

**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; what a GP is and when to use A&amp;E/minor injuries</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>Cyber safety</p> <p>Child Exploitation and Online Protection (CEOP)</p> <p>Neurodiversity</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>Water safety</p>	<p>Healthy Friendships, Relationships and Consent</p> <p>Grooming – online and in the wider world</p> <p>Fake News, AI Generated Material and Deepfakes – how to identify and their potential harms</p> <p>Body Language and People Skills</p> <p>E-safety and cyberbullying</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 (including targeted content) and Screen Time – the benefits of rationing time online</p> <p>Online Safety Act</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/deepfakes</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 by Bob Tait – 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, AI generated imagery/deepfakes</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>

**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>

**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 – personal branding and your online profile (Unifrog)
Personal Safety – including gangs and knife crime	Healthy Relationships	Post-18 Choices - UCAS Apprenticeships and Course Search (Unifrog)
Nutrition for Health and Exam Success	Managing Conflict	Confidently Managing Transitions (Unifrog)
Student Cooking on a Budget/Budgeting for University	The Role of Bystanders	UCAS Application Process and Assessment Centres
First Aid Certification	Coping with Change - moving away from home	Apprenticeship / University Applications: Personal Statement Building
Health Protection and Prevention – including the importance of self-examination	Consent	Microsoft Workshops - roles within the corporation and mentoring
	Sexual Health - contraception update and safe sex for all	Visit to UCAS Exhibition – University of Winchester
	Pornography – including deepfake pornography	UCAS and Student Finance Evening for Parents
	FGM	Government and Parliament – the differences
	Harmful Sexual Behaviour and the Law – including obsessive behaviour and stalking	Safe Driving Workshop led by Thames Valley Police
	Sexual Harassment in the workplace	