PSHE/RSE:

The Academy's personal development programme (World Ready) is designed to promote the emotional, social and health development of our young people and is sequenced progressively over 7 years. It covers the breadth of all statutory RSHE requirements (including Relationships Education, RSE and Health Education) to economic wellbeing and careers. Learning opportunities are spread across six core themes:

Growing Up – health and body changes **Families and Healthy Relationships** **Personal Identity and Wellbeing**

Respect, Equality and Online Behaviour **Personal Safety** **Career Aspirations**

Taught by their form tutor, all our students receive a weekly World Ready lesson which covers all statutory aspects of PSHE/RSE and its core elements; lessons are also cross-referenced against the good practice guidance published by the PSHE Association. We ensure that topics are revisited as part of Flashback Friday and this allows those who were absent to cover the topics and our more vulnerable students to revisit key themes.

7	**Growing up health and body changes** • Puberty • Health conditions	**Families and healthy relationships** • Your impact on others • Communication in relationships	**Growing up health and body changes** • Healthy eating and physical health and fitness • Personal hygiene, sleep and dental health • First aid	**Personal identity and wellbeing** • Self-awareness • Happiness • Self-esteem and resilience	**Respect, equality and online behaviour** • Rights, responsibilities and opportunities online • Sexting • Online bullying • Online risks • Body image • Time spent online	**Personal safety and safe relationships** • Alcohol • Tobacco and vaping • Rail and water safety
8	**Respect, equality and online behaviour** • Social media • Online content • Information and data • Misinformation and disinformation • Harmful online behaviours	**Career aspirations** • Self-awareness and careers • Labour market information	**Respect, equality and online behaviour** • Democracy in the UK • Tolerance and respect • The Equality Act • Prejudice • Discrimination	**Families and healthy relationships** • Consent • Positive relationships • Boundaries in relationships • Ending relationships or friendships	**Personal identity and wellbeing** • Mental health • Gambling • Drug and alcohol use and mental health	**Personal safety and safe relationships** • Drugs • Water safety

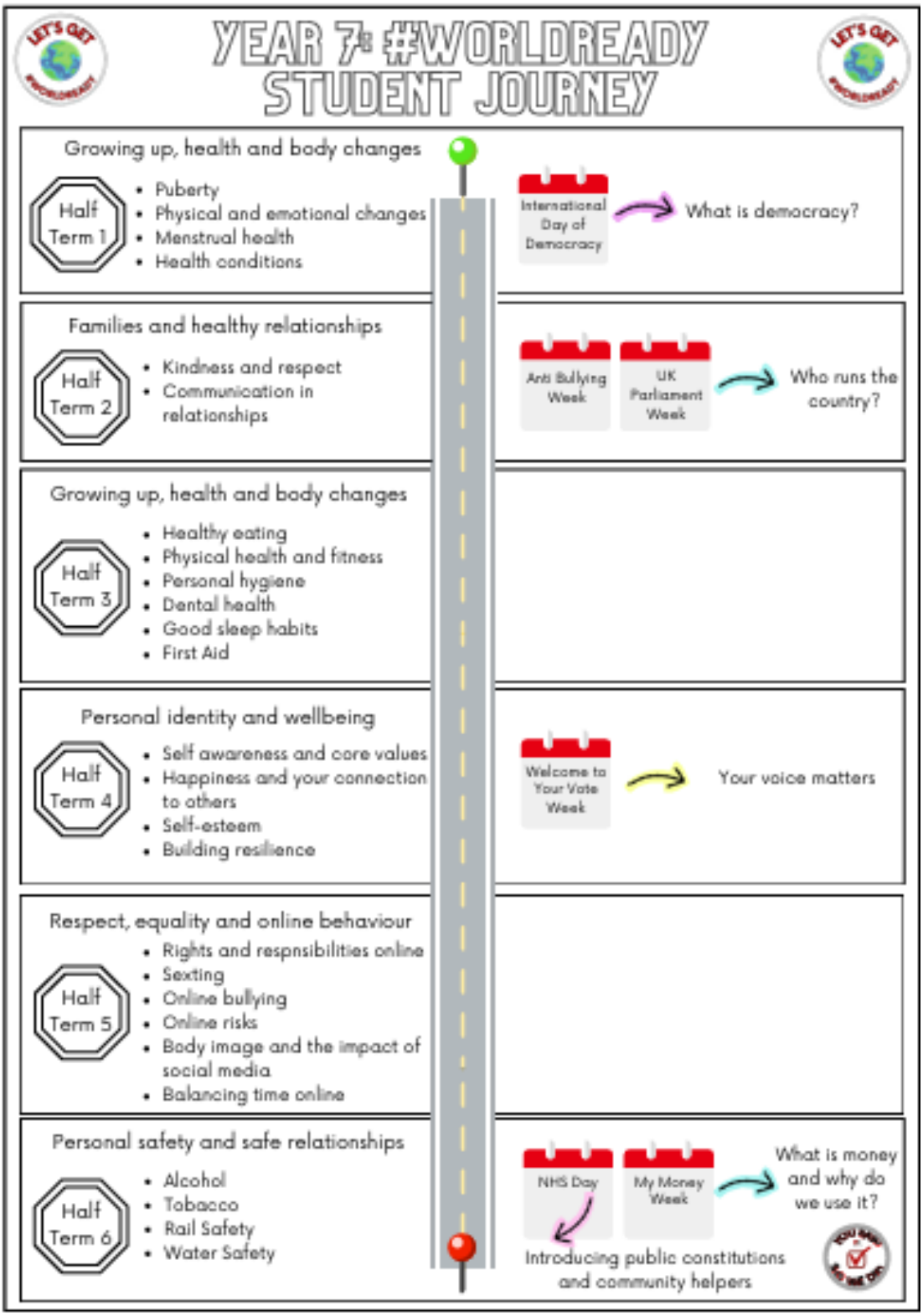
9	**Growing up health and body changes** • Pregnancy • Vaccinations and immunisations • Self-examination	**Personal identity and wellbeing** • Mental health • Change, loss and grief	**Career aspirations** • Values and career choices • Routes to employment • Employability • Preparing for interview	**Respect, equality and online behaviour** • Deep fakes • Fraud and online scams • Online gambling • AI chatbots	**Personal safety and safe relationships** • Consent (sexual) • Contraception and STIs • Domestic abuse • FGM, virginity testing and hymenoplasty • Skills to increase safety from involvement in conflict	**Personal safety and safe relationships** • Safety in public spaces • Grooming and exploitation • Knife crime and violence • Water safety
10	**Families and healthy relationships** • Marriage and long-term commitments • Parenting	**Growing up health and body changes** • Health care • Gillick competence	**Career aspirations** • Goals • Future careers • Post-16 • Employability	**Personal identity and wellbeing** • Mental health • Coping strategies • Reframing negative thinking	**Personal safety and safe relationships** • Sexual harassment and violence • Pornography • Substance use	**Personal safety and safe relationships** • Incels • Stalking • Abusive behaviour • Water safety
11	**Growing up health and body changes** • Gynaecological health • Reproductive health	**Families and healthy relationships** • Unsafe relationships	**Citizenship** • Income and expenditure • Credit and debit • Insurance	**Respect, equality and online behaviour** • Inequalities of power	**Career aspirations** • Online reputation • The labour market	

12	**Health and Wellbeing** Target Setting/Goals Digital Footprint Social Media Tik Tok Emotional Wellbeing Stress Sleep Diet and Exercise	**Communication and Care** Preparing for responsibility Strengths and interests in future roles and opportunities Career opportunities in a global economy Employment Law Professional conduct in the workplace	**Culture and Society** Communicating personal values and strategies to reduce discrimination Challenging prejudice and discrimination/Diversity Different ways faiths or cultures can influence relationships Forced Marriage and honour based violence Gangs Organised Crime Relationships, Values and Beliefs Challenging prejudice and discrimination/Diversity Religion in the Media Religion and Identity in Modern Britain Religion, Science and Big Questions Religious Celebrations	**Safe Relationships** Consent Consent and emotions Managing Peer Pressure and exit strategies Relationship abuse De-escalation Strategies Harassment and stalking	**Sexual Health and Safety** Online Relationships STI's and Contraception Pregnancy Substance abuse	**Living in the Wider World** How to Assess Strengths, Values, skills First aid and evaluating emergency situations Transitioning from study to workplace Global Job Market
13	**Health and Wellbeing** Target Setting Goals Online Reputation Online Reputation Common Types of Mental Ill Health Supporting anxiety Supporting depression Self Harm	**Money and Finance** How to effectively Budget Managing Change Finance Quiz Financial products and Services Financial Risks and Rewards Identity Theft and Fraud	**Changing Relationships** Assertively communicate in relationships, manipulation and coercion Contraception and sexual health Pregnancy advice, support and miscarriage Unintended pregnancy and young parenthood	**Relationships** Managing mature friendships and making friends in new places Pleasurable relationships and emotional intimacy Assertive communication in relationships Exiting difficult social situations - gangs, weapons		

Sex Education

PSHE/RSE:

Students are provided with a learning journey that prepares them for the year ahead and they receive a knowledge organiser for each topic which also provides students with additional sources of support. Examples of both can be seen below:



Our PSHE lessons follow the same expectations as the rest of the curriculum. Knowledge organisers are provided for each topic and these are used as points of reference during lessons and also to support the development of revision strategies during our Flashback Friday programme. The knowledge organisers equip students with the correct terminology to be able to discuss and question topics.

Puberty

Key Terms

Puberty

The process of physical maturity in a person that takes place in adolescence.

Menstruation

Also known as a period. The process in a woman of discharging blood and other material from the lining of the uterus at intervals of about one lunar month from puberty until the menopause, except during pregnancy.

Hormones

A chemical substance produced in the body that controls and regulates the activity of certain cells or organs.

Wet Dream

An involuntary ejaculation that occurs whilst a person is asleep.

Physical Changes During Puberty

Boys only	Starts between 10 & 12 years of age • Facial hair • Voice breaking • Erections • Wet dreams • Widening of chest and shoulders
Girls only	Starts between 9 & 11 years of age • Menstruation/periods begin • Breast growth • Stretch marks • Cellulite • Hips widen
Both	• Grow taller • Sweat more • Changes to hair and skin • Spots and pimples

Things to Remember

- Puberty begins at different times for different people.
- Changes will happen at different rates in a different order for different people.
- Everyone goes through puberty you are not alone.
- Good diet and exercise can help deal with some of the physical changes.
- Puberty is normal despite feeling very abnormal.

Period Products



Sanitary Pad/Towel
You wear them inside your regular underwear to catch blood during your period. They are really easy to use. Some pads have 'wings' which means you wrap the towel around your underwear to help it stay in place, and this may help you to feel more secure. You should change your pad every 4 hours.



Menstrual Cup
You insert them into a similar position to a tampon. However, instead of absorbing blood, menstrual cups collect it! They are small, funnel-shaped cups made from flexible rubber or silicone. They are considered to be more environmentally friendly.



Tampons
Tampons are inserted into the vagina to soak up menstrual blood during your period. The small, bullet-shaped cotton end absorbs the blood, while the string stays outside of your body so you can easily pull the tampon out. You should change your tampon every 4-6 hours.



Period Pants
Reusable period pants (or panties) look and feel just like normal underwear. The only difference is that they have a special layer that absorbs blood so you can wear them during your period.

Who can you turn to for support?

Parents or trusted family members	Teachers or school staff
Your doctor or practice nurse	School nurse
NSPCC	Helpline: 0808 800 5000 (24 hours, every day) nspcc.org.uk
Childline	Helpline: 0800 1111 (24 hours, every day) https://www.childline.org.uk

#WORLDREADY