

YEAR 7 PSHE PROGRAMME

HEALTH EDUCATION	RELATIONSHIPS AND SEX EDUCATION	LIVING IN THE WIDER WORLD
<p>BYOD Session – including digital footprint and how personal data is generated/shared online</p> <p>Self-Care and Emotional Wellbeing</p> <p>Introduction to First Aid – basic treatment for common injuries and ailments</p> <p>Personal Safety – sun safety, medication, personal hygiene and dental health</p> <p>Water Safety and the Water Safety Code</p>	<p>Protected Characteristics and the Equality Act, 2010</p> <p>Stereotypes and Prejudice – including sex, race, religion, age and disability</p> <p>Bullying and Cyber-bullying – including the role of bystanders</p> <p>Assertiveness - skills to say no</p> <p>Different Families and Roles of Parents - including the legal status of marriage, civil partnerships and other types of long-term relationships</p> <p>Online Rights, Responsibilities and Risks – including the risks of sending material to others</p> <p>Child Exploitation and Online Protection (CEOP)</p>	<p>Academic Tutoring – academic review and target setting</p> <p>Getting Organised</p> <p>Revision Strategies</p> <p>Unifrog - launch platform to students</p> <p>What is a Career? (Unifrog)</p> <p>Exploring Possibilities: Dream Careers (Unifrog)</p> <p>Parliament Week</p>

YEAR 8 PSHE PROGRAMME

HEALTH EDUCATION	RELATIONSHIPS AND SEX EDUCATION	LIVING IN THE WIDER WORLD
<p>Body Confidence – including unrealistic expectations in the online world</p> <p>Common Types of Mental Ill Health</p> <p>First Aid</p> <p>HPV – immunisation and vaccination</p> <p>Gaming</p> <p>Gambling – including gambling within gaming</p> <p>Energy Drinks</p>	<p>Healthy Friendships, Relationships and Consent</p> <p>Grooming – online and in the wider world</p> <p>Fake News and AI Generated Material – how to identify and their potential harms</p> <p>Body Language and People Skills</p>	<p>Academic Tutoring – academic review and target setting</p> <p>Introduction to Personal Finance - budgeting</p> <p>Creating the Life You Want: Making a Vision Board (Unifrog)</p> <p>What does Success Mean to Me? (Unifrog)</p> <p>Parliament Week</p>

YEAR 9 PSHE PROGRAMME

HEALTH EDUCATION	RELATIONSHIPS AND SEX EDUCATION	LIVING IN THE WIDER WORLD
<p>Digital Footprint and Screen Time – the benefits of rationing time online</p> <p>Understanding Fraud – including online scams and financial extortion</p> <p>Identifying Unhealthy Coping Strategies</p> <p>Smoking and Vaping – including nicotine and non-nicotine vaping</p> <p>First Aid - EpiPen use</p> <p>The Benefits of Health Screening and Self-Examination</p>	<p>Life Changes – including families and relationships over time</p> <p>Diversity, Stereotypes and Bullying - including gender, sexual orientation and gender reassignment</p> <p>Discrimination – including racism and sexism</p> <p>Questioning Trust</p> <p>Controlling Behaviour and Coercion</p> <p>Sexual Harassment, Sexual Exploitation and the Law - recognising and responding to unwanted attention</p> <p>Consent and Intimacy Without Sex - considerations before sexual activity, delaying and resisting pressure</p> <p>Sharing Sexually Explicit Material – including upskirting and AI generated imagery</p>	<p>Academic Tutoring – academic review and target setting</p> <p>Study Habits and Techniques that Support Progress</p> <p>What Comes After School - the main learning pathways (Unifrog)</p> <p>Decision Making - choosing what to study at KS4 (Unifrog)</p> <p>GCSE Subject Fair with Year 10</p> <p>Child Employment Rights and Laws</p> <p>Working and Earning – managing your money (Unifrog)</p> <p>Personal Finance and Debt</p> <p>Parliament Week</p> <p>Intro to Duke of Edinburgh Bronze Award</p>

YEAR 10 PSHE PROGRAMME

HEALTH EDUCATION	RELATIONSHIPS AND SEX EDUCATION	LIVING IN THE WIDER WORLD
<p>Emotional and Mental Health - balancing work, leisure and exercise</p> <p>Mental Wellbeing Toolkit – including how to recognise early signs of mental wellbeing concerns</p> <p>Managing Changing Friendships and Conflict at Home</p> <p>Alcohol and Drugs – including the social, emotional and physical impact</p>	<p>Peer Pressure and Group Think – how to recognise and manage peer influence and how to avoid putting pressure on others</p> <p>Expectations of Having a Partner / Media Influence on Relationships</p> <p>Marriage and the Law - including forced marriage and the Age of Marriage Act, 2023</p> <p>Capacity to Consent – including the law</p> <p>Sharing Sexually Explicit Material – including upskirting and AI generated imagery</p> <p>Sexual Health, STIs and Safer Sex – including HIV/AIDS, prevalence and impact. <i>Contraception covered in science lessons</i></p> <p>Honour-Based Violence, Female Genital Mutilation (FGM) and the Law</p>	<p>Academic Tutoring – academic review and target setting</p> <p>Coping with the Demands of GCSEs</p> <p>Exploring Employer Profiles (Unifrog)</p> <p>What Type of Career is Best for Me (Unifrog)</p> <p>The Court System – Berkshire Magistrates' Mock Trial</p>

YEAR 11 PSHE PROGRAMME

HEALTH EDUCATION	RELATIONSHIPS AND SEX EDUCATION	LIVING IN THE WIDER WORLD
<p>Stress and Coping Strategies for Exam Pressure</p> <p>Nutrition for Exams</p> <p>Taking Personal Responsibility for Health</p> <p>First Aid - including CPR and using a defibrillator</p> <p>Identifying and Managing New Risk – festivals and going on holidays without parents</p>	<p>Pornography: the impact of viewing harmful content and expectations of relationships – including revenge porn and AI generated imagery/deepfakes</p> <p>Pregnancy Choices - including adoption and abortion</p>	<p>Academic Tutoring – academic review and target setting</p> <p>Morrisby Career Profiling</p> <p>Post 16 Choices, Choices (Unifrog)</p> <p>Decision Making – choosing your post-16 pathway (Unifrog)</p> <p>A Level Subject Fair with Year 12</p> <p>1-1 Interview with Head of Sixth Form</p> <p>Microsoft Workshops - roles within the corporation and mentoring</p> <p>Intro to National Citizenship Service</p>

SIXTH FORM PSHE PROGRAMME

HEALTH EDUCATION	RELATIONSHIPS AND SEX EDUCATION	LIVING IN THE WIDER WORLD
Mental Wellbeing Toolkit	Digital Awareness – including digital footprint and personal data	Academic Tutoring – academic review and target setting
Drugs, Alcohol, Smoking, Drink Spiking and Vaping Education	Social Media – including the role of influencers	Exam Preparation
Gambling – including online	Misogyny and Toxic Masculinity – what is it and how to tackle it	Interview Skills and CV Writing
Getting Home Safely	Online Blackmail and Child Exploitation Online Protection (CEOP)	Curating your Online Profile (Unifrog)
Personal Safety	Healthy Relationships	Post-18 Choices - UCAS Apprenticeships and Course Search (Unifrog)
Go Drive Workshops – driving safely	Managing Conflict	Confidently Managing Transitions (Unifrog)
Nutrition for Health and Exam Success	The Role of Bystanders	UCAS Application Process and Assessment Centres
Student Cooking on a Budget/Budgeting for University	Coping with Change - moving away from home	Apprenticeship / University Applications: Personal Statement Building
First Aid Certification	Consent	Visit to UCAS Exhibition – University of Winchester
Health Protection and Prevention – including the importance of self-examination	Sexual Health - contraception update and safe sex for all	UCAS and Student Finance Evening for Parents
	Pornography	Microsoft Workshops - roles within the corporation and mentoring
	FGM	Government and Parliament – the differences
	Harmful Sexual Behaviour and the Law	Visit to Parliament and the Supreme Court
	Sexual Harassment in the Workplace	