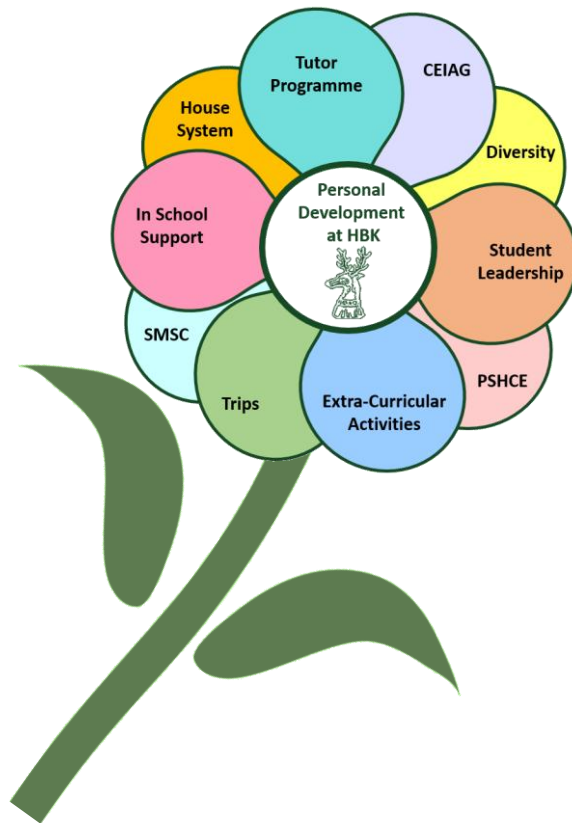


Hinchingbrooke School

Hard Work High Standards Kindness



The Sixth Form

Personal, Social Health and Citizenship Education (PSHCE)

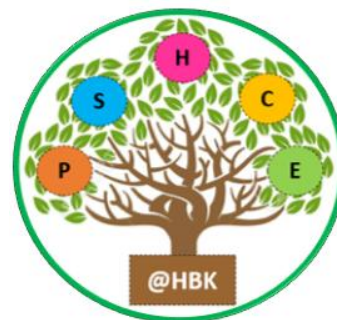
Edition 2 – June 2025



An Introduction to Personal, Social, Health and Citizenship Education

PSHCE plays a key part in students having a happy and successful time at Hinchbrook and being prepared for adult life. It is a key part of the wider Personal Development programme that students experience whilst at Hinchbrook Sixth Form.

Lessons are timetabled once per fortnight for all students in Years 12 and 13 and is taught either by a specialist teacher or the PSHCE Coordinator.



Lesson topics are planned to meet the changing needs of students and are age appropriate. The themes are mapped to the PSHE Association Key Stage 5 Framework and complement the 'Statutory Relationships and Sex Education and Health Education Guidance 2020' delivered in years 7-11.

Topic overview

This is the overview of the themes covered in the Sixth Form PSHCE Curriculum:

AUTUMN TERM	
Year 12	Year 13
1 What is PSHCE and why does it matter in the Sixth Form?	1 CEIAG – Personal Statements
2 Healthy Choices: Alcohol & Drugs	2 Looking after your own health: GPs, vaccinations, self-checking etc.
3 Diversity in our community	3 Body Image
4 Healthy Relationships: consent	4 Workplace Issues: unions, whistle blowing
5 Contraception and STIs	5 Citizenship – participating in democracy and politics
6 Pregnancy and miscarriage	6 MOCK EXAMS
7 Review of Year 12 so far	7 Driver safety
SPRING TERM	
Year 12	Year 13
1 Study Skills (exam prep)	1 Resilience post-mock review.
MOCK EXAMS	2 Critical thinking - Becoming media savvy
MOCK EXAMS	3 Finance – money and risks.
3 CEIAG – Post-18 Choices	4 Safer relationships – new friends and coercion
4 CEIAG – Workplace assertiveness	5 Safer relationships – starting a family
5 CEIAG – Personal Statements and CVs	6 Human Rights- sexuality and identity
SUMMER TERM	
Year 12	Year 13
1 Mental wellbeing	1 Moving to a new city – personal safety
2 Personal Finance – Budgeting	2 Leaving HBK: memories and PSHCE feedback
3 Personal Finance – Mortgages	EXAMS
4 Personal Finance - Other issues.	
5 Safer Travels	
6 Safer Travels	

PSHCE – Resources and Teaching

It is an essential part of the PSHCE curriculum that the materials used are age-appropriate, and high quality. The Subject Coordinator has drawn on PSHE Association, CEOP, NHS, Educate Against Hate, Human Rights Commission, NSPCC and other reliable sources for information and resources, which are then developed into tailored lesson plans to meet the needs of our students. For many of the topics covered in PSHCE it is essential to have accurate and up-to-date information to assist the students in developing their understanding.

Lessons are primarily taught through discussion. Students are encouraged to share their ideas and opinions in a safe discussion space which is established through class ground rules. These ground rules include guidance on sharing personal information and showing respect to others in the classroom context.

Students will need to bring a notebook to record their learning and discussions. They are encouraged to reflect on their own learning with a range of self-evaluation activities.

PSHCE – Communication and Consultation

We are keen to liaise with students about their needs and views about the lessons. We undertake student voice activities to ensure we are meeting their changing needs. We regularly inform parents / carers about our PSHCE curriculum through the school newsletter.

More Information

For further information on any issue related to PSHCE please do email Miss B Palmer, PSHCE Coordinator – rpalmer@hbk.acesmat.uk



Sources of help and Guidance

At school: form tutor, student support officer (SSO), Head of Year or the safeguarding team.

External:

- MIND – mental health www.mind.org.uk
- Young Minds 020 7089 5050 www.youngminds.org.uk
- NHS – all health topics www.nhs.uk
- iCaSH Huntingdon – sexual health 01480418555 www.icash.nhs.uk
- CEOP – online safety and reporting www.ceop.police.uk
- BISH UK – Sex, love and you (14+) www.bishuk.com/
- Oddballs – testicular health <https://theoddballsfoundation.com/>
- CoppaFeel – breast health <https://coppafeel.org/>
- Step Change – debt help www.stepchange.org/



MENTAL HEALTH SUPPORT SERVICES

For Young People

Centre 33 Whatsapp: 07514 783745 Call 0333 41410808 help@centre33.org.uk 13-25yrs	YPCS Call: 0800 634 4395 Admin@ypcs.uk Online Chat 11-18yrs	ChildLine Chat boards, 1-2-1 Support, Call: 0800 1111 Under 19yrs	ClearFear Anxiety Support App 11-19yrs Calm Harm Self Harm Support App 13yrs+
Young Minds Young People text: YM to 85258 Parents helpline: 08088025544 14-25yrs	Kooth Online Chat: Mon – Fri: 12–10pm Sat & Sun: 6–10pm 11-18yrs	CALM Call 0800 58 58 58 A helpline for people who need to talk or find support 9am–midnight every day of the year	The Kite Trust LGBTQ+ Support 01223 369508 info@thekitetrust.org.uk Under 25yrs
Samaritans Call for Free 116 123 Whatever you are going through, call anytime	The Mix Crisis Messenger: text THEMIX to 85258 Call 0808 8084 994 Under 25yrs	ChatHealth Cams & Phoro Text 07480 635 443 Ages 11-19	Papyrus Suicide Hopeline 0800 068 4141 Under 35yrs 9am–midnight every day of the year









Follow Youth Inspired for useful information & 'Whats On' guides for young people in Peterborough

[youthinspired-peterborough.org.uk](https://www.youthinspired-peterborough.org.uk)
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