



THINKING
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Plymouth High School for Girls

"For life, not school, we learn"

3 December 2025

Dear Parents and Carers

PSHE Education at Plymouth High School for Girls

At Plymouth High School for Girls, we are committed to providing a holistic education that supports both academic achievement and personal wellbeing. As part of this commitment, we deliver Personal, Social, Health and Economic (PSHE) education throughout all year groups. PSHE is designed to help students develop the knowledge, skills, and understanding they need to lead safe, healthy, and productive lives.

Statutory Requirements

The Department for Education (DfE) sets out statutory guidance for PSHE, which includes Relationships Education, Relationships and Sex Education (RSE), and Health Education. These programmes help students:

- Develop respectful relationships and understand their own and others' emotions
- Maintain physical and mental wellbeing
- Prepare for the responsibilities and challenges of adult life

Key Areas of Focus

Relationships:

- Understanding different types of relationships, including friendships, family, and relationships with peers and adults
- Developing skills to maintain healthy and respectful relationships
- Learning about consent and how to recognise and report inappropriate or abusive behaviour



Health and Wellbeing:

- Promoting physical health and fitness, including healthy eating and an active lifestyle
- Understanding mental wellbeing, recognising stress and mental health issues, and knowing how to seek support
- Learning about the human body, puberty, and the changes that occur during adolescence

Living in the Wider World:

- Developing financial literacy, including money management, budgeting, and saving
- Preparing for the world of work by exploring career paths and understanding workplace skills
- Encouraging responsible decision-making and understanding the consequences of financial choices

Curriculum Delivery

We follow the PSHE Association's learning objectives, recognised as a gold standard in PSHE education. These objectives, along with the statutory DfE guidance, are available on the PSHE section of our school website.

PSHE is delivered through a combination of dedicated lessons, cross-curricular activities, and special events. Our approach is inclusive, age-appropriate, and sensitive to the diverse backgrounds of our students. The schedule for each year group is as follows:

- Year 7–8: One PSHE lesson per fortnight plus one Wellbeing lesson per fortnight
- Year 9: One PSHE lesson per fortnight
- Year 10: One tutor time session per week plus two whole-morning events
- Year 11: One tutor time session per week plus one whole-morning event
- Year 12–13: One PSHE lesson per fortnight

We retain flexibility to adjust the delivery of content in response to emerging issues in the wider world or matters arising within school, ensuring lessons remain relevant and timely.

Parental Involvement

Parents and guardians play a vital role in supporting their child's personal and social development. We encourage you to discuss PSHE topics with your child and reinforce learning at home. If you wish to review resources or discuss the curriculum, please contact Mrs Sophie Lee, Head of PSHE, at Sophie.Lee@phsg.tsat.uk.

Right to Withdraw from Sex Education

While Relationships Education and Health Education are compulsory for all students, parents and carers may request that their child be withdrawn from some or all of the sex education content delivered as part of RSE. Before granting any such requests, parents and carers should contact the Headteacher in writing and we will arrange a meeting to discuss your request.

Yours faithfully



Mrs Sophie Lee
Head of PSHE

Year 7	
Relationships	
Health and Wellbeing	
Living in the wider world	
Year 8	
Relationships	
Health and Wellbeing	
Living in the wider world	
Year 9	
Relationships	
Health and Wellbeing	
Living in the wider world	
Year 10	
Relationships	Relationships and sex, including the impact of the media and pornography. Relationships online, victim blaming, misconceptions and social norms around sex, gender and relationships.
Health and Wellbeing	Mental health and ill health, stigma, safeguarding health, including during periods of transition or change. The influence and impact of drugs, gangs, role models and the media.
Living in the wider world	The impact of financial decisions, debt, gambling and the impact of advertising on financial choices. Preparation for and evaluation of work experience and readiness for work. Community cohesion and challenging extremism.
Year 11	
Relationships	Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse. Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships
Health and Wellbeing	Self-efficacy, stress management, and future opportunities. Responsible health choices, and safety in independent contexts.
Living in the wider world	Application processes, and skills for further education, employment and career progression.
Year 12	
Relationships	Healthy relationships, forced marriage, online speech, de-escalation, intersectionality, coercive control.
Health and Wellbeing	Mental health support, body modification, accessing healthcare, self-examination, vaping, healthy eating.
Living in the wider world	Employment and pay, insurance, consumer protection, debt
Year 13	
Relationships	Consent, communication in relationships, ending relationships, contraception choices, pregnancy choices
Health and Wellbeing	First aid, alcohol and safety, drugs, personal safety.
Living in the wider world	Online safety, radicalisation, online misinformation