

PSHE Matters

PSHE matters is a PSHE scheme of work developed for primary schools in Derbyshire.

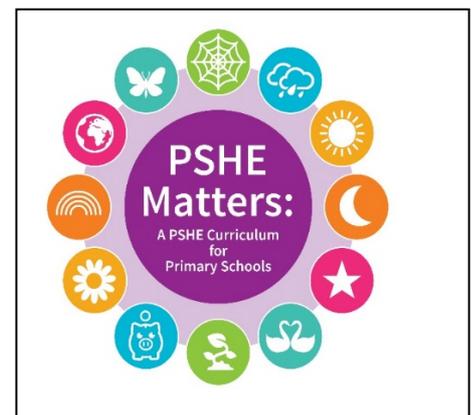
PSHE Matters is designed to:

- Provide a PSHE spiral curriculum that's accessible to all
- Ease teacher's workload by providing creative ideas and links to resources
- Improve pupil's emotional literacy
- Help pupils stay safe and healthy
- Support schools to meet statutory requirements for Relationships Education, Relationships and Sex Education and Health Education (RSHE)

The learning takes place through 12 modules over a 2 year cycle

The 12 modules are:

1. **Drug Education** - including how to manage risk and peer influences
2. **Exploring Emotions** - including how to recognise and manage feelings and emotions
3. **Being Healthy** - including the importance of looking after our mental health
4. **Growing up** - including the Sex Education element
5. **Changes** - including loss
6. **Bullying Matters** - including how to ask for help
7. **Being Me** - including identity and community
8. **Difference and Diversity** - including challenging stereotypes
9. **Being Responsible** - including looking after the environment
10. **Being Safe** - including online and offline
11. **Relationships** - including what is a healthy relationship
12. **Money Matters** - including enterprise



How does PSHE Matters link with the RE Syllabus?

- Promotes the development of positive values and attributes. kindness, patience etc. including respect for self and others
- An emphasis on mental wellbeing is embedded, supporting the dignity of each person
- Includes teaching of British values and the celebration of difference of diversity
- Is inclusive of a range of protected characteristics (e.g. through the scenarios)
- Its flexibility allows schools to incorporate the faith perspective of pupils
- Spiritual wellbeing is promoted using mindfulness activities, including breathing, and relaxation, e.g. through the 5 ways to well being
- Its use is compatible and supportive of the principal aim of RE as stated in the Derbyshire and Derby City Agreed Syllabus, in that it provides opportunities to address and reflect on a range of spiritual and moral questions