

# Young Hackney Personal Social and Health Education

## Supporting social and emotional development

The following sessions are designed to complement and enrich PSHE and SRE curriculum work. We are happy to discuss how we can adapt sessions to meet the needs of particular target groups, or address specific issues faced by children or young people in your school.

All the sessions are free to schools in Hackney and are delivered by members of the staff from the Young Hackney Health and Wellbeing team. Each session is designed to last 50 minutes, but timings are flexible and we are able to run an abbreviated session if necessary.

For more information about the session content, please email: [HWBteam@hackney.gov.uk](mailto:HWBteam@hackney.gov.uk)

## How to book

If you would like to book a session, please fill out our booking form and email it to: [HWBteam@hackney.gov.uk](mailto:HWBteam@hackney.gov.uk)

## Secondary PSHE and SRE sessions

### PHSE

**Masculinity/Femininity** Over the course of the session, we work through questions related to gender identity: what it means to be a man/woman in today's society; the expectations, norms and stereotypes we are expected to conform to; and how these affect how we feel about ourselves and others (single-gender sessions).

**Body image** Addresses concerns around weight and body image and explores the impact that celebrity culture and social media has on young people's self-esteem and emotional wellbeing.

**Healthy living** Healthy living An introductory session looking at the importance of health, exercise and wellbeing for growth and development in all aspects of an individual's life.

**Smoking prevention** Raises awareness of how tobacco consumption affects the body, and the potential harm associated with smoking.

**Emotional wellbeing** Equips young people with the necessary skills to manage their emotional responses, cope with stress in a healthy way and maintain a sense of perspective when under pressure.



## SRE

<p><b>Consent and the Law</b> Examines the laws relating to sexual activity, alongside discussions around consent and sexual offences.</p>
<p><b>Relationships and domestic violence</b> Supports young people in identifying the differences between healthy and unhealthy relationships. Domestic Violence work focuses on teenage dating abuse to emphasise that DV is not exclusive to adult relationships.</p>
<p><b>Positive sexuality</b> Explores and demystifies the sexual act as a source of pleasure and intimacy. Addresses subjects such as orgasms, female sexuality and sexual delay from a wellbeing perspective.</p>
<p><b>STIs</b> Promotes awareness and understanding of sexually transmitted infections: how they are transmitted; what their symptoms are; and how to treat and prevent them.</p>
<p><b>HIV and AIDS</b> Examines HIV &amp; AIDS, separating fact from fiction. The session covers: transmission, treatment and living with the virus.</p>
<p><b>Contraception</b> Gives an overview of the three types of contraception devices available for free on the NHS, alongside an understanding of how contraception actually works.</p>
<p><b>Sexuality and Gender</b> Introduces a spectral (rather than binary) understanding of sexuality and gender identity, decoding acronyms and looking at experiences unique to LGBT+ people.</p>
<p><b>Pornography</b> Equips young people to critically evaluate pornography – including recognising unrealistic expectations and unhealthy gender relationships.</p>
<p><b>Homophobia and bullying</b> Explores homo-, bi- and trans-phobia, its impact on the lives and wellbeing of survivors and how to prevent/challenge it.</p>
<p><b>Internet safety and cyberbullying</b> Raises awareness of the risks young people may be putting themselves at when using the internet/social media and messenger apps, alongside cyber-bullying and its impact.</p>

