

Question: What is PSHE?

PSHE stands for **Personal, Social, Emotional and Economics**. In this subject you will learn the knowledge and skills needed to manage your lives, now and in the future. PSHE will help you to stay healthy, safe and will prepare you for life and work.

Developing skills and aspirations - The bigger picture:

At the beginning of this term you will focus on the British Board of Film Classification (BBFC). The BBFC wants audiences to enjoy watching films or online content, so their job is to view and classify films before release. You will learn how to make decisions and manage peer pressure about films and online viewing, how relationships are portrayed and how this can affect relationship expectations, behaviours and values.



Key words & Definitions:

Decision making: the process of making choices by identifying a decision, gathering information, and assessing alternative solutions.

Peer pressure: a feeling that one must do the same things as other people of one's age and social group in order to be liked or respected by them.

Classification: the act or process of dividing things into groups according to their type.

Influence: the power to have an effect on people or things.

Media: communication outlets or tools used to store and deliver information or data such as the internet, newspapers, magazines, television, and film.

Expectations: a strong belief that something will happen or be the case.

Healthy relationship: A relationship that involves respect for each other's independence, decisions can be made by each person without fear, and there is not an imbalance of power.

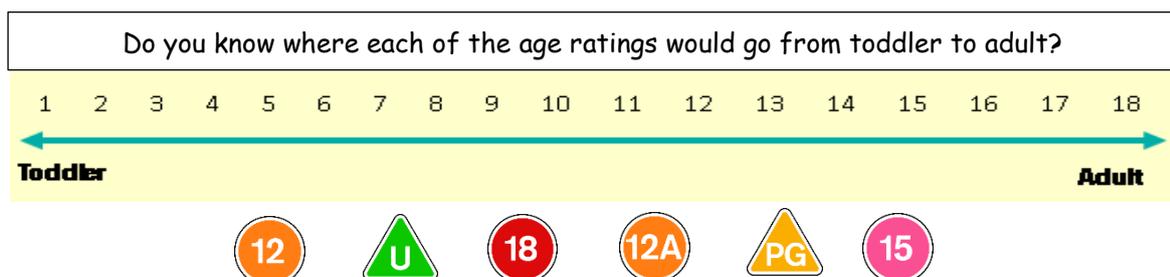
Realistic: representing things in a way that is accurate and true to life.



The Role of the BBFC

Some films and videos have things in them that can make viewers feel worried, confused or uncomfortable. The **British Board of Film Classification (BBFC)** wants audiences to enjoy watching films or online content, so their job is to view and classify films before general release.

The BBFC was set up in 1912 and has been providing age ratings for films for over 100 years. Part of the role of the BBFC is to listen to what the general viewing public think, and look at how they decide what to watch. Research projects with young people, teachers and parents are carried out across the country and the information gathered is used to make sure the advice is accurate and reflects societal attitudes.



It is important to understand that no one should be put under pressure to watch something they do not want to and that someone should be able to make this point without feeling worried about others reactions.

Developing skills and aspirations - The bigger picture:

At the end of this term you will be learning about a sensitive topic called Female Genital Mutilation (FGM). It is important we learn about this topic because it is something that happens not only across the world, but in the UK too. FGM can happen to children of your age and therefore we would like to raise awareness and make sure you know what it is, how to spot the signs and where to seek support.

Define: Female Genital Mutilation

Female Genital Mutilation (FGM) comprises all procedures that involve partial or total removal of the external female genitalia, or other injury to the female genital organs for non-medical reasons.

Define: Male Circumcision

The removal of the foreskin from the human penis. In the most common procedure, the foreskin is opened, adhesions are removed, and the foreskin is separated from the glans. After that, a circumcision device may be placed, and then the foreskin is cut off.

Define: Breast Ironing

Breast ironing, also known as breast flattening, is the pounding and massaging of a pubescent girl's breasts, using hard or heated objects, to try to make them stop developing or disappear.

This can lead to greater chances of breast cancer as well as problems during pregnancy and with breast feeding.

Where to get more help and support

- School Staff and Wellbeing Team
- National FGM Support Clinics
- NSPCC - <https://www.nspcc.org.uk>
- Childline - Helpline: 0800 1111 (24 hours, every day) / <https://www.childline.org.uk>
- CEOPS - <https://www.ceop.police.uk/safety-centre/>

Why is FGM performed?

- Preservation of virginity and chastity
- Religion, in the mistaken belief that it is a religious requirement
- Fear of social exclusion
- To ensure the girl is marriageable or to improve marriage prospect
- Hygiene and cleanliness
- Belief that it increases the sexual pleasure for the male
- Enhancing fertility
- Family honour
- Social acceptance

Effects of FGM

PHYSICAL EFFECTS

- Bleeding
- Urinary tract infections
- Shock and pain
- Pregnancy complication
- Difficulty during child birth
- Menstruation problems
- Infertility
- Tetanus infections
- Loss of bladder control

EMOTIONAL EFFECTS:

- PTSD
- Anxiety
- Trust issues
- Anger issues



FGM and the Law

Over 24,000 girls under the age of 15 living in the UK are at risk of undergoing the most severe form of FGM at any one time.

Female Genital Mutilation Act 2003 makes it illegal for FGM to be performed in the UK or anywhere in the world on UK citizens or permanent residents of any age.

If you carry out or help in carrying out FGM or if you arrange for someone to undergo FGM you face up to 14 years in prison.

It is illegal to take a British national or permanent resident abroad for FGM or to help anyone trying to do this.