



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 2023-24 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Health Education and the Relationships Education element of RSE are compulsory for all pupils, and they cannot be withdrawn from these lessons. You do have the right to request that your child is withdrawn from some or all of the sex education content delivered as part of statutory RSE. If you would like to discuss your child being withdrawn from the sex education content, then please contact Miss Calladine on acalladine@nusa.org.uk or 01159291492.

We really value your feedback at NUSA. Therefore, If you have any comments or concerns in 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 2023 – 2024

	Learning Cycle 1	Learning Cycle 2	Learning Cycle 3	Learning Cycle 4
Year 7	<p>Building relationships and Mental Health</p> <ul style="list-style-type: none"> Maintaining positive friendships. Bullying and cyberbullying. Introduction to mental health, looking at healthy and unhealthy coping strategies and ways to increase GRIT. 	<p>Physical health and puberty</p> <ul style="list-style-type: none"> Importance of exercise, diet, personal hygiene, and dental health. Choices and influences on physical health including sun safety. Puberty and menstruation. 	<p>Values and safety</p> <ul style="list-style-type: none"> Cyberbullying, peer pressure and online grooming. Online relationships and social media. Personal values, British Values, and anti-social behaviour. 	<p>Respectful relationships</p> <ul style="list-style-type: none"> Relationship expectations, including romantic relationships and consent. Family roles and managing change in family dimensions. Change and loss.
Year 8	<p>Mental wellbeing</p> <ul style="list-style-type: none"> Attitudes and stigma around mental health. Mental ill-health (stress and anxiety) and healthy coping strategies. Lifestyle and wellbeing choices to manage mental health including impact of physical exercise. 	<p>Diversity and discrimination</p> <ul style="list-style-type: none"> Forms of discrimination including disability, racism, LGBTQ+, religion and sexism. Equality and discrimination – Equality Act 2010 Gender identity and stereotypes. 	<p>Employability</p> <ul style="list-style-type: none"> Employability skills and workplace behaviour. Goal setting, future aspirations, and growth mindset. <p>First Aid</p> <ul style="list-style-type: none"> First Aid: Bleeding, bones, CPR, and defibrillators. 	<p>Respectful relationships</p> <ul style="list-style-type: none"> Types of relationships and rights in them. Consent and conflict management. Domestic abuse, Child Sexual Exploitation, and harmful sexual behaviour.
Year 9	<p>Drugs alcohol, and choices</p> <ul style="list-style-type: none"> Attitudes to drugs and alcohol including the law. Understanding the risks of smoking, alcohol, cannabis, and energy drinks. Positive drugs use - Antibiotics and vaccinations. 	<p>Intimate relationships</p> <ul style="list-style-type: none"> Healthy and unhealthy relationships, including the impact of the media. Consent in relationships. The law around sexting. Contraception, STIs and managing sexual pressure. 	<p>KS4 Options and Careers</p> <ul style="list-style-type: none"> KS4 Options and post-16 career pathways. Personal skills, interests, and types of employment. Budgeting, spending, saving, borrowing, debt and gambling. 	<p>Passport to KS4</p> <ul style="list-style-type: none"> An exciting new area of the curriculum we are still developing! We will share the plans for this as soon as they are ready 😊
Year 10	<p>Physical and mental health</p> <ul style="list-style-type: none"> Dealing with stress in a positive way and re-framing negative thinking. Sleep, diet, and exercise for a healthy lifestyle. The impact of the medic on mental health, self-esteem, and body image. 	<p>Intimate, sexual, and romantic relationships</p> <ul style="list-style-type: none"> Types of intimacy, readiness for intimacy and managing sexual pressures. STIs and contraception. Long-term commitments, pregnancy choices, fertility, and miscarriage. 	<p>Substances and influences</p> <ul style="list-style-type: none"> Impacts and substance use on the body and life. Assessing risk when under the influence of substances. Gangs, knife crime, and county lines. 	<p>Online safety / Finance</p> <ul style="list-style-type: none"> Cybercrime, fraud, common scams, blackmail, and sextortion. Digital literacy, gambling, and financial risks. Mortgages and the cost of living.
Year 11	<p>Relationship safety</p> <ul style="list-style-type: none"> Unhealthy relationships including domestic abuse, harassment, and stalking. Sexual harassment in the workplace. Victim blaming. 	<p>Next steps – Life after NUSA</p> <ul style="list-style-type: none"> Education pathways and applying to post-16. Interviews Day preparation and having the 'edge'. Writing CVs, cover letters and application forms. 	<p>Personal and relationship safety.</p> <ul style="list-style-type: none"> Valuing diversity. Understanding extremism, radicalisation and FGM. Honour-based violence and forced-marriage. 	<p>Health</p> <ul style="list-style-type: none"> Cancer awareness and self-examination (Breast and testicular) Exploring donation and choices around choices including donating blood and stem cells. First Aid: CPR, defibrillators, and heart attacks.
Health and wellbeing		Relationships		Living in the wider world