Kvutzah (PSHCE)

Exam Board & course code

Non-examined curriculum: Personal, Social, Health and Citizenship Education (PSHCE). Taught in tutor groups; one lesson per fortnight.

Topics that will be taught

Year Group	Autumn Term	Spring Term	Summer Term
Year 10	**Managing Money** • Money, income, tax and pensions • Budgeting game • Insurance and housing **Personal and Internet Safety** • Gambling education • Internet safety • Fraud education • Run, Hide, Tell • Antisemitism	**Relationships and Sex Education** • Consent and communication • Behaviours, exploitation and coercion • Sexting and online safety • Pregnancy and fertility	**Substance Misuse** • Drugs and their effects • The law and drug users • Alcohol, drink spiking and risk reduction **Mental Health** • Stress management
Year 11	**Healthy Living** • Vaccinations and HPV • Organ and tissue donation • Introduction to first aid **Careers and Employability** • Future choices • CV writing • Communication skills • Interview skills	**Relationships and Sex Education** • Gender, coming out and allyship • STIs • Contraception • Pregnancy • Domestic abuse, power and law • Pornography	N/A

What parents can do to support learning	Useful links and reference materials
Discuss learning and current affairs • Talk with your child about the issues explored in Kvutzah. They may prefer to ask some questions at home. • Discuss news, equality, discrimination, antisemitism and responsible citizenship. **Support personal safety and wellbeing** • Discuss online safety, fraud, gambling, consent, exploitation and where to seek help. • Encourage healthy routines and conversations about stress, substance misuse and risk. **Support relationships and future choices** • Promote respect, healthy relationships and an understanding of personal boundaries. • Help students explore post-16 options and practise CV writing, communication and interview skills. **Assessment and home learning** • Learning is monitored by specialist PSHCE teachers over time, with support where concerns arise. • Home learning is minimal, although project work may be set.	**Online safety and safeguarding** • CEOP: www.ceop.police.uk • NSPCC: www.nspcc.org.uk • Childline: www.childline.org.uk • Community Security Trust: www.cst.org.uk **Relationships and health** • Brook: www.brook.org.uk • NHS: www.nhs.uk • Jewish Women's Aid: www.jwa.org.uk • FRANK: www.talktofrank.com **Mental health and future pathways** • YoungMinds: www.youngminds.org.uk • National Careers Service: nationalcareers.service.gov.uk • Barclays LifeSkills: barclayslifeskills.com Online safety and mental health resources are also listed in the KS3 Kvutzah guide.