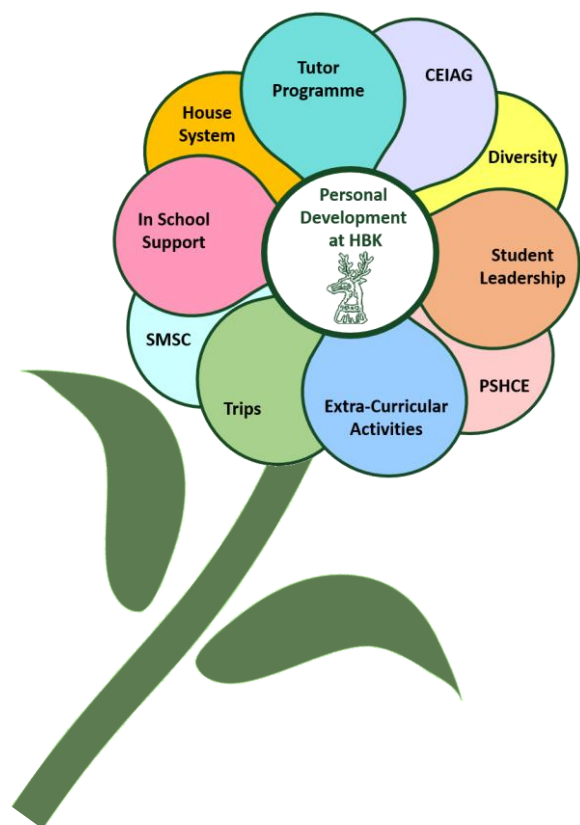


Hinchingbrooke School

Hard Work High Standards Kindness



Parents and Carers Information

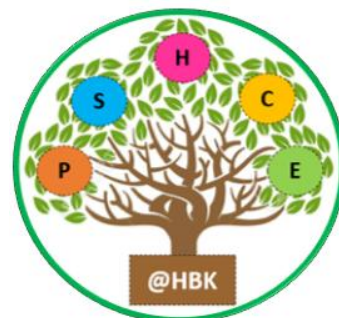
Personal, Social, Health
and Citizenship Education (PSHCE)
Years 7-11

Edition 6 – 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 Hinchingsbrooke and being prepared for adult life. It is a key part of the wider Personal Development programme that students experience whilst at Hinchingsbrooke. We refer to the 'Statutory Guidance for Relationships and Sex Education and Health Education 2020' for the foundation of our PSHCE curriculum.



Lessons are timetabled once per fortnight for all students in Years 7-13 and is taught either by their Head of Year, a specialist teacher or the PSHCE Coordinator.

In years 7-11 the academic year is divided into six topic areas, one per half term: the curriculum within these topics is planned to meet the changing needs of students as they move through the school.

This is the topic overview Years 7-11

Year 7	Year 8	Year 9	Year 10	Year 11
Respect and Community - Hinchingsbrooke Induction; sources of support	Respect and Community - British Values: democracy	Respect and Community - British Values: Youth Justice	Careers – work experience and employment	Health and Wellbeing - mental wellness, flourishing, exam stress.
Relationships - Friends and family	Relationships – safer relationships, diversity	Personal safety – managing risk and influence, online safety and grooming.	Respect and Community - British Values: global human rights	Careers – post-16 applications (Plus support for mocks)
Health and Wellbeing - Feeling positive and our mental health toolkit.	Careers - option choices - consumer rights	Relationships – safety in relationships: consent and choice.	Relationships – behaviour, consent, harassment and risk	Relationships – Parenting, fertility, abortion & miscarriage.
Careers – The Real Game: finance and jobs	Relationships and sex education – body image and puberty	Relationships and Sex Education: sex and contraception	Personal safety – mental health, addiction: gambling and alcohol	Personal Safety – Being an Adult: finance, driving
Personal Safety – road, water and online safety	Health and Wellbeing – influence and risk, drugs, alcohol and vaping.	Health and Wellbeing - mental health conditions and stress	Relationships and Sex Education – safer sex and STIs	
Relationships and Sex Education – Puberty: changes, hygiene and bodily autonomy.	Personal safety - Online safety, gangs and knife crime.	Careers – Future goals, launch work experience	Health and wellbeing – physical health: vaccinations, organ donation and health checks	

PSHCE Curriculum – more information

Respect: Ethos and Community

The 'Respect' half term has a citizenship focus with students covering different aspects of citizenship in different year groups. For year 7 the focus is belonging to our HBK community; year 8 study democracy and how voting works, year 9 learn about young people and the law. Year 10 has a particular focus on human rights in the UK and globally.

Health and Wellbeing

We have a wide range of issues to be covered in PSHCE lessons. Across the years we look at aspects of mental health and physical health such as vaccination, stress and mental health conditions, self-checking, drugs and alcohol use.

Relationships

The purpose of this half term theme is to identify qualities and characteristics of good relationships, whether they be with friends in our new school, family, partners or others. This includes aspects of personal safety; including consent and harassment.

Relationships and Sex Education (RSE)

The curriculum for this half term varies greatly depending on year group. In Year 7 we recap some of the primary material about puberty, hygiene and menstruation. Year 8 look at body image and self-esteem. Year 9 have a series of RSE lessons covering sex and the law, contraception. Year 10 look at safer sex and relationships and STIs. Year 11 review their learning about STIs and consent and consider the issue of abortion.

Careers Education Information and Guidance (CEIAG)

These are age-appropriate activities to help students with their work-place skills and career planning and understanding of personal finance. Examples are option choices, world of work research, interview practice, post-16 planning and personal statements.

Personal Safety

The focus for Personal Safety varies greatly according to the year group. For Year 7 we cover aspects of physical safety: water, road and online safety. Year 8 has a focus on safety from crime; gangs and knife crime and we review online safety strategies. Year 9s explore identifying and managing risks and Year 10 consider the consequences of alcohol and drugs.



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 the 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.

PSHCE – Recording

Students will have a workbook to record their learning and discussions. They are encouraged to reflect on their own learning with a self-evaluation activity at the beginning and end of each unit.

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 also offer parents/carers the opportunity to find out more about PSHCE.

RSE – Right to Withdraw

It is the duty of the school to inform all parents/carers that they have the right to withdraw their child from Sex Education up until the third term before their 16th birthday. “Sex Education” is identified in our Relationships and Sex Education policy and is taught in Year 9. Should a parent wish to do this they need to contact Mrs K Tandy, Vice Principal, in the first instance ktandy@hbk.acesmat.uk

More Information

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

