



## **Curriculum Detail: PSHE**

Personal, social, health and economic (PSHE) education at Norbury Manor is a broad programme of learning designed to engage and challenge students through the discussion of key life issues. Students are given the opportunity to develop the knowledge, skills and understanding they need to thrive as strong, independent and well-informed members of society.

The programme of study is based on three core themes: health and wellbeing; relationships; and practical living in the wider world. There is broad overlap between these themes; numerous possibilities exist to explore common issues and ideas. A spiral programme ensures learning is revisited, reinforced and extended in contexts appropriate to age.

As part of a whole school approach, PSHE education is delivered across all subjects as well as via form-time activities (these embrace national initiatives such as World First Aid Day, Anti-Bullying Week and Kindness Day as well as educating students about current issues and events).

Our approach to PSHE, which is primarily discussion-based, allows students to immerse themselves in a variety of practical, real-life scenarios that allow them to use their critical thinking skills and develop a strong sense of personal and social responsibility. Students are encouraged to clarify and challenge their own opinions and consider the views of others in a safe and secure learning environment.

The college regularly asks outside speakers to deliver talks and host discussions; some of these have included the Forced Marriage Unit, the Croydon Drop In TALKBUS, Alone in London and Family Lives.

In Year 7, the immediate focus is very much on the transition to secondary school - on feelings, friendships and related issues such as bullying. Emotional health is discussed along with the roles played by healthy eating, activity and exercise in maintaining mental and physical wellbeing. The changes that occur in both girls and boys at puberty are examined along with the menstrual cycle and how to deal with emotions. Students look at diversity issues - at cultural differences, stereotypes and prejudices - and are introduced to wider world areas such as money and careers.

Year 8 students learn about financial capability: understanding money, how employees are paid, a comparison of pay in different jobs, taxes and budgeting. Healthy eating is once more discussed and various media (e.g. the documentary *Super Size Me*) are used as stimuli. The effects and implications of smoking and drinking alcohol are examined along with how to make informed choices and deal with peer pressure. The discussion of issues concerned with and surrounding relationships, the effects of the media and the sexualisation of young girls offers further valuable grounding.

In Year 9, students receive careers guidance and advice with using websites to gain an understanding of careers in preparation for picking their GCSE options. Sex and relationship education (delivered by Croydon NHS Trust outreach workers) covers areas such as relationships, values and attitudes, self esteem, negotiating skills, risk taking behaviour and media influences; this programme also looks at contraception, sexually transmitted infections, avoiding unplanned pregnancy, sexual consent and the law. In the drug education component, students examine the effects and health implications of a range of drugs including cannabis, cocaine and legal highs; dealing with peer pressure and where to get help and advice are also covered.

Further careers guidance is received in Year 10; students work on their progress files and complete a personal statement and CV. They prepare for their work experience placements by examining people skills and conduct in the workplace. A number of topics related to relationships and sex are revisited; students are asked once more to examine attitudes and values, risk taking behaviour and self esteem along with homophobia and the portrayal of sexual relations and stereotypes in the media. Films such as FIT and Crash are used as the stimuli for lively discussions surrounding diversity, cultures, attitudes, stereotypes and prejudices.

In Year 11, students receive further careers guidance and look at sixth form options. Students attending higher education open days might prepare by updating personal statements while others might spend time researching further education colleges and apprenticeships. Further financial education is undertaken, with a focus on budgeting, borrowing and saving, understanding payslips, taxation and consideration of the costs of living.