

# Personal, Social and Health Education (PSHE)

All students at Reigate Grammar School receive Personal, Social and Health Education throughout the First to Fifth Years.

In the First Year PSHE is delivered through a series of presentations by staff and visiting speakers, followed by lessons with their Form Tutor. The topics covered include Study Skills, Friendship, Road Safety and Sex Education.

In the Second and Third Years PSHE is delivered by Form Tutors in lessons once a week. The course is divided into six areas:

- Essential Skills
- Who Am I?
- Making Choices
- Personal Safety
- Relationships
- Awareness of Others

In the Fourth and Fifth Years students are taught PSHE by staff who specialise in particular areas of the course. They work through seven topic areas over the two years:

- Health Issues
- Citizenship
- Sensitive Issues
- Careers
- Enterprise
- Learning Games
- Religion and Perception

Courses in all years make use of visiting speakers who are experts in their field, as well as a wide range of recorded visual material.