

PSHRE in the Senior School

Programme of Study:

Half term 1:

Mental Health

- Mental health awareness and literacy
- Combatting stress and anxiety
- Case study: Eating disorders
- LINK: Social media and phone addiction

Half term 2:

Drugs and Alcohol

- What is a drug/types of drug
- The drug trade – ethical choices
- Focus: Alcohol awareness

Half term 3/4: Relationships and Sex Education

- **13s / Year 9**

1. Types of relationship
2. Sex and the law (includes consent focus)
3. What time is the 'right time'? (include cultural/religious impact on choices)
4. Issues around pornography

- **14s / Year 10**

1. Romantic relationships – what's healthy?
2. Consent
3. Contraception and STIs
4. Body image/body positivity

- **15s / Year 11**

1. Toxic relationships – how to spot them and what to do...
2. Sexual harassment - the #metoo debate (includes consent focus)
3. STI – stats and treatment
4. Parenting and pregnancy

NOTE: Following the Sarah Everard case and issues raised by the Everyone's Invited website, we have this year run a series of specific sessions on Male Behaviour and Female Safety. This began with a PSHRE form time session, followed by specific boy-only and girl-only talks/discussions with a chance for girls to share feedback. A team of 18 Sixth Form volunteers then received training over the Easter holidays and will help lead 13s Citizenship lessons on this topic during the week following our return. 14s and 15s will then receive special assemblies run in part by the Sixth Form before breaking into workshops during Period 1.

In each of these classes and workshops, the focus will be on working through specific Case Studies in small groups, focussing upon how those involved would be feeling and how they should behave in each situation.

The end result of these sessions will be an agreed Code of Conduct regarding healthy interaction among Harrodian pupils in the Senior School.

Half term 5: Diversity/global community

- Black Lives Matter
- LGBTQ rights
- Philanthropy

Half term 6: 'Real World' PSHE

- University
- Getting a job
- Taxes/finances

Note – due to the period of lockdown earlier this year, and the unsuitability of running PSHE discussions remotely via Zoom, not all material will be covered during 2020-21. However, the key areas of Mental Health, Drugs Awareness and Relationships and Sex Education will be fully covered.