



# St Benedict's

## Catholic College

MDA

22<sup>nd</sup> 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 11 is as follows:

Term	Area of Study	Topics covered
Autumn 1	Relationships and Sex Education	Forced marriage Fertility, adoption and abortion Families and marriage
Autumn 2	Physical Health	Self-examination - cancer Miscarriage Preventative measures - healthy lifestyles
Spring 1	Mental Health	Exam stress Transition to post 16 education Managing the end of relationships
Spring 2	Citizenship	The law and young adults Applying for jobs Budgeting skills
Summer 1	Online Safety	Cybercrime Online fraud Dangers of online gambling
Summer 2		

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