

Personal, Social, and Health Education at Castle

At Castle school, we recognise that the personal development of all our pupils is an essential part of school life. We know it is vital to promote pupils' self esteem and emotional wellbeing and help them to form and maintain, as far as possible, worthwhile and satisfying relationships, based on respect for themselves and for others, at home, school, work and in the community.

PSHE covers a lot of topics!

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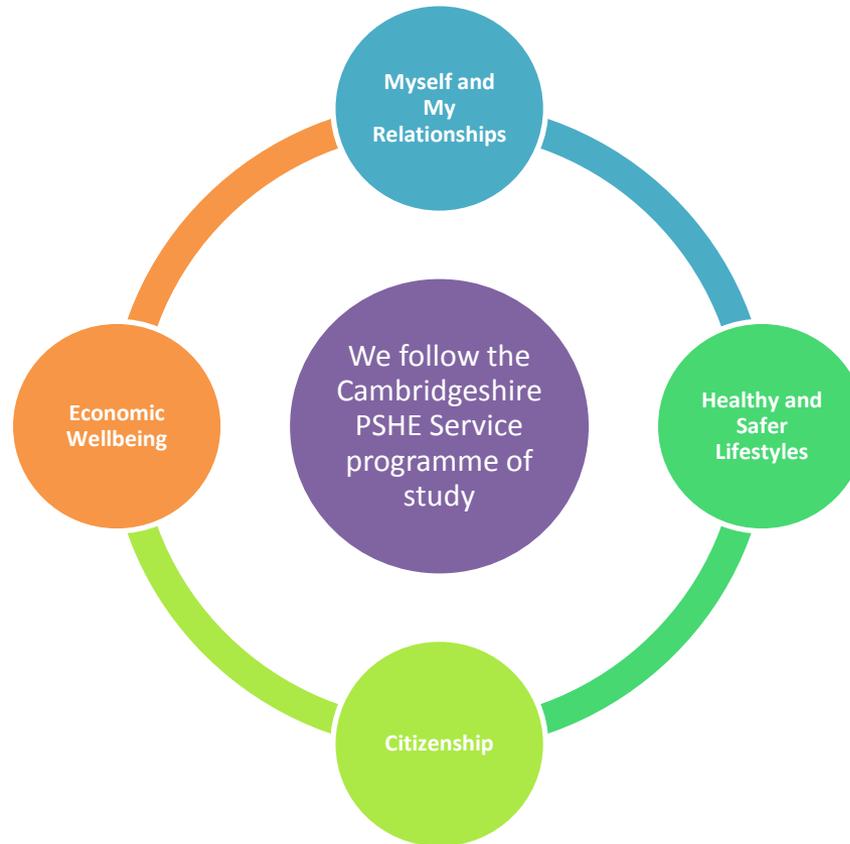
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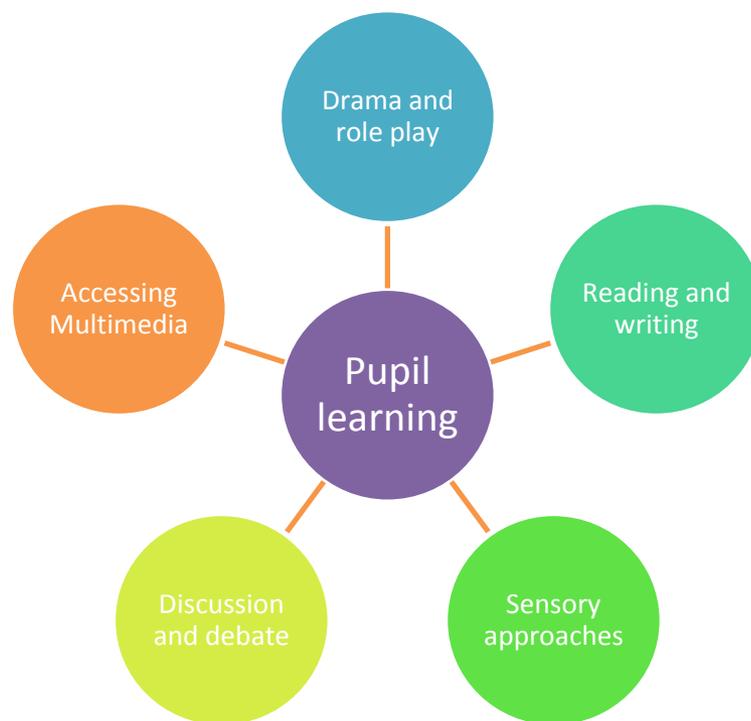


The Curriculum in Primary and Key Stage 4



How we work

We approach all topics at the pupils' level of understanding. We use a variety of strategies to move on pupils' learning, including:



Examples of lessons

Using drama

In a lesson on standing up to bullies, pupils are shown the difference between being aggressive, being 'wimpy' and being assertive. They act out scenarios where they have to negotiate tricky situations by calmly but politely standing up for their rights.

Using Multimedia

In a lesson on e-safety, students watch a video on how to access the internet safely, and access a variety of websites which have advice, information, interactive games and videos. Students make a video of their findings.

Sensory approach

- In a lesson on prejudice and diversity, students pass round a ball of wool, creating a web between them. They pass the ball on to anyone who has something in common with them, be it in terms of physical features, interests, likes or dislikes.

Group discussion

Students may be asked to research their views on a particular subject, and be able to offer explanations for their opinions in a discussion or debate. They get experience of dealing with differing views in a reasoned and polite way.

Resources and sources of advice

Below are some of the sources of advice we use, and which you may find useful.

Emotional well being	Sex and relationships	Drugs and alcohol education	Safety	E-safety	Staying safe within relationships	Current affairs
Childline	NHS Live well	Talk to Frank	ROSPA	CEOP	Childline	Newsround
Young Minds	NSPCC	Drinkaware	STOP!	Safer Internet Centre	Childnet	BBC

Sex and Relationships Education

Parents are the key people in teaching their children about sex, relationships and growing up. We work to support them by providing clear advice at the pupil's level of understanding.

A key part of relationships education is being able to keep yourself safe. This is taught throughout the PSHE curriculum. Developing a clear view of your rights and responsibilities, being able to identify difficult or unpleasant situations, and communicating your needs assertively are key skills that are taught across the school.

INTRODUCTION

Sex and relationships education is a very important part of our curriculum. We realise that it can be an embarrassing subject for some, but it is vital that children are informed so that they can make decisions which will keep them safe.

The topics we cover include:
the correct names of the body • feelings and relationships • growing up, having babies, feeling attraction, sexuality, sex, contraception, relationships and sexual health.

Parents have the right to withdraw their children from all or part of sex and relationship education.