Preparing for VIth Form PSHE

In the Sixth Form at Queen Mary's Grammar School, you will attend one period of PSHEE (Personal, Social, Health and Economic education) per fortnight, usually in a small group of around twelve students. We would like you to approach these lessons in the same spirit as the rest of your A-Level subjects: with an open mind, a sense of enquiry and a willingness to contribute to class discussion. The best lessons in PSHE happen when you offer your own ideas, opinions and experiences, allowing others to provide support or indeed challenge, broadening your own horizons and learning from the lived experience of a range of people.

In the words of one of our sixth formers:

'I remember at the beginning of this year, when I saw the new PSHEE lesson on my timetable, I thought it would be a waste of time, but I soon realised how wrong I was because the lessons were such a nice change from my A-Level courses, and the things you taught us were genuinely interesting, and, in a way, more useful than traditional lessons since many of the things actually helped towards setting us up for life after school and university.'

Across years 12 and 13, you will cover relationships and sex education, careers and finance, media literacy, physical health and mental wellbeing and diversity and citizenship, at a level appropriate to both your age and academic attainment. We very much look forward to welcoming you (back!) to QMGS in September.

To prepare for your PSHEE lessons, you may choose to explore some of the following resources:

Books/Articles/Websites/News

× Develop the habit of staying abreast of current affairs and politics, through reading/watching the news and/or subscribing to a daily summary from a newspaper website. It would be ideal if you were to read a range of news websites in order to examine how stories are reported on differently depending on the political leanings of the news company/journalist.
× Browse the 'society', 'culture' and 'lifestyle' sections of a bookshop or read those sections of a newspaper's website for a flavour of some of the things we will discuss during PSHEE lessons.
× Think critically about the media you consume (including social media). Who are the target audience? What is the end goal for an influencer's online presence?
× Read a book about critical thinking skills – there are several available online. This will also help with your wider areas of study.
× Some specific books you could read that will give you a solid grounding for your PSHEE lessons include *The Generation Divide* by Bobby Duffy, *Invisible Women* by Caroline Criado Perez and *Natives* by Akala.

Podcasts

× **If Books Could Kill** – a critical take on bestselling books, excellent for your media literacy unit of work.
× **Normal Gossip** – an entertaining look at personal interactions and the decisions of other people in low-stakes gossip situations.
× **AntiSocial** – 'peace talks for the culture wars' – polarising issues explored with people on opposite sides of the argument.
× **Origin Story** – the stories behind 'the most misunderstood and abused ideas' in politics.