



St. Ninian's HIGH SCHOOL

Scoill Ard Noo Ninian

Our Ref: DBE/LK/PSHE

8th September 2026

Dear Parent/Guardian

Re: Year 7 PSHE Curriculum

From September 2026 your child will be receiving PSHE lessons as part of their whole school curriculum. This will be delivered in the form of a regular lesson.

PSHE stands for personal, social, health, and economic education, which are the broad areas this important subject covers. PSHE is taught throughout all key stages on the island and focuses on developing the whole child and equipping students with the knowledge, skills, and understanding needed to look after their well-being, make informed decisions, and enjoy positive relationships.

It is important to recognise that PSHE lessons will be delivered by a dedicated team of skilled staff in a manner that is developmentally appropriate, and the curriculum will build upon prior learning. The delivery will also be supplemented where possible with 'drop down days' with visiting speakers and outside agencies.

Some units of work within the PSHE curriculum covers Relationships and Sex Education (RSE). The content covered for RSE is directed by PSHE Leads across the island working closely in conjunction with The Department of Education, Sport and Culture (DESC). Lesson plans have been adapted and approved to fit with our aims and values of empowering our students to be self-motivated and confident learners who have respect for others, enabling them to make informed life decisions.

Below is an outline of the topics that we will be covering.



Continued...

LOWER SCHOOL (Years 7 – 9)

Heywood Avenue, Onchan

Isle of Man, IM3 3AR

+44 (0) 1624 648900

UPPER SCHOOL (Years 10 – 13)

Ballaquayle Road, Douglas

Isle of Man, IM2 5RA

+44 (0) 1624 648800

HEAD TEACHER Mr C. J. Coole

Live to Learn
Learn to Live

Year 7	Unit 1	Unit 2	Unit 3
	Transition and safety Introduction to PSHE Thriving in secondary school School rules & expectations Targets & Goals Overcoming challenges Managing Risk	Digital Literacy & self-awareness Me online Netiquette Sending & sharing images Respect Me Feeling Emotional Looking after myself and others	Puberty & Body image My body now (<i>parts of the body</i>) My changing body (<i>puberty</i>) Menstruation Learning about my body Body image & influences Body confidence
	Unit 4	Unit 5	Unit 6
	Building Relationships Gender Stereotypes & equality Hurtful behaviour Part 1 Hurtful Behaviour Part 2 Understanding Gender Friendship & Empathy Peer Pressure	Finance Spending decisions Budgeting for a holiday How to open a bank account How to read a bank statement How to save money How to use bank cards	Staying safe, dental & Addiction Dental Hygiene Staying Safe What is Addiction? Smoking & Vaping Alcohol Drugs

We trust you will find all the above information helpful. Should you have any concerns or queries regarding PSHE at St Ninians High School, please do not hesitate to contact us.

Yours faithfully



Mrs D Benson
PSHE Lead Coordinator