

## Personal Development Curriculum Intent

At Colne Valley High School, we recognise the importance of the wider school experience for our pupils which complements and extends learning within and beyond the classroom. Our Personal Development curriculum is designed to support this experience by providing the opportunities and knowledge students require to take an informed and active role in society once they leave school. We promote personal wellbeing and development through our Personal Development tutor programme where PSHE education gives our young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

PSHE Association evaluated research 'A case for PSHE' indicates that PSHE when taught well this helps to keep pupils and young people safe, physically and emotionally healthy and prepared for life and work.

Colne Valley High School PSHE curriculum seeks to develop and embed the acquisition of knowledge and skills to enable pupils to access the wider curriculum and to prepare pupils to be a global citizen now and in their future roles within a global community. Our curriculum promotes the spiritual, moral, cultural, mental and physical development of pupils and fundamental British Values.

We recognise the growing challenges in our local and national contexts which pupils will need to navigate independently whilst developing their unique characters. Our Personal Development curriculum is centred around three key areas of focus:

- **Health and Wellbeing**
- **Relationships & Sex Education (RSE)**
- **Living in the wider world**

Our pupils will learn the following:

- Healthy bodies and lifestyles, self-esteem and confidence, body image and the media, including keeping safe, puberty, substance misuse
- Healthy minds, including emotional wellbeing, resilience, mental health
- Economic wellbeing and financial capability
- Careers education, preparation for the workplace and making a positive contribution to society
- Different types of relationships, including friendships, family relationships, dealing with strangers, intimate relationship and bullying
- How to recognise, understand and build healthy relationships, including self-respect, respect for others, commitment, tolerance, boundaries, consent, how to manage conflict and how to recognise unhealthy relationships
- How relationships may affect health and wellbeing, including mental health
- Online Safety
- Gender and identity
- Factual knowledge, around sex, sexual health and sexuality, set firmly within the context of a healthy relationship
- Diversity, equality and discrimination
- Families and British Values
- Citizenship
- The environment
- Charities
- Religion and tolerance

Our curriculum is responsive to the needs of our school, where our pupil-centred approach shapes our curriculum and its ongoing development.