

## PSHEE

The PSHE and Citizenship curriculum at Kings' School equips pupils with the skills, knowledge and understanding they need to help boost their life chances, help them to stay safe, improve their physical and emotional health and develop the character, resilience and skills they need to succeed academically and in the work place. It gives pupils the knowledge and skills to make sense of the world by engaging with current national and global issues and events, within the context of Human Rights and politics. The curriculum creates a safe space within which questioning and debate about sensitive and controversial issues can take place and myths can be challenged.

The curriculum combines both the new statutory Relationships Education, Relationships and Sex Education (RSE) and Health Education, and the statutory Citizenship curriculum, and is taught within discrete lessons called PSHEE.

### **Aims:**

- To develop pupils' understanding of the world and of personal, social, health, emotional and citizenship concepts and relevant vocabulary.
- To understand issues relating to their own health, personal care, sexual development and relationships.
- To enable pupils to make safe choices.
- To provide pupils with strategies to maintain personal wellbeing, promote resilience and equip pupils with skills to keep themselves and others safe.
- To promote an atmosphere celebrating equality and diversity.
- To enable learners to form appropriate relationships and give them a sense of dignity and respect for each other.
- To develop personal responsibility, self-confidence and assertiveness.
- To empower learners so they have more control over their own life.
- To enhance their self esteem.