



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 9 is as follows:

Term	Area of Study	Topics covered
Autumn 1	Mental Health	Dealing with change Coping with loss and bereavement Assertive communication
Autumn 2	Relationships and sex education	Consent Boundaries in relationships Contraception
Spring 1	Citizenship	Managing finances Setting up a bank account Budgeting
Spring 2	Online Safety	Grooming County lines and the internet Online Privacy
Summer 1	Physical Health	Drugs and the law Effects of illegal drugs Where to seek help for addiction
Summer 2	Identity and Diversity	Gangs and violent crime Friendship challenges Preparing for GCSE – making a success of my choices

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