BEECHEN CLIFF

PSHE

Curriculum Booklet

2026 - 2027

SLT Lead: K. Morris

Head of Subject: A. Wilmot

Subject Curriculum Intent:

"PSHE education helps children and young people to achieve their potential by supporting their wellbeing and tackling issues that can affect their ability to learn, such as anxiety and unhealthy relationships."

PSHE at Beechen Cliff school is planned to enable all students to be prepared for the world outside of their education. It helps to develop understanding of the importance of personal development, individuality, positive attitudes and healthy relationships.

PSHE is a golden thread that runs throughout the school that aims to ensure that our pupils are respectful, open minded and most importantly happy. We aim for a whole-school approach to developing positive behaviour and attitudes, not only through PSHE lessons, but the entire curriculum. Tutors play a vital part in delivering PSHE topics through weekly Theme of The Week, school assemblies and guest speakers also are key in delivering and enabling a deeper level of understanding.

PSHE aims to teach acceptance, tolerance and empathy, as well as strategies to respond appropriately to bullying.

Through PSHE lessons we cover the protected characteristics of age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation. Students' spiritual, moral, social and cultural development and British Values all aim to prepare pupils to be active and positive citizens.

PSHE aims to provide an inclusive environment where all students are able to participate, learn, listen and encourage their own opinions and the opinions of their peers. It also aims to promote healthy lifestyles and good physical and mental wellbeing with a clear link to the school vision and Core Values. As we are a boys school from Year 7 to Year 11 we aim to ensure boys are confident talking about mental health, supporting each other and know where to source help if required. This is particularly important for young men given traditional struggles in this area.

We aim to adapt our PSHE programme to meet the needs of our students using data from the BANES SHEU survey. This survey is completed every two years and gives us an insight into our student body and all aspects of their life both inside and outside of school. We also use data gathered during each academic year, including suspension data, this allows us to focus on clear areas such as social media and behaviour. The PSHE programme is then adapted to ensure any issues or concerns that are raised can be discussed and focused on in lessons.

We hope that after the students' five year journey through school with us that they have the general knowledge and understanding to be the best individual they can be. We encourage all students to gain a sense of individuality, opinion and practical skills that should help them in their choice of pathway after Year 11.

Subject Curriculum Implementation:

The students have timetabled PSHE lessons that are designed by the fully trained Head of PSHE and delivered by teaching staff who have all received training either from external providers or within school. These lessons aim to cover topics that are age specific, current and enjoyable. The weekly tutor time activities also develop key areas of PSHE and help to open up discussion in tutor groups. The tutor programme is designed around the Theme of the Week (TOTW), the assemblies and the character programme. These all work and link together to ensure that students are getting the most possible out of their morning sessions.

We ensure that PSHE lessons can be creative in order to aid students' learning and development of ideas. We spend a section of every lesson having group discussions in order for boys to show their opinions, be heard and feel included. The lessons are planned and all resources are made centrally, though PSHE teachers have the freedom to adapt their teaching to suit the needs of the group. PSHE topics tend to open up a lot of questions so each lesson has time within in order to be able to speak about any new areas that might have become apparent that the students want further information on. The year's plan has been designed so that each year group follows the statutory requirements for PSHE, and more. This means that there are common trends and topics that are covered each year but are delivered and resourced to ensure they are age specific and build on prior knowledge. This allows the students to grow and mature throughout their time here and build strong foundations on the main areas of PSHE so they feel comfortable and confident. The three areas we work in are Living in the Wider World, RSE and Health and Wellbeing. The ETeam work that is done across the school (Currently led by our Equalities Sixth Form Prefects), Guest Speakers, TOTW and the character programme all help with the successful delivery of PSHE. Careers lessons are taught in PSHE lesson time alongside the separate Careers programme. Whole school events (including guest speakers and national and international awareness days) also contribute to the extensive programme, which goes beyond meeting the statutory requirements. Time has been spent with local schools and working with our school nurse to ensure that the content in each year is as effective as possible. Every two years we use the SHEU survey to gather data from Yr 8, 10 and 12, this is an anonymous survey that all students complete that allows us to gain a more in depth knowledge of boys health, lifestyle and understanding of PSHE topics. As a school we work with our school nurse and organisations such as Stonewall, Boys in Mind (Girls Mind Too), It's in the Bag, Off the Record, Solution Revolution and Project 28 to provide high quality and up to date coverage of topics such as healthy lifestyles (including mental health, drugs and alcohol), sex and relationships, equality and finance. The students complete termly assessments that look back on what has been covered each term. These are in place to help us track the successful delivery of the subject and enable us to ensure that all students are gaining the skills and understanding they will need on the statutory topics.

Allocated Curriculum Time:

	Year 7	Year 8	Year 9	Year 10	Year 11
Fortnightly lesson allocation	2	1	1	1	1
Fortnightly Tutor allocation	2	2	2	2	2

Year 7

	Curriculum Foci Areas
Term 1	**Getting to Know Me** Students start their PSHE journey by focusing on key skills needed in lessons, these include setting ground rules, building positive relationships, behaviour standards and getting to know each other. This term we also cover Internet Safety and staying safe online. ● What is PSHE?, Setting Ground Rules ● Building positive relationships, Internet Safety
Term 2	**Relationships** Term two is focused on building initial relationships that the students have made and focusing on being positive. We spend time talking about different types of Bullying and Child on Child abuse. Respect is a core value of the school and all lessons this term have respect as a running theme. ● Friendships, Bullying, Equality, Respect
Term 3	**Relationships and Sex Education** The third term is SRE for Yr 7's see's the boys learn of the changes that will happen during puberty. This is covered in the science lessons as well. In PSHE we talk about any fears, concerns and ensure that all students feel confident about the changes that will take place over the coming years. We spend time discussing girls Puberty and FGM. ● What is Puberty? Physical Changes, Emotional Changes, Girls Puberty
Term 4	**Healthy Lifestyles** Term four is looking at ways in which students can aim to live a healthy and balanced lifestyle. This includes looking at their diet, sleep, eating habits and exercise. We also link in Alcohol and Smoking which includes Vaping. ● Diet, Physical Health, Smoking/Vaping ● Alcohol
Term 5	**Wellbeing** Students end their first year of PSHE looking at their wellbeing, mental health and spending time preparing for their exams. We look at tips and tricks to help them be as happy and confident as possible. We also link in basic info on First Aid this term which follows on from their healthy lifestyles work. ● Stress, Anxiety, Exams ● First Aid
Term 6	**Careers - Personal strengths and aspirations** In year 7, students start their careers input by thinking about and identifying their Personal Strengths as well as their short and longer term Aspirations. This is to help them to begin thinking ahead to what sort of careers may suit them.

Year 8

	Curriculum Foci Areas
Term 1	**Wellbeing** Year 8 students start their PSHE lessons looking at body image and healthy living. This is linked into the manipulation of images online, and any indent images they have seen online. We aim to normalise individuality and differences. ● Body Image ● Healthy Lifestyles Inc Vaping
Term 2	**Relationships and Sex Education** Term 2 Yr 8 students complete lessons based on SRE. This includes building intimate relationships, sexual orientation and respect. The students spend time thinking about qualities in a partner, and what their hopes are for the future. ● Positive Relationships ● Qualities in a partner ● LGBTQ+
Term 3	**Respect** In Term 3 we focus on building knowledge from the SRE lessons and putting that same importance of equality, respect and understanding to everyone in the community. We talk about bullying, different types of abuse and discrimination. ● Gender and Equality ● Anti-Bullying ● Respect. Inc Crime
Term 4	**Careers - Influences and Decision Making.** In year 8, students build upon what they did in year 7 by thinking about what they are interested in, what things influence them and how these influences affect their decision making and how they go about making decisions. This is to prepare them for making decisions about their careers in the future.
Term 5	**Mental Health** The focus of this term is to build a positive picture of understanding mental health and the importance of it. This links in with the students exam, and gives them a clear understanding of stress and anxiety which they might be feeling and how to get help. ● Exam Stress ● Basic Mental Health overview
Term 6	**Safety** The last term of the year builds on students' understanding of staying safe online, including gambling and finance. The students spend time thinking about community including British values, our school values and the importance of living a positive lifestyle. ● Gambling and Finance ● Internet Safety ● British Values

Year 9

	Curriculum Foci Areas
Term 1	**Drugs and Alcohol** Year nine start their year in PSHE looking at the basics of Alcohol and Drugs. This focuses on understanding units, % and the effects of misuse. The students explore reasons why people choose to drink and the decisions that young people make. • Alcohol, Drugs & Vaping
Term 2	**Relationships and Sex Education** The 2nd term of year nine is SRE focused. The students complete lessons on respectful and positive relationships where they talk about consent. They cover contraception, which is led by our school nurse team and also complete a lesson on sexting which includes upskirting. The boys gain understanding of the power of their decisions. • Sexting, Contraception & Positive Relationships
Term 3	**Careers - Stereotyping and Options Information** In term 3 students look at stereotyping and how people in different jobs can sometimes be stereotyped, and challenging these stereotypes. They also look at GCSE options and how these may influence future decisions about careers.
Term 4	**Mental Health** Term 4 the students talk about mental health, this focuses on depression and low mood. The aim is for all students to have a clear understanding of the normality of emotions and where and when to ask for help. • What is Mental Health • Depression • Bereavement
Term 5	**Relationships** This term the students complete another SRE set of lessons. This looks at the students gaining a better understanding around the qualities they would look for in a partner and the issues that can arise in relationships. We look more closely at consent and sexual harassment which includes abusive relationships. • The Law • Safety • Qualities in a partner
Term 6	**Community** The last term of yr 9 the students look at being part of a respectful community both inside and outside of school. This includes a lesson on knife crime. The students spend time discussing how to show and be respectful in a wide range of situations. • Respect • What is Community • Knife Crime

Year 10

	Curriculum Foci Areas
Term 1	**Relationships and Sex Education** The first term of Yr 10 students are completing their SRE lessons. These look at abuse in relationships, stemming from conversations about consent. We also complete a lesson on Pornography that looks at the issues that can arise from Pornography including body image. • Consent • Sexual Orientation • Pornography
Term 2	**RPE Input** The students start their RPE lessons as part of PSHE in Term 2. They will be exploring different religious views within the following lessons. • Religion and Sexual Relationships • Science and Religion • Death and the After Life
Term 3	**Health and Safety** Term 3 focuses on Drugs and Alcohol, building on the basic knowledge the students gained last year we look at the impact of county lines and the law. We have input from BANES police. • Drugs and Alcohol. Inc Vaping • Country Lines • Crime in the community
Term 4	**RPE Input** The students complete their Religious Education in term 4. This see's the students explore gender equality, which includes abortion and also Extremism. We include RE as part of PSHE for all students in KS4. • Gender Equality • Extremism
Term 5	**Well Being** With Exams coming up term 5 is focused on Mental Health and in particular stress. This has been an area we have noticed can cause concern for our students. We bring a proactive approach and discuss mindfulness and tips and tricks to hopefully help. • Exams • Mindfulness
Term 6	**Finance** The last term of Yr 10 the focus is gaining a better understanding of the cost of living, wages and general financial guidance for young people. • Financial issues for young people • Budgeting and Value for Money

Year 11

	Curriculum Foci Areas
Term 1	**Living in the wider world** The first term of Yr 11 the students look at Drugs and Alcohol. These lessons are all based around managing risk and making sensible decisions. We also spend time ensuring all students know how and where to get help if needed, including the recovery position. ● Drugs and Alcohol - Risks and Influences ● Crime in our community. Safety.
Term 2	**Careers - CV Writing and Interview Skills** With the final exams and next steps post-16 very much at the forefront of students' minds, we use this time in term 4 to cover some CV writing and interview skills to help them prepare for the future.
Term 3	**RPE Input** We have the KS4 Religious Education lessons in term 4. These lessons discuss forced marriage and radicalisation. We include RE input as part of the normal PSHE lessons for all KS4 students. ● Marriage/Forced Marriage ● Radicalisation
Term 4	**Respect. SRE.** In term 3 students focus on Equality and Diversity. This looks at sexuality and also includes gender identity. We discuss stereotypes in gender and this leads us to domestic abuse and physical abuse. ● Diversity and Equality ● Domestic Abuse
Term 5	**Mental Health** Term 5 sees students focus on their mental health and prepare for their mock exams. These sessions ensure that students feel prepared for the upcoming exams, time management and how to deal with any concerns or issues they may have. ● Stress and anxiety ● Exams - Revision
Term 6	**EXAMS**

Tutor Programme and Theme of the week.

The 'Theme of the Week' sessions typically consist of a prepared slideshow for tutors to work through with their tutor group, featuring a range of taught ideas, discussion tasks and media stimuli to encourage students to broaden and deepen their thinking around the given theme (forming part of the delivery of the PSHE curriculum). This is delivered as part of the tutor programme that also includes a weekly assembly, a review of attendance, punctuality, readiness for learning and a record of commitment to extra curricular clubs and reading.. These elements serve to complement each other as part of the PSHE and Character Development content, and gives students opportunities for introspection as well as learning from their teacher and peers.

Theme of the Week 2025-26 (alterations for specific year groups in brackets)		
Term One	Wk1	Looking ahead
	Wk2	Expectations - Roles in Society
	Wk3	Importance of Careers
	Wk4	European Day of Languages
	Wk5	Mental Health - Awareness Week
	Wk6	Black History Month
	Wk7	Show racism the red card
Term Two	Wk1	Remembrance - poetry
	Wk2	Anti Bullying Week
	Wk3	Careers
	Wk4	Tolerance (Year 10 Careers)
	Wk5	Grief
	Wk6	Disability Awareness (Year 10 Careers)
	Wk7	Healthy Lifestyle
Term Three	Wk2	Wellbeing(Year 10 Careers)
	Wk3	Careers(Year 10 & 11 Careers)
	Wk4	Martin Luther King
	Wk5	Holocaust
	Wk6	Basic First Aid Info
	Wk7	Safer Internet Day
Term Four	Wk1	Ramadan
	Wk2	World Book Day
	Wk3	International Women's Day
	Wk4	Careers
	Wk5	Healthy Lifestyles
	Wk6	Finance - Debt Awareness
Term Five	Wk1	Stress Awareness Month
	Wk2	Earth Day
	Wk3	Careers (Year 11 Exam Tips)
	Wk4	Deaf Awareness Week (Year 11 Managing Exams)

	Wk5	IDAHOBIT (Year 11 Exams - Summer Mental Health)
	Wk6	Staying Safe (Year 11 Exams - Summer Staying Safe)
Term Six	Wk1	Volunteers Week
	Wk2	Pride Month
	Wk3	International Men's Health Week
	Wk4	Learning Disability Week (Year 10 Careers - WEX checks)
	Wk5	Solution Focused - Mental Health
	Wk6	Summer safety (Year 10 Careers - WEX Final info)
	Wk 7	Activities Week

As can be seen, Careers plays an important role within tutor time for Year 10 as it is not delivered within PSHE for this year group. This allows for Work Experience investigation, planning and organisation.

Guest speakers and activities

We are lucky enough to work with many organisations that are able to come into school and deliver inspirational talks to the students or run workshops with groups of students to help them engage and get even more from the PSHE programme.

The following talks and workshops are happening this year.

- Tender Domestic Violence Workshop and training.
- Diana Award Anti-Bullying Training
- Sexual Harassment Forum with Hayesfield School.
- Alcoholics Anonymous Talks
- Banes Police Pop Up Shops, talks and visits.
- Great Western Air Ambulance CPR and First Aid Training.
- In The Bag Testicular Cancer Talks
- Jim Cumpson Online Safety Talk
- School Nurse Safety Talks - Inc. Contraception
- PSHE Association - Training and resources
- Stonewall Champion School - Training and resources
- Karl Hopwood - Online Safety
- Avon Fire and Rescue - Water and Road Safety

SHEU Survey

We work with the data gathered during the SHEU survey to maintain the tailored and appropriate lessons and resources for our students. We celebrate and continue to focus on areas where most positive differences are seen, and from the data we are also able to adapt the lessons and focus on areas we need to improve on. This year's focus is online safety inc image sharing and pornography and living a healthy lifestyle inc., drugs, alcohol, knife crime, vaping and mental health.