

PSHE Overview 2023-24

Date	Year 12	Year 13
16/9/24	01. Masculinity and Men COLLECT WORKBOOK	01. Drugs and their classifications
30/9/24	02. Knife Crime and Safety	Business Ambassadors
14/10/24	03. Dealing with anger and frustration	02. Drugs - Festivals and Nitrous Oxide
18/11/24	Business Ambassadors	03. Drugs - Cannabis Products
2/12/24	04. Drugs Alcohol and safety COLLECT WORKBOOK	
16/12/24	05. Substance Misuse	04. University Interviews
13/1/25	06. Drugs and their effects	05. Drugs - The War on drugs
27/1/25	07. Health and Wellbeing COLLECT WORKBOOK	06. Drugs - NPS
10/2/25	08. Healthy Eating Habits	07. Drugs Education - Exploring GHB
3/3/25	09. Eating Disorders and the Science behind them	Mocks
17/3/25	10. Student finance. Budgeting & Earning Extra Money. Delivered by Wise Up	08. New Payment Methods COLLECT WORKBOOK
28/4/25	11. Student finance Cryptocurrencies & NFTs Delivered by Wise Up	09. Managing a Household Budget
12/5/25	12. Student finance Tax & Pensions Delivered by Wise Up	10. Borrowing Money and the Risks
2/6/25	13. Supporting Someone with Depression COLLECT WORKBOOK	
16/6/25	14. Stress and Performance	
30/6/25	15. Supporting Someone with Anxiety	
14/7/25	16. Sleep Hygiene and Mental Health	

Essential Skills and Attributes developed through the Programme of Study across all Key Stages and Year Groups

<ol style="list-style-type: none"> Personal Effectiveness Self-improvement (including through constructive self-reflection, seeking and utilising constructive feedback and effective goal-setting) Identifying unhelpful 'thinking traps' (e.g. generalisation and stereotyping) 	Interpersonal and Social Effectiveness <ol style="list-style-type: none"> Empathy and compassion (including impact on decision-making and behaviour) Respect for others' right to their own beliefs, values and opinions Discernment in evaluating the arguments and
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<ol style="list-style-type: none"> 4. Resilience (including self-motivation, perseverance and adaptability) 5. Self-regulation (including promotion of a positive, growth mind set, managing strong emotions and impulses) 6. Recognising and managing peer influence and the need for peer approval, including evaluating perceived social norms 7. Self-organisation (including time management) 8. Strategies for identifying and accessing appropriate help and support 9. Clarifying own values (including reflection on the origins of personal values and beliefs) and re-evaluating values and beliefs in the light of new learning, experiences and evidence 10. Recalling and applying knowledge creatively and in new situations 11. Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect) 	<p>opinions of others (including challenging ‘group think’)</p> <ol style="list-style-type: none"> 4. Skills for employability, including <ul style="list-style-type: none"> • Active listening and communication (including assertiveness skills) • Team working • Negotiation (including flexibility, self-advocacy and compromise within an awareness of personal boundaries) • Leadership skills • Presentation skills 5. Enterprise skills and attributes (e.g. aspiration, creativity, goal setting, identifying opportunities, taking positive risks) 6. Recognising, evaluating and utilising strategies for managing influence 7. Valuing and respecting diversity 8. Using these skills and attributes to build and maintain healthy relationships of all kinds
<p>Managing Risk and Decision Making</p> <ol style="list-style-type: none"> 1. Identification, assessment (including prediction) and management of positive and negative risk to self and others 2. Formulating questions (as part of an enquiring approach to learning and to assess the value of information) 3. Analysis (including separating fact and reasoned argument from rumour, speculation and opinion) 4. Assessing the validity and reliability of information 5. Identify links between values and beliefs, decisions and actions 6. Making decisions 	

Health & Well Being

3. how to manage transition
4. how to maintain physical, mental and emotional health and wellbeing;
5. how to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing; and sexual health*
6. about parenthood and the consequences of teenage pregnancy*
7. how to assess and manage risks to health; and to keep themselves and others safe
8. how to identify and access help, advice and support
9. how to respond in an emergency, including administering first aid
10. the role and influence of the media on lifestyle

Relationship and Sex education

1. how to develop and maintain a variety of healthy relationships within a range of social/cultural contexts and to develop parenting skills
2. how to recognise and manage emotions within a range of relationships
3. how to deal with risky or negative relationships including all forms of bullying (including the distinct challenges posed by online bullying) and abuse, sexual and other violence and online encounters
4. about the concept of consent in a variety of contexts (including in sexual relationships)
5. about managing loss including bereavement, separation and divorce
6. to respect equality and be a productive member of a diverse community
7. how to identify and access appropriate advice and support – *taught in every lesson*

Economics & Personal Finance

Year 12	Year 13
<ul style="list-style-type: none"> • Diversity, Safety & Health • Drugs & Risk Education • Health & Wellbeing • Personal Finance • Positive Wellbeing Unit 	<ul style="list-style-type: none"> • Drugs education • Emotional Wellbeing • Personal Finance • Revisiting Sexual Health Education