

# Overview of PSHE, Citizenship, and Relationships, Sex and Health Education (RSHE)

## 1) Personal, Social, Health and Economic (PSHE) Education

**Purpose:** To equip students with the knowledge, skills, and understanding they need to lead healthy, confident, safe, and independent lives, and to become informed, responsible members of society.

- **Health and Wellbeing Physical and Mental Health Education:**

- The benefits of regular physical activity, outdoor time, and maintaining a healthy lifestyle
- Characteristics and evidence of a healthy weight, and risks linked to inactivity
- Healthy eating, including links between diet and conditions such as tooth decay, cancer, and cardiovascular disease
- Oral hygiene, including brushing, flossing, and regular check-ups
- Sleep: the importance of sufficient, good quality sleep and its effect on mood, learning, and health
- Puberty and adolescent development: physical and emotional changes and menstrual wellbeing
- Blood, organ and stem cell donation: facts and significance
- Self-examination and screening: awareness of the importance of early detection (late secondary)

- **Mental Health and Emotional Literacy:**

- How to talk about emotions accurately and sensitively, using appropriate vocabulary
- The importance of connection with others for happiness and emotional wellbeing
- Recognising the early signs of mental health concerns
- Common types of mental ill health, including anxiety and depression
- How to critically evaluate the impact of their actions on their own and others' mental health
- Benefits of community participation, service-based activities, and volunteering for mental wellbeing
- The role of physical activity in reducing stress and enhancing emotional health

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- **Drugs, Alcohol and Risk Awareness:**
  - Facts about legal and illegal drugs and their associated risks
  - Understanding the mental health effects of substance use
  - The law on possession and supply of illegal substances
  - Risks associated with prescription drug misuse
  - Risks of alcohol consumption, understanding addiction and dependency
  - Low-risk drinking guidelines for adults
  - Dangers of smoking and vaping and second-hand smoke
- **Hygiene, First Aid, and Safety:**
  - Personal hygiene and the role of germs (bacteria, viruses)
  - The basics of infection prevention and treatment
  - Vaccinations and immunisations: how they work and why they matter
  - Basic first aid, treatment of common injuries
  - Life-saving skills: how to administer CPR and use a defibrillator
- **Digital Wellbeing and Media Literacy:**
  - Similarities and differences between online and offline worlds
  - Impacts of unrealistic comparisons, social media image curation, and online gambling
  - Online bullying, harassment, and how to report or seek help
  - Dangers of online relationships and over-reliance on virtual validation
  - Being a discerning consumer of digital content and advertising

## 2) Citizenship Education

### **Purpose:**

**To prepare students to be active, informed, and responsible citizens who understand the democratic processes, legal rights, responsibilities, and roles they play in society.**

### **Democracy, Politics and Government**

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- The development of democratic government in the UK, including the roles of citizens, Parliament, and the monarch
- The operation of Parliament: how laws are made, voting, and elections
- The role of political parties and how governments are formed
- Key elements of the UK constitution, including:
  - Power of government
  - Role of Parliament and the free press
  - Accountability through the executive, legislature, and judiciary

## Legal System and Justice

- The nature of rules and laws, how they are created and upheld
- The UK justice system: courts, tribunals, and the role of the police
- The functions of law in managing complex issues in society
- Different sources of law and their applications

## Rights, Responsibilities and Communities

- Human rights and international law
- Precious liberties enjoyed by UK citizens
- Diverse national, religious, and ethnic identities in the UK
- The importance of mutual respect and understanding
- How to actively participate in community improvement (volunteering, local initiatives)

## Democratic Engagement and Global Citizenship

- Electoral systems in the UK and beyond
- How to influence decisions through voting, campaigning, and civic engagement
- Other forms of government (democratic and non-democratic) worldwide
- Structures of local, regional and international governance
- The UK's relations with Europe, the UN, the Commonwealth, and other global organisations

## Money, Economy and Financial Literacy

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- The functions and uses of money
- The importance and practice of budgeting
- Understanding risk, income, expenditure, credit and debt
- Basics of insurance, savings, and pensions
- Overview of financial services and products
- How public money is raised and spent

## 3. Relationships, Sex and Health Education (RSHE)

### **Purpose:**

**To enable students to build healthy, respectful relationships and to understand the physical, emotional, and social aspects of growing up and forming connections.**

### **Relationships Education**

- Understanding different types of relationships: families, friendships, romantic
- Characteristics of healthy and unhealthy relationships
- Consent, personal space, and setting boundaries
- How to recognise manipulation, coercion, and abuse
- Respecting difference and diversity, including LGBTQ+ inclusion
- Effective communication skills, empathy, and conflict resolution
- Impact of digital interactions on relationships

### **Sex Education (primarily in secondary school)**

- Facts about puberty and reproductive health
- Contraceptive choices, safe sex, and STI prevention
- The law related to sexual activity, age of consent, and safeguarding
- Pregnancy and reproductive choices
- Understanding sexual orientation and gender identity
- The influence of pornography and unrealistic expectations