

PSHE Curriculum Intent

Subject Vision

At Trinity Academy Newcastle, the PSHE curriculum enables learners to develop the knowledge, skills and confidence required to lead safe, healthy and fulfilling lives. Through the exploration of relationships, wellbeing, personal safety, citizenship and life skills, learners develop the resilience, self-awareness and decision-making skills needed to navigate the challenges of adolescence and adulthood. The curriculum empowers learners to become confident, responsible, and respectful members of society who are prepared for life beyond school.

The Role of PSHE within the Trinity Curriculum

PSHE forms a key part of the **Social and Emotional Learning** strand of the Trinity Curriculum Model. Through explicit teaching of relationships, wellbeing, personal safety and emotional development, learners develop the knowledge and skills needed to regulate emotions, build positive relationships, and make informed choices.

The curriculum contributes significantly to the academy's curriculum drivers by promoting SEMH development, independence, communication, self-regulation, and preparation for adulthood. Through discussion, reflection and real-life learning, learners develop the confidence and resilience required to participate positively in their communities and wider society

Assessment and Progression

Assessment is directly aligned to curriculum progression and enables learners to demonstrate growth in personal knowledge, decision-making, relationships and independence from their individual starting points.

Progress is measured through curriculum mastery and learners' ability to apply knowledge and skills in real-life contexts. Through Trinity Academy's assessment framework, learners are supported to develop confidence, resilience and responsible decision-making across Key Stages 3 and 4.

Key Stage 3 Intent

Developing Relationships and Personal Safety

Learners develop knowledge and understanding of healthy relationships, consent, boundaries, respect, and personal safety. Learning is sequenced progressively, beginning with understanding emotions and relationships in Key Stage 3 before moving towards more complex issues relating to risk, coercion, consent, and healthy adult relationships in Key Stage 4. Learners develop the skills needed to build and maintain positive relationships whilst keeping themselves safe

Developing Mental Health, Wellbeing and Resilience

PSHE Curriculum Intent

Learners explore mental wellbeing, emotional health, and resilience through a curriculum that encourages self-awareness and positive coping strategies. They develop an understanding of stress, anxiety, and emotional regulation and learn how to access support when needed. Through reflection and discussion, learners build confidence, resilience, and strategies to support their wellbeing throughout life.

Developing Knowledge of Safety and Risk

Learners develop the knowledge and skills needed to stay safe in a range of situations. Topics include online safety, substance misuse, personal safety, exploitation, and managing risk. Learners develop the confidence to recognise unsafe situations, make informed choices, and seek support appropriately.

Developing Identity, Equality and Citizenship

Learners develop an understanding of identity, diversity, equality, and inclusion. They explore British Values, discrimination, rights and responsibilities whilst learning how to engage respectfully with people from different backgrounds and perspectives. These experiences help learners become active, informed, and responsible citizens.

Developing Communication and Self-Regulation

PSHE provides structured opportunities for learners to develop communication and interpersonal skills. Learners practice expressing opinions, managing conflict, showing empathy, and communicating assertively and appropriately. Through self-reflection and discussion, learners develop emotional regulation and the skills needed to build positive relationships with others.

Developing Digital Literacy and Digital Citizenship

Educational technology and online platforms form an important part of modern life. Learners develop an understanding of digital citizenship, online relationships, social media awareness, cyber safety, and responsible technology use. This supports the academy's commitment to digital literacy and aligns with the NAACE EdTech Review Framework by helping learners use technology safely, responsibly, and effectively both now and in the future.

Key Stage 4 Progression

At Key Stage 4, learners build upon the knowledge, understanding and personal skills established during Key Stage 3 through increasingly relevant and age-appropriate learning.

Learners continue to develop:

- Awareness of health and wellbeing
- Understanding of healthy relationships
- Financial capability
- Careers education and future planning

PSHE Curriculum Intent

- Independence and decision-making skills

The curriculum supports learners to prepare for adulthood, make informed choices and successfully navigate education, employment and training pathways.

Supporting SEMH Development

The PSHE curriculum has been designed specifically to meet the needs of learners with SEMH needs. Through structured discussion, reflection, and real-world scenarios, learners develop confidence, emotional literacy, resilience, and self-awareness. The curriculum provides a safe environment in which learners can explore issues that affect their lives whilst developing strategies to support their wellbeing and personal development.

Preparation For Adulthood

Preparation for Adulthood is embedded throughout the PSHE curriculum. Learners develop knowledge of finance, careers, relationships, independent living, and future pathways. Through practical and relevant learning experiences, learners develop the confidence, skills and understanding required to make informed decisions and successfully transition into adulthood.

Intended Outcomes

By the end of Key Stage 4, learners will:

- Develop secure knowledge and understanding of healthy relationships, consent and personal safety.
- Demonstrate strategies to support their mental health, wellbeing, and emotional resilience.
- Recognise risks and make informed decisions to keep themselves safe.
- Understand identity, diversity, equality, and their role within modern society.
- Communicate effectively, manage conflict appropriately, and build positive relationships.
- Use technology safely, responsibly, and confidently as digital citizens.
- Demonstrate confidence, resilience, and self-regulation in a range of situations.
- Be prepared for post-16 education, employment, independent living and adult life.

Ambition

Regardless of starting point or pathway, all learners are entitled to an ambitious PSHE curriculum that develops personal responsibility, confidence, resilience and informed decision-making.

Through carefully sequenced learning and high expectations, learners are supported to become:

PSHE Curriculum Intent

- Healthy and informed individuals
- Respectful and responsible citizens
- Confident communicators
- Independent decision-makers
- Successful young adults prepared for further education, employment and adult life