



St. Ninian's HIGH SCHOOL

Scoill Ard Noo Ninian

Our Ref: DBE/LK/PSHE

8th September 2026

Dear Parent/Guardian

Re: Year 8 PSHE Curriculum

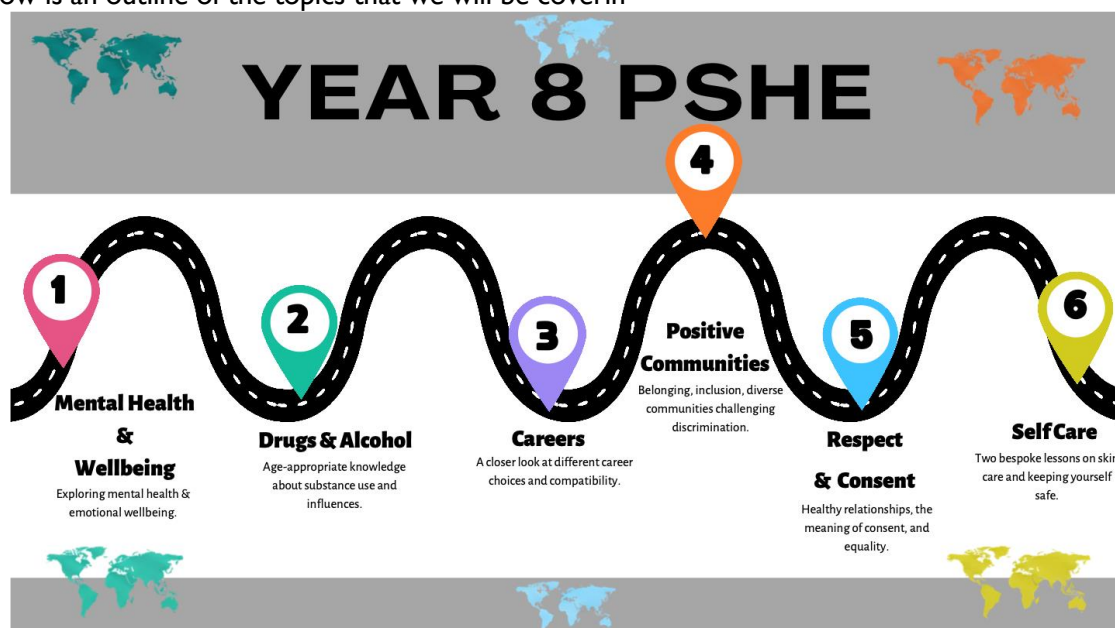
From September 2026 your child will be receiving PSHE lessons as part of their whole school curriculum. This will be delivered in the form of a regular lesson.

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 8	Unit 1	Unit 2	Unit 3
	Mental Health & Wellbeing Attitudes to mental health Promoting emotional wellbeing Digital resilience Group Chats Inappropriate Language Improving Mental Health Eating well	Drugs and alcohol Understanding Drugs Tobacco Risks & Influences Alcohol & Risk Drugs and the Law Drugs & Effects: Alcohol & Cannabis Managing Influence Influences and consequences of Vaping & 'Snuz'	Careers Introduction to career paths Unlocking your potential The power of life experience Deep dive researching your interests Mapping your success Building your professional profile
	Unit 4	Unit 5	Unit 6
	Community Identity and Community Discrimination Values Understanding Bias Being an Ally Contributing to my Community	Healthy Relationships Healthy Relationships Relationship Changes Consent Attitudes to Sending Nudes Misogyny Feminism & Positive Masculinity	Staying safe & Skin Care Skin Care Staying Safe

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