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 9

Term	Topic Title	Main Sub-topics
Autumn (1)	Being Me	Being in a group, peer approval, perceptions about intimate relationships, consent and personal safety, sexual exploitation, grooming, radicalisation, county lines, positive and negative self -esteem and self-identity, influences, managing risk online and offline, social media, abuse and coercive control.
Autumn (2)	Celebrating Difference	Being in a group, peer approval, perceptions about intimate relationships, consent and personal safety, sexual exploitation, grooming, radicalisation, county lines, positive and negative self -esteem and self-identity, influences, managing risk online and offline, social media, abuse and coercive control.
Spring (1)	Dreams and Goals	SMART planning, changing appearances, cosmetic surgery and weight loss products, mental illness and stigma, social media, mental health and self-esteem, deepfakes and AI, harmful and illegal online content, misogyny.
Spring (2)	Healthy Me	The teenage brain, risks and personal safety, drugs and alcohol- physical and psychological effects, belonging, loneliness and inclusion, emergency situations, CPR, cardiac arrest, mental health first aid and support, drugs- the law, safety, classification, supply and possession legislation, health choices (nutrition, stress, sleep).
Summer (1)	Relationships	Equity and equality, healthy and unhealthy relationships, power dynamics, pornography, contraception, pregnancy, STIs, consent, factors to consider in intimate relationships, Gillick Competence Test.
Summer (2)	Changing Me	Change and managing emotions, importance of sleep in relation to mental health, self- expression, influences, body image, masculinity (positive), online influence, misogyny, incel culture and healthy vs unhealthy online communities, mental health and addiction, the importance of sleep and good routines.

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.