



## **PERSONAL, SOCIAL, HEALTH & ECONOMIC EDUCATION AT GOLDINGTON ACADEMY**

*PSHE education gives students the knowledge, skills, and attributes they need to keep themselves healthy and safe and to prepare them for life and work in modern Britain.*

### **Why PSHE?**

PSHE education is a planned programme of learning through which students develop the knowledge, skills and attributes they need to manage their lives now and in the future. As part of a whole school approach, PSHE education helps to keep students healthy and safe, supports their spiritual, moral, social and cultural development and prepares them for life and work in modern Britain. At Goldington Academy, PSHE, Citizenship and Careers learning is taught through timetabled Life Skills lessons.

### **How does PSHE benefit students?**

PSHE education acknowledges and addresses the changes that learners are experiencing, beginning with the transition to secondary education, the challenges of adolescence and their increasing independence. It teaches the skills which will equip them for the opportunities and challenges of life. Students are encouraged to manage diverse relationships and the increasing influence of peers and the media. PSHE education allows them to be more confident in addressing the challenges of effective learning and making a full and active contribution to society.

At key stage 4 students will, further explore their attitudes and values, and deepen the knowledge and understanding they acquired during key stage 3. PSHE education reflects the fact that learners are moving towards an independent role in adult life, taking on greater responsibility for themselves and others. By key stage 4, increasing numbers of students will be gaining direct experience of the issues taught through PSHE education, and the curriculum is tailored to ensure that our students are equipped with the life skills to allow them to be responsible citizens, morally astute decision makers and ambitious individuals.

### **What content does KS4 PSHE education include?**

In key stage 4 the skills and attributes needed to keep themselves healthy and safe include: resilience, self-regulation, managing peer pressure; empathy, communication and negotiation, team-working, adaptability, risk management and critical thinking. Students develop these skills and attributes while learning about subjects such as:

- **Careers:** learning about the world of work, enterprise and employability skills.
- **Change and loss:** managing transition, adversity and developing resilience; bereavement, separation and divorce.
- **Health:** healthy lifestyles; mental and emotional health; drug, alcohol and tobacco education.
- **Personal finance:** savings, debt and budgeting, consequences of gambling
- **Risk:** financial and careers choices; personal safety; internet safety and violent incidents.
- **Sex and relationships:** developing and maintaining positive relationships; learning about consent; dealing with negative relationships, which may include bullying and sexual violence; exploring different types of relationships and maintaining sexual health.

**Mrs N Sacre**  
**Careers Leader and Leader of Life Skills**