

PSD

The PSD lessons are written following the three core areas within the PSHE Association Programme of Study. These are, Health and Wellbeing; Relationships; and Living in the Wider World.

At St. Anthony's the aim is to teach pupils about their physical health, mental wellbeing, relationships and sex education to give all pupils the information they need to make informed and safe choices in adult life. The broad, enriching curriculum helps pupils to develop healthy, nurturing relationships of all kinds and encourages them to make positive decisions for themselves and others.

The courses are taught in a non-judgmental, factual way, aiming to deliver the curriculum in an age appropriate and inclusive manner.

PSD resources are fully in line with the Learning Outcomes and Core Themes provided by the PSHE Association Programme of Study which is widely used by schools in England and is recommended and referred to by the Department of Education in all key documentation relating to PSHE provision in schools.

Each year group will study schemes of work from each of the three core areas, and the skills are developed throughout the key stages from choosing, recalling and listing information in Year 7, to evaluating, analysing and discussing each topic in Year 11.

In Relationships, pupils will study, emotions; friendship; healthy relationships; unhealthy relationships; keeping safe; peer pressure; exploitation; stereotypes; sexuality; discrimination.

In Health and Well-being, pupils will study, diet; teeth; exercise; healthy living; alcohol, smoking; drugs; keeping safe; basic first aid; puberty; conception; pregnancy; individuality; self-awareness; media; mental health; health checks; contraception; STIs; unwanted pregnancy.

In Living in the Wider World, pupils will study, money; enterprise; rights; responsibilities; community; careers; democracy; law; keeping safe online; media literacy; digital resilience; health and safety; transition; finance capability.