

What should personal and social education sessions be about?

In our school we teach PSHE - Personal, Social and Health Education. We believe that this nomenclature allows us to cover the following core strands:

- **Academic** - study skills, revision planning, understanding how we learn (multiple intelligences, left brain/right brain, etc.), target setting
- **Careers and preparing for life beyond school** - careers advice, job and Further/Higher education applications/CVs, interview skills, subject choices, GAP years, planning volunteering and work experience, personal finance
- **Citizenship** – understanding wider culture (local, national and global), equality, human rights, political awareness, charity work
- **Online Safety** - staying safe online, digital footprints, online bullying, sexting, grooming, internet dating, online addictions
- **Personal Safety** – substance use and abuse (smoking, vaping, drugs), sun exposure and skin cancers, wider cancer awareness (Teenage Cancer Trust), staying safe at parties and when out in town, risk-taking and gambling, FGM, Young Driver Safety
- **Relationships** - friendships, bullying, LGBTI
- **Sex Education** - puberty, relationships, sex, contraception, STIs
- **Wellbeing - physical** (nutrition and exercise)
- **Wellbeing - emotional** (mental health – developing an understanding of a wide range of mental health difficulties, and how to seek help, support friends, etc.)

PSHE should support our young people in dealing with all aspects of their teenage lives. There should not be any 'no-go' zones. All aspects of adolescent life should be discussed within the PSHE classroom in an open and transparent way where pupils feel that their opinions and views are listened to and respected. PSHE programs should, at all times, provide information on how to seek support with issues.

PSHE programs need to be shared openly with parents/carers. Advice/education should be provided for parents/carers so that they are aware of what is being discussed in school and can continue positive, meaningful discussions at home. Where possible, parent engagement sessions and other relevant resources should be provided to support this.

PSHE programs need to be reviewed continually - evolving issues need to be included in the program. Flexibility is required to address issues timeously so as to prevent them from becoming bigger problems.