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NOTTINGHAM UNIVERSITY
SAMWORTH ACADEMY

5th September 2022

Dear Parent/Carer,

I am writing to you regarding your child's Personal Social Health and Economic (PSHE) Education this year. Due to the statutory guidance from the Department for Education, Relationships and Sex Education (RSE) and Health Education must be taught as part of our PSHE curriculum.

PSHE Education aims to equip young people with the 'toolkit for life', providing them with the knowledge and skills that they need to make informed decisions, which enable them to be healthy, happy, safe, and successful individuals both now and in the future.

As part of RSE, by the end of secondary school pupils will have covered content on:

- Different families
- Respectful relationships, including friendships
- Online safety and media usage
- Intimate and sexual relationships, including sexual health

As part of Health Education, by the end of secondary school pupils will have covered content on:

- Mental well-being
- Physical health and fitness
- Healthy eating
- Drugs, alcohol, and tobacco
- Basic first aid and CPR
- Changing adolescent body

On the back of this letter, you can see our Curriculum Overview for the 2022-23 academic year. This details the topics that each year group will cover and when. This can also be viewed on the PSHE pages of the school website, along with our updated RSE policy. You can also find other links and resources regarding our PSHE curriculum and the statutory requirements. Go to www.nusa.org.uk then select 'Subjects' followed by 'PSHE'.

Health Education and the Relationships Education element of RSE are compulsory for all pupils, and they cannot be withdrawn from these lessons. You do have the right to request that your child is withdrawn from some or all of the sex education content delivered as part of statutory RSE. If you would like to discuss your child being withdrawn from the sex education content then please contact Miss Calladine on acalladine@nusa.org.uk or 01159291492.

Later this year we will be conducting a parent survey on our PSHE provision at NUSA, as we really value your feedback. If you have any comments or concerns in the meantime, however, please do not hesitate to get in touch on the methods provided above.

Yours sincerely,

Miss A. Calladine.
Head of PSHE Education.

NUSA PSHE CURRICULUM OVERVIEW 2022 – 2023

	Autumn 1 7 weeks	Autumn 2 7 weeks	Spring 1 5 weeks	Spring 2 6 weeks	Summer 1 6 weeks	Summer 2 6 weeks
Year 7	**Building Relationships** • Features of positive friendships. • Building and maintaining relationships. • Bullying and cyberbullying.	**Physical Health** • Diet, exercise, sleep, dental health, and personal hygiene. • Choices about physical health.	**Health and Puberty** • Physical changes during puberty. • Emotional changes during puberty. • Menstruation.	**Mental Health** • Healthy and unhealthy coping strategies. • Body image and confidence. • Challenging body comparisons.	**British Values &D Online Safety** • Personal values • British values • Anti-social behaviour • Online safety	**Respectful Relationships** • FGM • Romantic relationships • Change and loss
Year 8	**Mental wellbeing** • Attitudes and stigma around mental health. • Unhealthy/healthy coping strategies. • Impact of social media.	**Diversity and discrimination** • Sexual orientation. • Gender identity. • Stereotypes and prejudice. • The Equality Act (2010)	**Drugs and alcohol** • Introduction to legal and illegal drugs. • Legal drugs: Caffeine, smoking, and alcohol. • Managing influences and decision making.	**Healthy relationships** • Healthy and unhealthy relationships. • Domestic abuse. • Consent. • Introduction to contraception.	**Online safety** • Social media use and cyberbullying. • Peer pressure. • Gaming safety and online grooming.	**Careers** • Employability skills • Goal setting and future aspirations. • Growth mindset. **First aid** • CPR and basic First Aid
Year 9	**Physical and mental health** • Mental ill-health (depression and anxiety) • Healthy coping strategies and positive health choices.	**Intimate relationships** • Unhealthy relationships. • Consent. • Relationships and the media. • Pornography.	**KS4 careers and options** • Personal skills and interests. • Post-16 careers pathways. • KS4 options.	**Drugs and alcohol** • Attitudes to drugs. • Drugs and the law. • Alcohol and cannabis. • Managing risk - 'County Lines'.	**Financial decision making** • Budgeting and spending. • Saving and borrowing. • Debt. • Money and work.	**Respectful relationships** • Child Sexual Exploitation. • Conflict management. • Change and breakdown in relationships.
Year 10	**Physical and mental health** • Re-framing negative thinking. • Th relationship between physical and mental health. • Lifestyle and wellbeing choices.	**Intimate relationships** • Intimacy and managing sexual pressure. • Contraception. **Work experience** • Pathways and work experience.	**Intimate relationships** • Contraception • STIs • Pregnancy choices (abortion, adoption and having a baby).	**Drugs and influences** • Attitudes to drugs. • Cocaine and heroin. • Assessing risk. • Help-seeking and support.	**Digital literacy & online safety** • Online safety • Cybercrime • Online fraud • Digital literacy	**Safe and respectful relationships** • Celebrating diversity and challenge prejudice. • Extremism and radicalisation. • FGM and forced marriage.
Year 11	**The year ahead** • Managing stress and positive lifestyle choices.	**Next steps** • Post-16 careers pathways. • CV and personal statement writing.	**Relationship safety** • Abusive relationships • Sexual harassment and violence. • Coercive control. • Contraception	**Health and wellbeing** • Cancer awareness and self-examination. • STIs and sexual health services. • Fertility (including miscarriage). • Blood, organ and stem call donation.	**Preparing for adult life** • Budgeting, borrowing, and saving. • Payslips and tax. • Mortgages and cost of living. • Online gambling.	