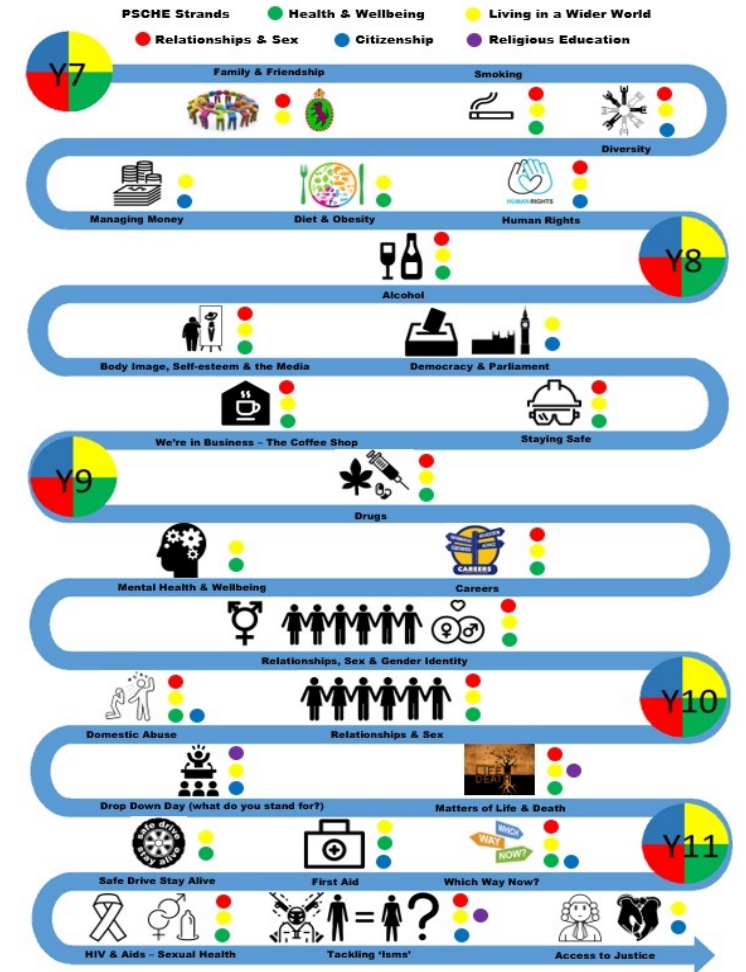


# Welcome to PSCHE

PSCHE is Personal, Social, Citizenship, Health Education

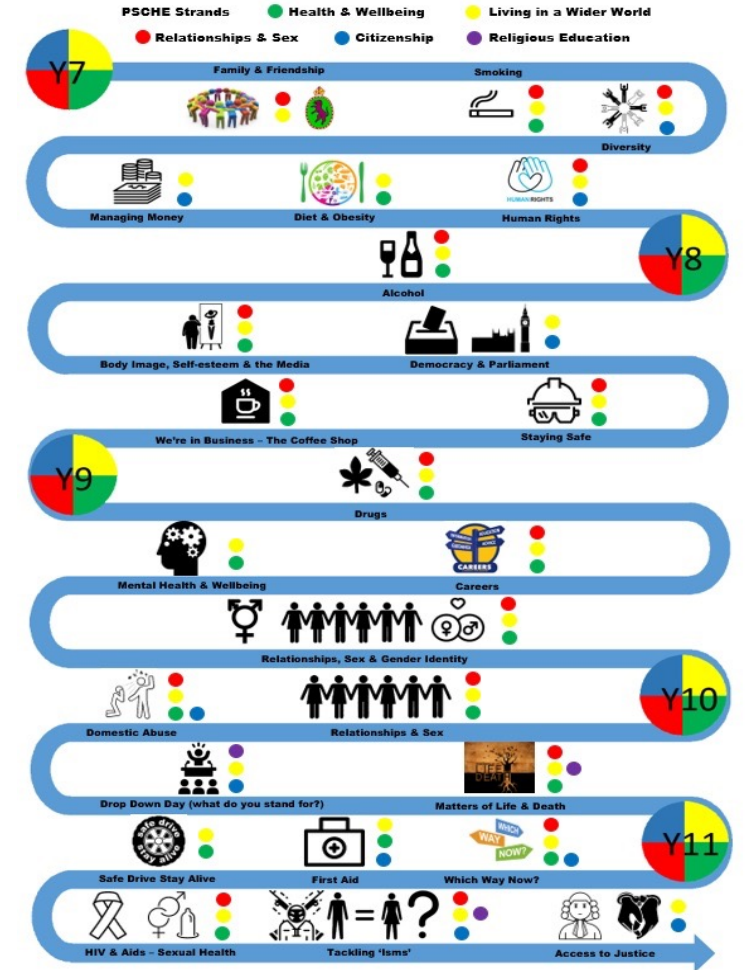
PSCHE is a once a week lesson from the beginning of Year 7 to the end of Year 11.

PSCHE aims to help you understand the risks to your physical and mental health and how to keep yourself safe. These lessons also help you to understand what healthy and appropriate relationships look like and the values of British society.



# Welcome to PSCHE

In Year 7 you'll learn about friendship and family, the risks of vaping and the importance of a healthy diet. You'll also learn about the diversity of British society and the importance and value of human rights.



Teachers from different departments are also teachers of PSCHE. So your Spanish, Geography, History, Science, DT or FT teacher might also be your PSCHE teacher.

Things you could do to be prepared for PSCHE lessons include: watching Newsround on the BBC, reading books and stories about people's experiences, visit the free museums and galleries in London