

# Welcome to PSCHE

At Tabor Academy we aim to deliver PSCHE through tutor times. The aim is to ensure that the PSCHE programme helps students to lead confident and healthy lives both as individuals and as members of the wider community while developing their spiritual, moral, social and cultural awareness.

PSCHE gives students the opportunities to reflect on their experiences and how they are developing. It helps them to understand and responsibly manage a wide range of relationships as they get older and to show respect for diversity and differences between people.

Through work in lesson time and a wide range of activities beyond the curriculum including outside speakers, students gain practical knowledge and skills to help them live healthy lives and to deal with the spiritual, moral, social and cultural issues they face as they approach adulthood. Sex and relationship education is taught to all students at key stages throughout the year. Students are also aware of current issues in the news and PSCHE in the school adapts to ensure all topics are relevant and up to date for each year group. As a result, PSCHE seeks to help students to:

Develop confidence, independence, responsibility and a socially moral identity

Make the most of their abilities, in school and in the outside world

Develop healthy, safe lifestyles and friendships

Develop good relationships and to respect the differences between people

Develop the knowledge, skills and attitudes that will help them to become effective and active members of their community



**IT'S OKAY TO ASK FOR HELP**

You don't have to fight your battle alone.

**Talk to our Mental Health First Aiders**

Mrs. Gartlan (Beside Main Office) or Mrs. Collop (Year Care Team).



Mrs Collop  
YCT



Mrs Gartlan  
Office



**TABOR PLEDGES**

**TABOR, ARE COMMITTED THAT BY THE END OF YEAR 13, ALL STUDENTS WILL HAVE HAD THE OPPORTUNITY TO:**

- Attend a professional performance.
- Take part in a charity collection or community work.
- Participate in a school club.
- Have an international experience.
- Have the opportunity to gain leadership experience.
- Meet a professional person.
- Take part in a performance or presentation in front of an audience.
- Take part in a residential activity
- Visit a place of worship.
- Take part in a school trip
- Visit a museum or gallery.
- Listen to talks about safeguarding.
- Visit a place of historical interest.



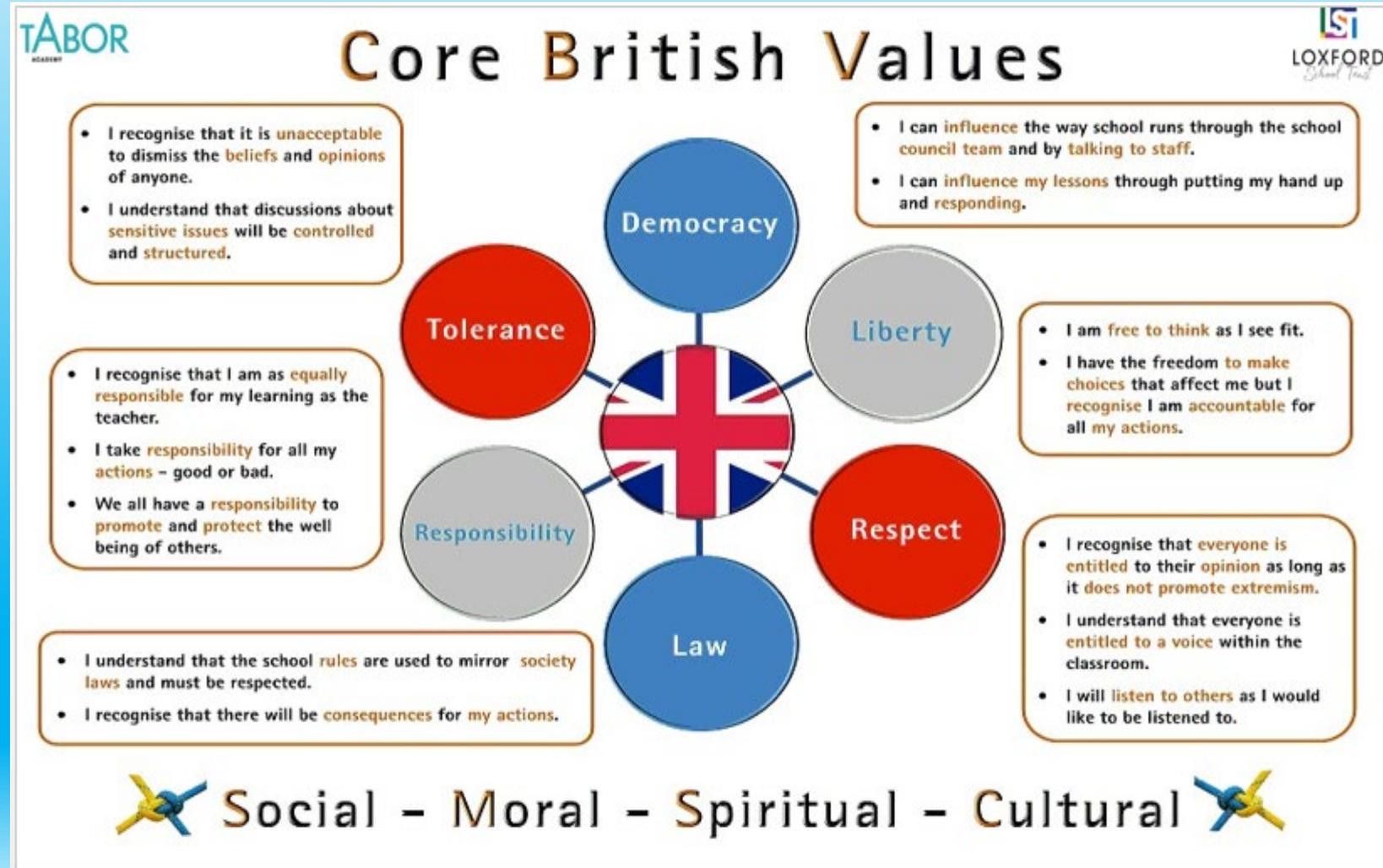
# The Journey...

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Year 7 – Bullying, Healthy Lifestyles, Community, Values, SRE and Drugs Education, awareness of Social Media, Body Changes and Puberty.	Year 8 – Safety, Relationships, Global Politics, Crime, awareness of Social Media, Stereotyping, SRE and Drugs Education, FGM, Puberty & Relationships including Peer on Peer relationships.	Year 9 – Safety, The Environment, Global Citizenship, Options, SRE and Drugs Education, Consent, the law, are you ready for relationships, awareness of Social Media, Contraception and Sexually transmitted infections, mental health, radicalisation, awareness of Peer on Peer relationships and abuse.	Year 10 – Safety, Global Issues, Rights and Responsibilities, The EU, SRE and Drugs Education, Consent, the law, FGM, Forced Marriage, awareness of Social Media, consent, Contraception and Sexually transmitted infections, mental health, Human rights.	Year 11 – CVs, Interview techniques, Global Issues, awareness of Social Media, Forced Marriage, SRE, Consent and Drugs Education, Peer on Peer abuse and relationship awareness, Mental health, Radicalisation, Human rights

# BRITISH VALUES

**At Tabor** we have embedded The Department for Education published guidance on promoting British values in schools and ensure young people leave Tabor School prepared for life in modern Britain. We actively promote: The fundamental British values of democracy  
The rule of law  
Individual liberty  
Mutual respect and tolerance of those with different faiths and beliefs.

Examples of the understanding and knowledge students learn include:  
An understanding of how citizens can influence decision-making through the democratic process  
An understanding that the freedom to hold other faiths and beliefs is protected in law  
An acceptance that people having different faiths or beliefs to oneself (or having none) should be accepted and tolerated, and should not be the cause of prejudicial or discriminatory behaviour



# School Council



# Anti-Bullying Ambassadors

TABOR  
ACADEMY

As supported by the UK wide Diana Award Tabor has a number of student Anti-Bullying Ambassadors. Students in every year group get the chance to apply to become Anti-Bullying ambassadors who support students and act as a front line support to tackle bullying in all its forms.

Students gain excellent leaderships skills and contribute to whole school change.

Click on the link below for more information.



IT STOPS WITH YOU!  
SEE AN ANTI BULLYING AMBASSADOR TODAY  
STOP BULLYING  
STOP AND THINK!  
All parents are advised to visit <https://www.nationalbullyinghelpline.co.uk/> for more information.

IT STARTS WITH YOU  
6 TYPES OF ONLINE BULLYING

- GOSSIP**  
Posting or sending rude rude cruel gossip to damage a persons reputation and relationship with family, friends and acquaintances .
- EXCLUSION**  
Deliberately excluding someone from an online group or friendship group.
- HARRASSMENT**  
Repeatedly posting or sending offensive, rude or insulting messages.
- CYBER THREATS**  
remarks on the internet threatening or implying violence against another.
- OUTING OR TRICKERY**  
Tricking someone into revealing embarrassing information or secrets, which is then shared online.
- CYBERSTALKING**  
Sending or posting unwanted or intimidating messages.

STOP AND THINK!