What is PSHE Education?

PSHE Education is a planned programme of learning that helps children and young people gain the knowledge, understanding and skills they need to manage their lives – both now and in the future.
As part of a whole-school approach, PSHE Education supports pupils to develop the qualities and attributes they need to thrive as individuals, family members and active members of society. This can include learning about:

- Economic wellbeing
- Careers and enterprise education
- Personal safety
- Health and relationships

It is a statutory requirement for schools to teach Relationships and Sex Education (RSE) and Health Education at Key Stages 3 and 4. Schools also have legal duties to safeguard pupils (Keeping Children Safe in Education, DfE, 2019) and to uphold the Equality Act (2010).

PSHE at Moon Hall

At Moon Hall, we hold a PSHE Day every half term, during which the usual curriculum is suspended so that pupils can immerse themselves fully in their PSHE learning. This dedicated time provides valuable opportunities for children to engage deeply with important themes and develop their understanding in a meaningful way.

We deliver our PSHE curriculum through an adapted version of the Jigsaw Programme. Jigsaw supports all statutory requirements and places children's wellbeing at its heart. As a whole-school approach, it combines a positive philosophy with creative teaching and learning activities, helping pupils develop into compassionate, well-rounded individuals while building their confidence, resilience and capacity to learn.

Our PSHE curriculum is tailored to meet the specific learning needs of our pupils. This includes:

- Pre-teaching key vocabulary
- Adjusting slides and resources to aid understanding
- Delivering content through practical workshops and inviting external speakers

In addition to Jigsaw, we adapt our curriculum to respond to current issues affecting our pupils. For example, when there was an increase in knife crime reported in West Sussex and Surrey, we arranged a workshop with a guest speaker to address the topic directly and appropriately.
The following pages will guide you as to when PSHE Days are and what the planned topics are.

Term	Date	Topic
Autumn (1)	Monday 28 September	Being Me
Autumn (2)	Friday 13 November	Celebrating Difference
Spring (1)	Wednesday 3 February	Dreams and Goals
Spring (2)	Thursday 11 March	Healthy Me
Summer (1)	Tuesday 25 May	Relationships
Summer (2)	Tuesday 22 June	Changing Me

Please come dressed in games kit, unless otherwise told as we often have active workshops planned.

What will your child be learning in Year 10

Term	Topic Title	Main Sub-topics
Autumn (1)	Being Me	Human rights, societal freedom, understanding safety in UK and beyond, stages of grief, loss and bereavement, the law and social media risks, algorithms and use of online data, GDPR the dark web and managing online content/screentime, dealing with disturbing online content (suicide, self-harm, violence), sharing/enhancing of images, risks associated with sharing personal data, AI chatbots and online scams.
Autumn (2)	Celebrating Difference	Human Rights, responsibilities, The European Convention on Human Rights, The European Court of Human Rights, The Human Rights Act 1998, multicultural societies, successful societies, Equality Act 2010, hidden disabilities, discrimination in the workplace, inequality and campaigning for equality, equality in relationships, empowered and disempowered, changing and ending relationships, UK healthcare and accessing a GP.
Spring (1)	Dreams and Goals	Resilience, nurturing important relationships, achieving your goals and the impact of physical and mental health, taking care of your mind and body, real v online behaviours, social media usage, the impact of social media on future employment, the body and vital organs, blood, organ and stem cell donation, opting out, balanced lifestyles, resilience toolkit.
Spring (2)	Healthy Me	Improving health and good habits, cancer (skin, testicular and breast cancer), common mental health disorders and treatment, substance use and mental health, mental health stigma, sexual health, STIs (transmission, treatment, symptoms) HIV/Aids, safer sex, contraception (barrier/hormonal), threats to health (cancer, diabetes, cardiovascular disease).
Summer (1)	Relationships	Long-term relationships and legal status, the science of attraction, how to have a good relationship with yourself, why do relationships end, unsafe, toxic and unhealthy relationships staying safe and getting help, the law on marriage, cohabitation and the impact on children, the difference between real life and relationships that we see in the media and pornography stalking and harassment, coercion and abuse, free choice and pressure, the law on sex trafficking and modern slavery.
Summer (2)	Changing Me	Impact of societal change on young people, role of media on societal change, reflection on change so far and how to manage it successfully. Gaining independence, personal safety, cycling, railway, water safety, transport, alcohol, drink spiking, gender stereotypes in romantic relationships, virginity testing and hymenoplasty, physical and emotional changes, family change, sources of support.

Should your child be out on a trip that is not linked to the learning targets above, topics will be covered during form time.

We are committed to ensuring that every child feels supported, informed, and empowered to make safe and positive choices in all aspects of their lives, both now and in the future. If you have any questions about our PSHE curriculum or the topics we cover, please do not hesitate to get in touch.