

Autumn A – Friendship, Anti-bullying, Mental Health & Emotional Wellbeing

Year	Lesson One	Lesson Two	Lesson Three
Year 10 PSHE Plus	Bullying and Body shaming	Relationships, marriage and divorce	Bereavement
Year 11 PSHE Plus	Managing time, stress & anxiety	Sleep	Mental health and suicide
Year 10 PSHE	The real me- emotional well being	Stress and Anger	Mental health the importance of sleep and healthy eating
Year 11 PSHE	Happiness, positivity, mindfulness and wellbeing	Social media and Self esteem	Conflict and resolution

Autumn B – Careers, Aspirations & Money

Year	Lesson One	Lesson Two	Lesson Three
Year 10 PSHE Plus	Preparing and applying for work experience	careers	Unifrog
Year 11 PSHE Plus	Revision and Skills	Revision and Skills	Apprenticeships and further education – post 16 options
Year 10 PSHE	Why do we work?	National insurance and income tax. <i>Possibly pensions?</i>	Communication and teamwork skills
Year 11 PSHE	Employability skills	Consumer rights	Navigating finances and debt

Spring A – Sexual Health, Healthy & Unhealthy Relationships

Year	Lesson One	Lesson Two	Lesson Three
Year 10 PSHE plus	Pornography and consent	Sex ed	Sex ed
Year 11 PSHE plus	Self-examination & screening	Coercion, gaslighting and domestic abuse. (laws etc)	Pornography and the law
Year 10 PSHE	Inappropriate sexualised behaviours	Unhealthy relationships	Safer online relationships
Year 11 PSHE	Fertility and reproductive health	Surrogacy, fostering, same sex parenting and adoption	Domestic violence- abused by my girlfriend

FGM- Previously taught in the year 10 PSHE lessons.

Spring B – Physical Health, Personal Safety & Risk Management

Year	Lesson One	Lesson Two	Lesson Three
Year 10 PSHE plus	IVF and designer babies (carry over from previous theme)	Drug education- legal highs, prescription & class C – the laws	Knife crime/ criminal justice
Year 11 PSHE plus	Pregnancy choice- inc miscarriage? (carry over from previous theme)	Gambling and Debt	E- safety: Radicalisation and prevent
Year 10 PSHE	Risk Binge drinking	Risks Tattoos and Piercing	Exploited : power games- making choices and getting help
Year 11 PSHE	Travelling safely with mates	Drugs festivals and parties	Avoiding unhealthy coping strategies, drug and drink use etc encouraging better physical health along side revision/ exam prep

Summer A – Diversity, Prejudice & Media Influence

Year	Lesson One	Lesson Two	Lesson Three
Year 10 PSHE plus	Prejudice and Racism	Careers and CVs	Careers and CVs
Year 11 PSHE plus	Britain- immigration, refugees & asylum seekers	Xenophobia, racism & extreme nationalism	-
Year 10 PSHE	Media- construction and reality	Media Influence and fake news	Media Body image and mental health
Year 11 PSHE	Revision Skills	Revision Skills	-

Summer B – Community, Social, Moral, Spiritual, Cultural Development

Year	Lesson One	Lesson Two	Lesson Three
Year 10 PSHE plus	Stephen Lawrence lesson	Democracy and community cohesion	Body shaming and gender stereotypes
Year 11 PSHE plus (2023-24)	-	-	-
Year 10 PSHE	community participation and voluntary and service-based activities on mental wellbeing and happiness.	Preparing for interviews	Behaviour on work experience and in the work place.
Year 11 PSHE	Revision skills	-	-