaviours in relationships such as coercive control and domestic violence.</p> <p>Q How do you keep your body healthy physically?</p>
	<p>Students will learn about risky relationships with peers including gangs, knife crime and anti-social behaviour. They will learn about healthy relationships and connections including love. They will explore how love is portrayed in the media and in society and about loss. Students will learn about the different stages of a relationship and how to end romantic relationships. Students will learn about sexuality, gender and gender stereotypes. They will learn about how change can affect you physically and emotionally and how you can manage change in your life. They will also learn about how changes in society can affect you and how issues such as climate change are reflected in the media.</p> <p>Q What is sexuality?</p>
	<p>Students are taught about the law in different contexts. They are taught about unacceptable behaviours in relationships and the laws around these behaviours. They are taught about consent in intimate relationships and the effect substance misuse can have on the ability to give consent. They are taught how to be a citizen of the internet and illegal activity online, including the sharing of images. Students are taught about how to respond in an emergency situation and how to respond to feelings of stress and anxiety. Students learn how to budget, avoid debt and the consequences of gambling and debt.</p> <p>Q What is meant by 'consent'?</p>
11	<p>Students will identify jobs they are interested in for their future and start to identify the skills that will be needed for such a career. They will look at the feelings and responsibilities that come with being a parent, types of contraception and fertility treatments. How to keep themselves healthy e.g personal hygiene and self examination. Students are taught how to recognise and manage stress and anxiety with a focus on exams. They learn about consent in intimate relationships including rape and unwanted pressure in relationships.</p> <p>Q What is self-examination?</p>
	<p>Students learn about the stages of an intimate relationship and the role the media plays in the unrealistic representation of sex and relationships. Students learn about safe sexual relationships and diversity within relationships. Students explore relationship stereotypes and the challenges involved in 'coming out'. Students are taught how to identify when power is not balanced in a relationship and how to manage and end unsafe relationships.</p>



Students learn about female genital mutilation, honour based violence and forced marriage. Students learn what a hate crime is and explore hate crimes within the LGBTQ+ community.

Q What are the stages of an intimate relationship?

To offer your feedback on this curriculum please fill in the google form [here](#). If you have any further queries about the PSHE curriculum the Blaise High School PSHE and RSE Policy can be found [here](#).

Yours sincerely,



Ms S Bate

Assistant Headteacher - Character



Aspiration – Integrity - Pride