Mulberry Academy Bexhill

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16 October 2026

Dear Parent/Carer,

RE: PSHE Lessons for Term 2 2026-27

I am writing to inform you about what your child will be learning in PSHE (Personal, Social, Health and Economic Education) next term.

Our PSHE programme follows the PSHE Association Programme of Study, which is widely recognised as a high-quality framework for teaching in this subject. The content we deliver is carefully designed to be age-appropriate, relevant, and supportive of pupils' personal development and wellbeing. It aligns with the updated statutory guidance.

In addition, our PSHE curriculum is responsive and reactive. This means that, alongside our planned programme of learning, we may adapt lessons to address current issues, events, or specific needs that arise within the school or wider community. This ensures that learning remains relevant and supports pupils in understanding and navigating the world around them.

	Year 7	Year 8	Year 9	Year 10	Year 11
Lessons	Lesson 1: Friendship and empathy, bullying and bystanders Lesson 2: Friendship challenges and Similarities, differences and peer influence Preventing Involvement in Serious and Organised Crime Lesson 3: Coercive friendships	Lesson 1: Water safety and railway safety Lesson 2: Understanding drugs and Tobacco and nicotine Lesson 3: Alcohol and risk	Navigating work, study and careers - KS3 Lesson 1: Exploring career interests Work patterns and workplaces Lesson 2: Managing pressure and seeking support Preparing for KS4 options Lesson 3: Careers education: Showcasing personal strengths	Lesson 1: How does AI affect our daily lives? Lesson 2: What are the limitations of generative AI? Lesson 3: How does generative AI affect our understanding of the world? Lesson 4: How do chatbots affect relationships?	Lesson 1: Seeking help and support Lesson 2: Managing stress and tension Lesson 3: Change, loss and grief

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			Managing online reputation	**Digital deception: Understanding deepfakes** (KS4) Lesson 1: What's the harm? Lesson 2: What can be done? **Not just flirting** (KS4) Lesson 1: Social attitudes to sending nudes	
External Visitors	Police Liaison Officers will visit each PSHE lesson once during the year to deliver sessions on online safety.		**Calling it out: Loudmouth performance.** Tuesday 1st December during lesson 3. Please see the website link: RSHE Workshop: harmful sexual behaviours, sexual harassment, sexual assault, pornography, consent, misogyny	Police Liaison Officers will visit each PSHE lesson once during the year to deliver sessions on Sex, the law and consent.	

Examples of the RSHE resources and lesson plans we use are available on request. Our teaching is based on guidance from the PSHE Association, which provides a wide range of quality-assured materials for schools. Because these resources are the intellectual property of their respective authors and are used in line with copyright regulations, we are unable to publish them on the school website. If you would like to view any of the materials, please email a.steward@mulberrybexhill.org and we will be happy to arrange this. We welcome parents and carers taking an interest in this area of learning and are keen to support home–school engagement throughout the year.
Kind regards,

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PSHE lead
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