



Personal, Social, Health and Citizenship Education (PSHCE) is delivered across the curriculum through a variety of subjects throughout the school years. Pupils are considering their place in the world through Geography; their roles as responsible citizens through Religious Education and Drama; and developing an understanding of democracy and human rights through History and Sociology, to quote a few examples. In addition to a comprehensive curriculum, we run 'drop down mornings' every three weeks and have two assessments every half term.

PSHCE:

Year 7

- Who am I and who are my influences?
- Internet Safety: My online identity and consequences of what I say and do online.
- Anti-Bullying – in line with the National Focus for the year / Salvatorian College zero tolerance policy and how to report incidents of bullying / Cyber Bullying/ Peer Pressure and Belonging.
- Prejudice and Discrimination.
- Challenging stereotypes.
- Dreams and goals- identifying and achieving dreams and goals and recognising these may change over time.
- Coping strategies – using experiences to make appropriate changes to my plans and behaviours.
- How to recognise and deal with anxiety and stress
- Healthy lifestyle choices
- Road Safety
- Politics: Debating. The importance of debating and respecting the opinions of others / Recognising that people have different beliefs.
- British Values; Mutual Respect: What is respect? / Why is it important to respect others? / How do we show respect for others?

Year 8

- Who am I: My family, faiths and beliefs and the power of first impressions.
- Prejudice and discrimination, social injustice and inequality in the UK.
- Internet Safety: Dangers of online identities / How to ensure you know who you are talking to and how to protect yourself / Personal safety - How to avoid being a victim of street crime.
- Anti-Bullying – in line with the National Focus for the year / Salvatorian College zero tolerance policy and how to report incidents of bullying / Cyber Bullying.
- Politics: Understanding what a democracy is / looking at contrasting political regimes around the world and understanding our political context.
- Dreams and goals – money and earnings and understanding the variations in income across the world.
- British Values: The Rule of Law /Why are Laws important? / How do laws help to govern and protect us? / How do the laws of the Catholic Church support society laws?
- The dangers of alcohol/ Legal implications and the mental and physical impact of alcohol use / Consequences of acting under the influence.
- How gangs recruit / The role of younger children in gangs including legal aspects of age and arrest.

Year 9

- Internet Safety: 'Selfies' and video uploads / Making good choices and keeping within the law online.
- Peer Pressure and Anti-Bullying: – in line with the National Focus for the year / Salvatorian College zero tolerance policy and how to report incidents of bullying / Cyber Bullying & 'Sexting'.
- Politics: What topics matter the most? / What sways elections - the impact of political decisions on our lives.
- Equality: Understanding the different types of prejudice and discrimination. Knowing the power of positive language.
- British Values: Tolerance of those of different faiths and beliefs / What makes us different from others? / What place do we have in a culturally diverse society? / Why is it important to respect and tolerate different beliefs?
- Making healthier choices: The difference between legal and illegal substances /The dangers of substance abuse including mental & physical health risks/Life-saving skills.
- Knife crime: Legal implications of carrying a weapon / Consequences within and outside of school.
- Dreams and Goals: The power of planning and accepting criticism.
- Mental health: Knowing the factors that contribute to a person's mental ill health along with media manipulation and resilience.

Year 10

- Literacy and the Internet / Your online use and your future / Appropriate ways to use language in different forums (online vs. exams).
- Anti-Bullying – in line with the National Focus for the year / Salvatorian College zero tolerance policy and how to report incidents of bullying / Cyber Bullying & 'Sexting'.
- Politics: What different political parties stand for and what this means in practice.
- British Values: Individual Liberty / What is the difference between a person's rights and responsibilities? / How to be a responsible member of a society. / How can making the right choices keep you and those around you safe?
- Addiction – exploration of how drugs and alcohol can impact upon lives.
- How knife crime changes lives – explorations of real life events and how these could be prevented.
- Work Experience: Preparation for work and careers workshops to enable students to get the most out of their work experience.
- Equality: What does equality mean in the workplace, and in the UK? How to challenge inequality.
- Managing physical and emotional changes and decision making.

Year 11

- Appropriate use of technology.
- Anti-Bullying – in line with the National Focus for the year / Salvatorian College zero tolerance policy and how to report incidents of bullying / Cyber Bullying & 'Sexting'.
- Politics: Rights and Responsibilities / Being a responsible citizen / How to cast a vote.
- British Values: Our Britain – how can we promote the positive aspects of our country?
- Drugs: What are Legal Highs? / The dangers and consequences of using them.
- Careers: Guest Speakers, Careers Guidance, Money and Debt and Dream Jobs and Skill Set.
- Steps to take in emergency situations.
- The Law and consequences of breaching the law.
- Relaxation and managing hygiene, health, stress, anxiety and pressure.

The PSHCE programmes are all supported by outside visitors as and when opportunities arise. This is in the form of performances, guest speakers and workshops.