

Our Partnerships

As a school we work closely with Childrens Services, police and further education to ensure our lessons are informative in nature giving sound factual advice.

Where can I learn more?

- Our PSHE page on the DHFS website provides further in-depth detail to our curriculum.
- The Student Wellbeing page on the DHFS website allows students and parents/carers to obtain a wealth of advice and support in a range of topics.

For further information contact:

Ms L.Watkin
01246 412372
lwatkin@dhfs.uk



Personal, Social, Health & Economic Education



DRONFIELD HENRY FANSHAWE SCHOOL

Established 1579

Green Lane
Dronfield
Derbyshire
S18 2FZ

www.DHFS.uk

@DHFSupdate
@DHFS_careers



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PSHE

Subject Guide
Key Stage 4

Personal,
Social, Health
&
Economic
Education

Course starting September 2026

Celebrating diversity
and equality



Health and
Wellbeing



Life beyond school



Rights and
responsibilities



Relationships and
sex Education



Staying Safe



Success with care.

Staying Safe

Sleep diet and exercise
Organ donation
Male Health Monitoring
Female Health Monitoring
CPR

Health & Wellbeing

- Self-esteem
- Reframing negative thoughts
- Dealing with change
- Recognising mental ill health
- Unhealthy Coping Strategies: Self Harm
- Media and Body Image
- Gambling
- Substance Use
- Challenging Bullying

Life Beyond School

- Workplace Discrimination
- Types of Careers
- Financial decisions
- Online presence and personal data
- Extremism
- Managing online reputation
- Interviews
- CVs

How is this course delivered?

Students are taught in mixed ability sets in Year 10 and 11 for their PSHE lessons. They also take part in PSHE Days throughout the year, where students come off timetable to focus on PSHE for a day.

Why do I study this course in Year 10 & 11?

PSHE at DHFS has one clear vision. This is to teach the vital life skills necessary to navigate the wider world safely, and with a strong moral compass.

What do I learn about

At Key Stage 4 students will continue a spiral curriculum focusing on:

- Relationships and Sex Education
- Health and Wellbeing
- Life Beyond School
- Staying Safe
- Rights, Responsibilities & British Values

Relationships & Sex Education

- Healthy and unhealthy relationships
- Types of relationships
- Porn
- Values and faith
- Endings and grief
- Online relationships
- Harassment and assault
- Sex under the influence
- Sexual images
- What is good sex?
- Readiness for sex and consent
- STIs
- Miscarriage
- Contraception and Unintended Pregnancy
- Abortion
- Parenting
- Abuse in Relationships
- Gangs
- 'Honour'-based violence