



BRADFIELD COLLEGE

COEDUCATIONAL BOARDING SCHOOL FOR 13 TO 18 YEAR OLDS

**PERSONAL, SOCIAL, HEALTH, ECONOMIC,
EDUCATION
(PSHEE)**

This document outlines the current PSHEE provision at Bradfield College. It details the scheme of work that pupils (Years 9-11) will follow and gives examples of the type of learning activities that they will participate in. In addition, we hope that you will be made aware of how seriously we take this non-exam subject and how much we believe it has to offer all pupils both in terms of their personal growth and in terms of their academic development too.

PSHEE has two Department Heads:

- Head of Curriculum PSHEE – Mrs Lisa Shortland
- Head of Non-Curriculum PSHEE – Mrs Angela Marshall

Curricular PSHEE involves responsibility for timetabled lessons and non-curricular PSHEE involves responsibility for PSHEE - related presentations, talks and events.

Both responsibilities are inter-related and their aims are jointly agreed on many occasions. The intention is that non-curricular provision supports and enhances all that we do within the classroom. In addition, Mrs Marshall has responsibility for delivery of the Sixth Form PSHEE programme which takes the form of several year group presentations staged throughout the Michaelmas and Lent terms.

These include topics such as:

- 'Handling my relationships less disastrously' (visiting speaker)
- 'I'm unique just like everybody else' (visiting speaker)
- Personal branding and confidence
- Facts about testicular / cervical cancer (visiting speaker)
- Gap year & personal safety
- 'The Dragon's Charity Apprentice' (visiting speaker)
- Leadership / teambuilding

Through PSHEE at Bradfield we aim to improve the lifestyle choices that our pupils make while supporting them in an environment that promotes good physical, mental, emotional and spiritual health. Our programme recognises the non-statutory guidelines for PSHEE from the DfES and positively contributes to the Government's 'Every Child Matters' outcomes: *Be Healthy, Stay Safe, Enjoy and Achieve, Make a Positive Contribution, Achieve Economic Well-Being.*

In this pursuit Bradfield pupils will:

- Explore attitudes and values in a safe and supportive environment
- Develop knowledge, skills and understanding to empower them to make healthy and safe lifestyle choices
- Learn how to develop positive relationships and to respect the difference and diversity in people

CHILD PROTECTION

It is essential that the PSHEE department supports Bradfield's child protection guidelines and the following topics satisfy Ofsted's delivery requirements in this area

Year 9 – Relationships – Sexual Relationships

Year 10 – Staying Safe – Domestic Violence

Year 10 – Relationships – Parenting

REPORTING PROGRESS AND ACHIEVEMENT

At the end of the summer term, pupils will receive a summative report which should focus on what they have achieved over the year and what they hope to achieve in the future.

RECOGNISING AND CELEBRATING ACHIEVEMENT IN PSHEE

Achievement in the PSHEE department is recognised throughout the year within the classroom and recorded in pupils' progress files and their end of year report. It is planned that in the near future achievement in this subject may also be recognised through PSHEE themed assemblies, school and community events and the use of awards and certificates. The schemes of work Bradfield pupils will undertake are as follows:

YEAR 9 SCHEME

PERSONAL SAFETY

- Types danger / threat including: roads, on the streets / in public, on transport, using the internet / cyber space, using mobile phones, within relationships
- How to minimise danger
- Strategies to overcome threats
- Help / support available if threatened, harmed or concerned

BULLYING:

- Types of bullying
- Physical and mental consequences of bullying: hurt, harm, destruction, the law
- How to avoid bullying behaviour
- Identifying roles in the bullying scenario: Bully, target, bystander, objector
- Rights and responsibilities in the bullying scenario
- Strategies to overcome being bullied - *resilience*
- Help / support available if threatened, harmed or concerned

PERSONAL IDENTITY

- Identity / brand
- Principles, values, beliefs
- What is anti-social behaviour
- Mission / aim / aspirations in life – *'putting the aim back into fame'*
- Self worth, self esteem, confidence
- Resisting peer pressure (links to previous topic - bullying)

SEX AND RELATIONSHIP EDUCATION

- Types of relationship: self; friends; romantic; family; authority; exploitative
- Responsibilities within a relationship: credits and debits
- Defining family: types including dysfunctional; role; pros and cons;
- Decision to have or risk having children in or outside a relationship
- Definitions of sex

DEFINING HEALTH

- Physical: smoking as a focus topic,
- Mental and psychological:
- Spiritual:
- Sharpening the saw – Strategies for renewal and recovery

YEAR 10 SCHEME

SELF AWARENESS - Using 'debating skills' as a context

- **Communication skills:** *Enthuse, Persuade, inform, canvass, campaign, argue, defend, enlighten, clarify, justify, entertain, move, Targeted personal attributes: empathy, focus, effective body language, knowledge of presentational device, passion, effective verbal and listening skills*

COMMUNICATION AND TEAMWORK

- Edward De Bono's 'Thinking Hats'

LISTENING SKILLS

- Stillness (strong silence)
- Active listening – listening with your eyes and your body
- 'Your way, My way, The High Way'

HEALTH FOCUS (physical / sexual)

- Testicular Cancer – The facts
- Cervical cancer / HPV Jab – The facts
- STIs
- HIV/AIDS
- Available support if affected or concerned
- Sunbathing – risks of skin Cancer / prevention

RELATIONSHIPS AND SEX

- Types of relationship / identifying sexuality – agreeing boundaries within a relationship
- Pre-requisites of a positive relationship
- Contraception
- Parenting
- Dysfunctional relationships – inequality, manipulation, exploitation, abuse
- Breaking up / ending a relationship / separation / divorce
- Domestic Abuse
- Available support if affected or concerned

HEALTH FOCUS (Emotional / psychological)

- Depression – links to previous topic (relationships – separation, divorce, loss / bereavement)
- Self Harm
- Eating Disorders
- Available support if affected or concerned
- Resilience

YEAR 11 SCHEME

ALCOHOL

DRUGS

ANGER MANAGEMENT/ SELF CONTROL

ADDICTIONS

- Foods
- Sex
- Drugs
- Gambling

ATTITUDES TO SELF AND OTHERS:

- Prejudice, bigotry, sexism, racism, homo-phobia
- Stereo-typing
- Pornography

ANTI-SOCIAL BEHAVIOUR/ PERSONAL SAFETY

- Violence
- Public sexual display (links to drugs / alcohol)
- Sexual predatory behaviour / date rape

ABORTION

- The facts / rights and ethics
- Decision making / external influences
- Available support if affected or concerned

PERSONAL ASPIRATIONS

- Mission statements
- Goal setting and planning

CELEBRATING DIVERSITY

CITIZENSHIP & CAMPAIGN

LEADERSHIP IN PRACTICE

BUDGETING

STRATEGIES TO ALLEVIATE EXAM STRESS

In order that PSHEE can meet the needs of our pupils, we approach the subject with flexibility and consideration and aim to implement a system of consultation and review in order to understand the very unique and individual needs of our pupils at Bradfield. Parental understanding and involvement are essential if our programme is to have maximum effect to we are to keep improving the standard of our provision. With this in mind we welcome your contributions at any time. Please feel free to contact the department to discuss issues, to express any concerns you may have or to make suggestions. From time to time we will send parents / carers information on topics, offer them opportunities to attend education / awareness events, and occasionally invite feedback on our provision. In this way we hope to secure a programme that remains relevant and of real value to all our pupils year on year.

Contacts:

Lisa Shortland - Head of PSHEE: lshortland@bradfieldcollege.org.uk

Angela Marshall - Head of non-curricular PSHEE / Registrar: amarshall@bradfieldcollege.org.uk