

THOMAS ADAMS SCHOOL – PSHE DAY ONE – PARENT INFORMATION SHEET

Year 7:

For their first PSHE day at Thomas Adams, Year 7 students will be looking at key topics to help them settle into Secondary School. For information about the topics they will cover over the rest of the year, please see the PSHE DAY Overview on the Personal Development Hub on the school website.

Topics and learning objectives:

1. Respectful Relationships

- a. To identify a wide arrange of different relationships
- b. Understand the differences between a friendship and a relationship
- c. Know how to respect the rights of others and celebrate our differences

2. What makes a good friend?

- a. Know how to make new friends
- b. Understand what I'm looking for in a friend
- c. Understand the benefits of having friends but also the risks of toxic friendships

3. Being Positive

- a. I regularly give other people compliments and try to be kind to others
- b. I can turn a problem into an opportunity
- c. I can explain my strengths and explain why it is important to be aware of my own emotions

4. Importance of Community

- a. I can define community cohesion
- b. I understand the benefits of a multicultural society
- c. I know how to be an active member of my community

5. Importance of Kindness

- a. I understand kindness and can list kind acts
- b. I know how I am most easily kind to others
- c. I understand strategies to treat others how they want to be treated

Further Support:

For more information about the topics covered in these lessons, we would advise that student speak to their parents/carers or Head of Year. If students have any concerns about themselves or someone they know, it's important to tell a trusted adult. Students can submit an anonymous question to <https://riseabove.org.uk/wall/> or visit the BROOK website <https://www.brook.org.uk/> for additional support on sexual health and wellbeing for under 25s. Further information can also be found on:

- <https://www.citizensadvice.org.uk>
- <https://vinspired.com> – young people's volunteering charity
- <https://www.ncsyes.co.uk> 15-17 Year olds National Citizen Service
- <https://nationalcareersservice.direct.gov.uk/>
- <https://www.childline.org.uk> Has support for=growing up – Boys & Girls
- <https://kidshealth.org/#cattake-care> Information on a variety of topics
- VISIT WWW.NHS.UK/LIVE-WELL
- VISIT WWW.BE-BEAUTIFUL-ONLINE.CO.UK (FREE HEALTHY EATING PLANS)

If you have any further queries, concerns or questions regarding PSHE content please do not hesitate to reach out to the school PSHE Coordinator Ms H Lester on Hannah.lester@318education.co.uk

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Year 8:

For the first PSHE day of Year 8 students start to explore some very really issues they may encounter in their teenage years. For information about the topics they will cover over the rest of the year, please see the PSHE DAY Overview on the Personal Development Hub on the school website.

Topics and learning objectives:

1. Consent and Boundaries

- a. I can explain why personal space is important
- b. I understand what consent is and when it is given
- c. I can respond to people and situations in an assertive manner

2. What are STI's?

- a. Able to name at least 5 sexually transmitted infections
- b. Understand the 2/3 main groups of STI's that exist
- c. Able to describe some of the possible symptoms of having an STI

3. Teenage Pregnancy Choice

- a. I understand the signs that someone may be pregnant
- b. I understand the range of options available to someone who is pregnant
- c. I can identify a range of methods that will and will not get me pregnant

4. Social Media and Online Stress

- a. I can explain what online stress is
- b. I understand the link between mental health and social media usage
- c. I know how to keep my online data safe

5. Cyber Flashing and Unsolicited Images

- a. I can explain a range of possible consequences linked to sending and receiving sexts
- b. Understand the law relating to cyber flashing and sexting
- c. Know a good range of responses to a request for a sext message

Further Support:

For more information about the topics covered in these lessons, we would advise that student speak to their parents/carers or Head of Year. If students have any concerns about themselves or someone they know, it's important to tell a trusted adult. Students can submit an anonymous question to <https://riseabove.org.uk/wall/> or visit the BROOK website <https://www.brook.org.uk/> for additional support on sexual health and wellbeing for under 25s. Further information can also be found on:

- CHAT Nurse
- National Sexual Health helpline on 0300 123 7123 / NHS Website
- British Pregnancy Advisory Service: 0845 730 4030 www.bpas.org.uk
- FPA (Family Planning Association): www.fpa.org.uk
- UK Safer Internet Centre: www.saferinternet.org.uk / Internet Watch Foundation: www.iwf.org.uk
- Childline: www.childline.org.uk | Phone: 0800 1111
- Report abuse or grooming to CEOP: www.ceop.police.uk/ceop-report
- Information on sex and the law can be found at www.adviceguide.org.uk/ / www.thinkuknow.co.uk

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Year 9:

For the first PSHE day of Year 9, students will be exploring some important topics that are relevant to life as a young person in the UK. For information about the topics they will cover over the rest of the year, please see the PSHE DAY Overview on the Personal Development Hub on the school website.

Topics and learning objectives:

1. **FGM and the Law**
 - a. can identify and label all the external parts of the female sexual anatomy
 - b. understand the law regarding FGM in the UK
 - c. understand the dangers associated with FGM and know where to seek help and support
2. **Online Pornography**
 - a. I understand which types of pornography are illegal
 - b. I understand the differences between real life sex and porn life sex
 - c. I can explain the impact porn is having on society and relationships
3. **Gangs and Criminal Behaviour**
 - a. I can spot gang member behaviour and avoid it
 - b. I understand why some young people join gangs
 - c. I understand the range of punishments available for breaking the law
4. **Knife Crime and Safety**
 - a. I know the risks associated with carrying a knife
 - b. I understand the impact carrying a knife has on family and friends
 - c. I would never resort to carrying a knife under any circumstance
5. **Parenthood**
 - a. I can explain a range of ways people can become parents
 - b. I understand the challenges and opportunities of a new born baby
 - c. I understand the costs involved in raising a child

Further Support:

For more information about the topics covered in these lessons, we would advise that student speak to their parents/carers or Head of Year. If students have any concerns about themselves or someone they know, it's important to tell a trusted adult. Students can submit an anonymous question to <https://riseabove.org.uk/wall/> or visit the BROOK website <https://www.brook.org.uk/> for additional support on sexual health and wellbeing for under 25s. Further information can also be found on:

- <http://www.forwarduk.org.uk> Charity that campaigns against FGM 02089604000
- call and speak to Childline 08001111 / Call and speak to the NSPCC 08000283550
- Rape Crisis England and Wales Free helpline: 0808 802 9999
- Sexual Assault Referral Centers (SARCs) : call NHS Direct on 0845 4647 or see www.nhsdirect.nhs.uk
- #knifefree website - www.knifefree.co.uk
- Fearless (crime stoppers) – www.fearless.org/ / Victim support – www.victimsupport.org.uk
- <https://ycyf.co.uk> Key statistics <http://www.benkinsella.org.uk> Knife Crime through Education
- British Pregnancy Advisory Service: 0845 730 4030 www.bpas.org.uk
- FPA (Family Planning Association): www.fpa.org.uk

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Year 10:

For their first PSHE day of key stage 4, students will be exploring a number of issues that they may be experiencing in or out of school or may encounter in the coming years. For information about the topics they will cover over the rest of the year, please see the PSHE DAY Overview on the Personal Development Hub on the school website.

Topics and learning objectives:

1. Supporting those who are LGBT

- a. I am an ally to the LGBTQ+ community
- b. I understand how to support a friend in need
- c. I would be confident in challenging homophobic language if I heard it

2. Managing Conflict

- a. I know a range of conflict management strategies
- b. I understand the different causes of conflict
- c. I would be confident in diffusing future conflicts I may have in my relationships

3. HBT Bullying

- a. I know what HBT bullying is
- b. I can explain how schools and charities are helping to tackle HBT bullying
- c. I understand the devastating impact HBT bullying has on society

4. Dealing with Grief and Loss

- a. I can explain what grief is
- b. I understand the range of emotions people may feel when grieving
- c. I know what I could do to try and help support someone who is grieving

5. Suicide

- a. I know how to look out for a friend in need
- b. I understand the differences between self harm and suicidal thoughts
- c. I know a playlists of songs that make me happy

Further Support:

For more information about the topics covered in these lessons, we would advise that student speak to their parents/carers or Head of Year. If students have any concerns about themselves or someone they know, it's important to tell a trusted adult. Students can submit an anonymous question to <https://riseabove.org.uk/wall/> or visit the BROOK website <https://www.brook.org.uk/> for additional support on sexual health and wellbeing for under 25s. Further information can also be found on:

- VISIT lgbt.foundation (advice, support and information)
- <https://www.stonewall.org.uk>
- Child Bereavement UK supports families when a baby or child of any age dies or is dying, or when a child is facing bereavement. Tel: 0800 028 8840
mail: support@childbereavementuk.org Support available
- Podcast called GriefCast by Cariad Lloyd – FREE on any podcast platform
- Childline: Phone 0800 1111 or visit <http://www.childline.org.uk/Pages/Home.aspx>
- Visit www.mind.org.uk/ or Phone 0300 123 3393

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Year 11:

Year 11 students will begin their PSHE journey this year by exploring key study skills as well as careers related information for life beyond school. For information about the topics they will cover over the rest of the year, please see the PSHE DAY Overview on the Personal Development Hub on the school website.

Topics covered and learning objectives:

1. Employment Rights

- a. I know a range of employment rights and responsibilities
- b. I know the minimum amounts per hour employees must be paid
- c. I understand the term 'Gender pay gap'

2. CV Workshop

- a. understand why a CV is important
- b. am confident in creating my own CV
- c. understand how to layout a CV and what I should avoid in order to make it look professional

3. Survival Series (Growth Mindset, Retrieval Practice, Memory and Stress)

- a. I can explain the difference between a fixed and growth mind set
- b. I understand the theory of the forgetting curve
- c. I recognise the benefits of retrieval practice

4. Kudos College

- a. Kudos is the leading career development service helping you to explore, develop and maximise your potential.

5. Study Sensei:

- a. an hour long session run by elevate education on how to revise effectively.

Further Support:

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- <https://www.parliament.uk>
- <https://www.citizensadvice.org.uk>
- <https://www.un.org/en/>
- <https://crimestoppers-uk.org>
- <https://nationalcareersservice.direct.gov.uk/>
- Check out the full range of courses available to you at <https://www.ucas.com/further-education>
- Talk to apprenticeship providers and log in to <https://www.gov.uk/apply-apprenticeship/>
- Talk to employers about training and career progression
- Talk to college and university staff and students (make visits if you can)
- Explore the internet, including START <https://www.startprofile.com/> for further career ideas

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