Year	Character and culture development strand	PHSE/RSE
7	**respect and tolerance, self belief**	Students will develop a clear sense of personal identity and self belief throughout the year 7 PSHE programme of study.

Important work will be completed around transitioning students from primary to secondary school, focusing on resilience, determination and adaptability. In keeping with the theme of change, a topic on puberty is included to guide students through the physical changes they may be anxious about encountering.

Attention is then given to nutrition, healthy eating and personal hygiene, with a focus on encouraging students to take greater personal responsibility over aspects of their own lives. Furthermore, lessons will be delivered around online safety and personal safety so that all year 7 students understand the potential dangers associated with risky behaviour.

We aim to promote British values of tolerance during year 7 by exploring The Equality Act and through this the issues of stereotyping of bullying. |
| 8 | **participation and resilience** | Students will develop resilience and understand the importance of participation from the very outset of the year 8 PSHE programme of study. Lessons around managing mental health, anxiety and the benefits of exercise all seek to empower students to feel healthier, happier and more robust when confronted with challenges. Additionally, lessons on smoking and dental hygiene further underpin these aims.

Later in the year all students will explore racism, the concept of 'hate crimes' and what is meant by respectful relationships. This is intended to build avenues of understanding and bring the world to Cornwall so that our students are adequately equipped for the challenges of the wider world. |
| 9 | **independence and evaluation** | Building on the KS3 PSHE programme of study, year 9 will deepen their knowledge of previously visited topics by exploring up-to-date laws around drugs, how to cope with feelings of anxiety and the consequences of gang culture and knife crime.

Important work is completed around the options process to ensure students make decisions that best serve their interests and talents.

Around the theme of relationships and identity, students will learn about the changing landscape with regards to gender identity and the challenges still faced by the LGBTQ community in terms of homophobia and media bias and misinformation. Cornwall Pride, as well as other outside organisations, have been included in the implementation of these particular lessons.

Further work is also completed around showing maturity and independence when online so that sensible and safe choices define behaviour. |

10	**Building social confidence**	Year 10 students will build their confidence and sense of self in a variety of contexts during their PSHE programme of study,
		Our first lessons focus on body image and self-esteem before we move on to further discussions around drug use, following preliminary work in year 9. In keeping with our commitment to 'bringing the world to Cornwall' we also focus on forced marriage as well as alternatives to marriage and traditional family structures. These positive lessons specifically seek to embolden our students in the choices they may choose to make later in life.
		Students' confidence and understanding of their place in the community is further addressed through lessons on building healthy relationships and the value of contraceptives to avoid sexually transmitted infections. Guest speakers from trained organisations (Brook, NSPCC) confront the topic of pornography so that our students are able to grapple with the pressures that might come with using the internet.
		Lessons that seek to sharpen the distinction between what is known as banter and bullying are important inclusions in our pursuit of building tolerant communities. Our work on identifying extremism and the importance of upholding democratic values further strengthens our core values and prepares year 10 students for adult life.
11	**Motivation for life-long commitments**	Students will develop motivation for life-long commitments through lessons that equip them for the rigours of adult life.
		Practically focused lessons are provided on mindfulness, healthy sleeping routines, negative thinking pitfalls and the ability to carry out self examination.
		Students are also provided with opportunities to explore the consequences of gambling and prescription drugs and how best to manage these common features of the modern world.
		Considerable time is also given to what is meant by healthy relationships and how to identify examples of exploitative behaviour.
12	**Preparing for citizenship**	Through the PSHE programme, students will explore the following areas: time management; dealing with stress; use of screens and the importance of sleep; mental health; legal responsibilities 16-18; preparation for charity week and charity days; positive relationships; sexual health; political awareness and democracy; safe driving; LGBTQ+ and money management.
		We invite speakers to deliver virtual or in-person sessions for our students: Brook on sexual health; Jay Dorman, School Liaison PC on legal responsibilities; a local MP on political awareness and democracy; Pride; Learn to Live (safe drivers' programme), Murray Nelson on Prevent.
		We also invite people in to support students with destination planning. Ambassadors from Exeter University invite students to sign up to the Exeter Scholars programme; we invite speakers from universities to support with personal statements, with navigating the UCAS website, with choosing appropriate courses. We invite students to investigate and apply for summer schools, Sutton Trust programmes and Nuffield placements. We also invite Careers Southwest/ASK to deliver sessions on apprenticeships, CVS and interview skills.

| 13 | **Preparing for citizenship** | The Post 16 PSHE programme continues to build upon the knowledge and skills developed in Year 12 through exploration of the following areas: physical and mental health; legal responsibilities 16-18; positive relationships; sexual health; political awareness and democracy; safe driving; LGBTQ+ and money management. We encourage students to develop independence and time management through the creation of their own revision timetables and to make revision resources.

We invite speakers to deliver virtual or in-person sessions for our students: Brook on sexual health; Jay Dorman, School Liaison PC on legal responsibilities; a local MP on political awareness and democracy; Pride; Learn to Live (safe drivers' programme), Murray Nelson on Prevent.

We also invite people from various career areas to support students with destination planning. On a personalised basis and depending on the career aspirations of our students, we invite speakers in to inform students of the nature of the job and the steps required to make a successful application. Students from Exeter University deliver sessions on revision skills. |