



St Benedict's

Catholic College

MDA

22nd September 2023

Dear Parent/Carer

PSHE 2023-24

Personal, social and health and economic education (PSHE) is a very important aspect of the curriculum at St Benedict's Catholic College. The subject seeks to provide valuable knowledge and skills that are essential for life beyond the school gates and help children to make good choices as they mature.

This year, the PSHE programme for Year 10 is as follows:

Term	Area of Study	Topics covered
Autumn 1	Physical Health	First Aid Personal Safety Pregnancy
Autumn 2	Citizenship	Voting Rights Rights at work CV Writing
Spring 1	Online Safety	Work and the online world Unsafe behaviours online How to identify 'fake news' and other internet harms
Spring 2	Relationships and Sex Education	Committed relationships Unhealthy relationships and how to seek help Pornography
Summer 1	Identity and Diversity	Personal presentation and work Hate Crime Gender and identity
Summer 2	Mental Health	Self-harm Eating disorders The media and mental health

The PSHE programme will be delivered by skilled professionals with experience in the topics taught, and each class will have a different teacher for each area of study. The topic areas are units of 3 lessons and they will take place once a fortnight, beginning in October.

If you would like to discuss any aspect of the PSHE programme, please contact me at college.

Yours faithfully

Mrs M Davis
Assistant Principal - Safeguarding