

# PSHE at ABK

PSHE at ABK provides a progressive, inclusive and comprehensive programme of education from Year 7 through to Year 13. The curriculum fulfils all statutory requirements for Relationships Education, Relationships and Sex Education (RSE), and Health Education, while also supporting students' wider personal, social, emotional and economic development. It is designed to equip young people with the knowledge, skills, confidence and resilience needed to thrive in school, contribute positively to society and make informed decisions throughout their lives.

The curriculum is organised around three interconnected themes:

- Health and Wellbeing
- Relationships
- Living in the Wider World

These themes are revisited throughout a student's journey at ABK. Rather than teaching topics once, the curriculum follows a developmental approach, enabling students to revisit key ideas with increasing maturity and complexity as they move from early adolescence into adulthood. This ensures learning remains relevant to their experiences, circumstances and future aspirations.

In **Year 7**, students focus on making a successful transition to secondary school. They learn how to manage emotions, establish positive friendships, develop study skills and stay safe both in and outside school. Health education introduces healthy lifestyles, puberty, personal hygiene and personal safety. Students also explore diversity, prejudice and bullying, begin learning about healthy relationships and consent, develop aspirations for future careers and gain an introduction to financial literacy through saving, budgeting and responsible spending.

In **Year 8**, students build on these foundations by exploring identity, independence and personal responsibility. They learn about alcohol, drugs, nicotine and vaping, and the risks associated with substance use. Equality, diversity and discrimination become key themes, alongside mental health, body image, resilience and emotional wellbeing. Relationship education develops further through discussion of consent, gender identity, sexual orientation and contraception. Students also develop digital literacy skills, learning about online safety, misinformation, media reliability, gambling risks and online exploitation.

In **Year 9**, the curriculum addresses many of the challenges associated with adolescence. Students explore peer influence, healthy and unhealthy friendships, gang exploitation, substance misuse, knife crime and assertiveness. Careers education supports GCSE option choices and future planning. Relationships education examines family structures, parenting, conflict resolution and changing relationships. Health topics include diet, exercise, body image and personal responsibility for physical wellbeing. Relationships and sex education develops through learning about consent, contraception, sexually transmitted infections, pregnancy risks and the influence of pornography. Students also begin developing employability skills and understanding their online reputation.

In **Year 10**, the focus increasingly shifts towards preparation for adulthood. Students develop a deeper understanding of mental health, emotional wellbeing and accessing support. Financial education expands to cover debt, credit ratings, gambling, fraud, cybercrime and the influence of advertising. Relationship education explores healthy relationships, consent, coercion, exploitation and the impact of media and pornography on expectations. Students learn about the influence of drugs, gangs, role models and media messages on behaviour and decision-making. The curriculum also addresses extremism, radicalisation, diversity, equality and community cohesion. Work experience preparation helps students understand workplace expectations, professional behaviour and career development.

In **Year 11**, students prepare for life beyond compulsory education. Learning focuses on resilience, self-efficacy, stress management and revision strategies. Students explore post-16 pathways, applications, interviews and employability skills. Relationship education develops communication skills, personal values and awareness of abusive or exploitative relationships. Health education supports increasing independence through learning about healthcare services, vaccinations, screening programmes, first aid and personal safety. Family life, fertility, pregnancy, bereavement, adoption, fostering, forced marriage and honour-based abuse are also explored.

In the sixth form, the curriculum builds on prior learning while addressing the increasing independence and responsibilities of young adulthood.

In **Year 12**, students focus on mental health and emotional wellbeing, including stress management, body image and healthy coping strategies. Careers education develops through preparation for employment, workplace expectations, professional conduct and understanding employment rights and responsibilities. Students explore diversity, inclusion and challenging discrimination, while also examining the influence of faith, culture and personal values within society. Future planning includes exploring post-18 opportunities, higher education, apprenticeships and the financial implications of different pathways. Relationships education focuses on consent, assertive communication, recognising abuse, challenging victim-blaming and managing unhealthy or dangerous relationships. Students also learn about personal safety, travel safety, first aid and the impact of substance use on health, relationships and decision-making.

In **Year 13**, the emphasis is on preparing students for the transition to adult life. Students learn how to manage change, maintain physical and emotional wellbeing and make informed health choices. They develop an understanding of healthcare services, sexual health, contraception, screening programmes and self-examination. Careers education supports university, apprenticeship and employment applications, helping students develop CVs, personal statements, interview skills and a positive professional identity. Students learn how to manage their online presence and reputation responsibly. Relationship education explores intimacy, fertility, pregnancy, contraception, consent and sexual health in greater depth. Students examine mature relationships, conflict resolution, emotional intimacy and maintaining healthy boundaries in both personal and professional settings. Financial education covers budgeting, taxation, savings, debt, contracts, consumer rights and managing finances independently. Students are encouraged to critically evaluate information, recognise misinformation and make informed decisions as independent adults.

Across all seven year groups, several themes run consistently through the curriculum. Mental health and emotional wellbeing are revisited regularly, helping students develop resilience and effective coping strategies. Relationships and consent are explored progressively to ensure students understand respect, boundaries and healthy relationship behaviours. Online safety, digital literacy and critical thinking remain central as students navigate an increasingly digital world. Careers education and employability skills develop from Year 7 onwards, supporting students in making informed decisions about their futures. Financial literacy progresses from basic budgeting to understanding debt, contracts, taxation and financial risk. Equality, diversity and inclusion underpin the curriculum, promoting respect for others and challenging prejudice and discrimination. Personal safety and safeguarding remain priorities throughout, from transition into secondary school through to preparation for independent adult life.

The overall aim of PSHE at ABK is to prepare students not only for academic success, but also for the opportunities, responsibilities and challenges of modern life. Through a carefully sequenced curriculum that develops knowledge, skills and character over time, students are empowered to become healthy, informed, resilient and responsible members of society.