



# 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 8 is as follows:

Term	Area of Study	Topics covered
Autumn 1	Citizenship	Misogyny Being an Ally British Values
Autumn 2	Identity and Diversity	Respecting Equality and Diversity Disability discrimination Stereotypes
Spring 1	Relationships and sex education	Inappropriate touch Healthy relationships Resisting peer influence
Spring 2	Physical Health	How to recognise illnesses Legal and illegal drugs Alcohol, vaping and tobacco
Summer 1	Mental Health	Fear of missing out What causes poor mental health Strategies to maintain good mental health
Summer 2	Online Safety	Managing on line relationships Online presence and work Online abuse

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