

PHSE at Hampton School



Personal, Health & Social Education



Ethos

- To enable boys to have the information, awareness and maturity to make responsible and informed decisions.
- To recognise that their choices and actions will have consequences and to understand what these consequences might be.

How does it work?

- **Once a week** boys are in their form with their form tutor for **40 minutes** for a PHSE lesson.
- This happens in **every year**, from Year 1 to U6.
- These sessions are often discussion based, will have specific activities at times and will sometimes use interactive media to enhance learning.



Outside Speakers



- Boys also often receive talks and workshops from outside speakers
- This term outside speakers will talk to boys about:
 - Drugs Awareness
 - Stress
 - Personal Safety
 - Smoking
 - Peer Pressure
 - Study Skills

What is Covered?

- Many, many different things.
- Most important are:
 - Sex Education (A Legal Requirement in State Education)
 - Drugs, Alcohol and Tobacco Awareness
 - Cyber-Issues



Citizenship

PHSE encourages many skills that help to develop citizenship

- Empathy and understanding of others
- Understanding of institutions and government
- Maturity and Thinking Skills



Thinking Positively

- 3rd Year Project to encourage positive thinking, problem solving, finding solutions
- Over several weeks boys in groups will be challenged to find the positive opportunities from a seemingly negative situation
- Some groups will be given a business scenario where a company is facing many difficulties and challenged to think creatively to find the positive opportunities for their business
- Others will be given a political problem to overcome, others will be given more personal issues to find the positives in.

Why Is PHSE Important?

- Personal
 - It enables to boys to grow and mature into confident young men.
 - It helps them through the turmoil of adolescence and gives them well-being.
- Health
 - It helps them deal with the difficult issues of sex, drugs, alcohol.
 - It also helps them with puberty and personal hygiene.
- Social
 - It gives them the social skills to thrive and flourish
 - It enables them to understand different points of view and empathise with others in difficult situations, helping them when they too face similar difficulties