

			Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
George Salter PSHE programme for 2023 -24	Autumn 1	1	What are first impressions?	Citizenship; How do rules and laws differ?	Citizenship: What is news?	What is mental health?	Where can I go and what can I do after Year 11?	<i>Careers</i> Study Skills – VESPA and the importance of self-discipline for success	<i>Careers</i> Study Skills – VESPA reflection and goal-setting for Year 13
		2	Who am I?	Citizenship: Where do laws come from?	Citizenship: How can I judge the reliability of a news article?	How can social media affect me?	How can I prepare 21 <sup>st</sup> Century skills for 21 <sup>st</sup> Century jobs?	<i>Careers</i> Study Skills – Time Management	<i>Careers</i> Revision Methods and Techniques
		3	What is self-esteem?	Citizenship: What crimes occur near me?	Citizenship: How can I verify information?	What are eating disorders?	Careers Option assembly	<i>Careers</i> Study Skills – Memory Skills	<i>Careers</i> Time management
		4	RSE: What makes a good relationship?	Citizenship: Who is involved in the legal process?	Citizenship: How might I be manipulated?	How can I develop my resilience?	Careers provider assembly	<i>Careers</i> Motivation – <b>External Speaker</b>	<i>Careers</i> Motivation – <b>External Speaker</b>
		5	RSE: How are families different?	Citizenship: Are all courtrooms the same?	Healthy Living: How might drugs affects us?	How can I optimise my physical health?	How can I manage stress?	<i>RSE</i> Relationship values	<i>Health</i> Maintaining a healthy diet on a budget
		6	MHWB: What is emotional well being	RSE: How am I influenced? Snagged	Healthy Living: Why do people use drugs?	What do I remember about essential first aid?	How can I deal with disappointment?	<i>RSE</i> Forming and maintaining respectful relationships	<i>Health</i> Maintaining a healthy diet on a budget (creating menus)
		7	MHWB: How to manage my emotions	RSE: What do I need to know (Snagged about gangs?)	Healthy Living: Why might people use steroids?	How can I identify meningitis and strokes?	How might my health affect my exam performance?	<i>RSE</i> Contraception and Parenthood	<i>Health</i> Managing illnesses that affect young adults such as freshers’ flu
	Autumn 2	8	MHWB: How to manage my thoughts	RSE: What should I know about knife crime? (Snagged)	DECCA – drugs presentation	What is cancer and how can I identify potential cancers	RSE: Managing Unwanted attention	<i>RSE</i> Sexual Health and STIs	<i>Health</i> Rotation sessions on breast, testicular and cervical cancer awareness
		9	MHWB: The five steps to mental well being	RSE: What is grooming? (Snagged)	Healthy Living: What does the law say about drugs?	Work experience launch assembly	RSE: Domestic Violence	<i>RSE</i> Learning about a different culture and their approach to relationships	<i>Careers</i> Interview Skills
		10	National Anti Bullying Week - RSE: What is bullying and cyber-bullying?	National Anti-Bullying week: RSE: What does ‘county lines’ mean? (Snagged)	National Anti-bullying week	National Anti-bullying week – on line relationships	National Anti Bullying Week, RSE: Honour Based Violence	<i>RSE</i> Learning about a different culture and their approach to relationships	<i>Finance</i> Bank accounts
		11	RSE: How can I stand up to bullying?	Citizenship: What is extremism? (Snagged)	Healthy Living: What risks are linked to drug use?	On line bullying	RSE: Forced Marriage	<i>RSE</i> Learning about a different culture and their approach to relationships	<i>Finance</i> Credit cards
		12	Healthy Living: What is health?	Citizenship: What are hate crimes? (Snagged)	Loudmouth theatre group – knife presentation	Healthy Living: The effects of drugs and alcohol	RSE: Challenging Stereotypes	<i>RSE</i> Form presentations of different cultures and how they approach relationships	<i>Finance</i> Saving effectively
		13	Healthy Living: How can screen-time affect my health?	Finance: Is a budget actually useful?	Careers: Options assembly	DECCA session on drugs	On-line safety: Self image and reputation	<i>Citizenship</i> What is parliament and how does it work?	<i>Finance</i> Renting and insurance
		14	Healthy Living: How much sleep should I be getting?	Finance: How effectively can I budget ?	Careers: Options taster/ KS4 pathways assembly (on a rotation)	Healthy Living: Types of drugs and their impact	On-line safety: Security and Privacy	<i>Citizenship</i> How does the government work?	<i>Finance</i> Student finance at university <b>External speaker</b>
	Spring 1	15	Healthy Living: benefits of physical activity	Careers: Challenging Stereotypes (Tutor delivered)	Careers: Options taster/ KS4 pathways assembly (on a rotation)	Healthy Living: What else should I know about drugs	On-line safety: Gaming	<i>Citizenship</i> How do local governments work and what are our voting laws?	<i>Finance</i> Rent, bills and other expenses
		16	Healthy Living: How can I manage my personal hygiene?	Careers: The job market and me	Knife crime: Why do people carry knives?	Careers: What is a CV and what should it contain?	On-line safety: On line relationships	<i>Health</i> Drugs/Alcohol/Tobacco awareness session - <b>DECCA</b>	<i>Finance</i> Understanding salaries and pay slips
		17	Healthy Living: How can I look after my teeth?	Finance: How does credit work?	Knife crime: How can people live knife free?	Provider Assembly	Financial management: How do Loans and Mortgages work?	<i>Careers</i> GAP year opportunities	<i>Health and Wellbeing</i> Eating Disorders
		18	Healthy Living: Is vaping harmful to my body?	Finance: Should gambling be banned?	RSE: Relationship abuse	Careers: How can I prepare for an interview?	Financial Management: Do I really need insurance?	<i>Careers</i> Insights into industry – Career Journeys, Advice and Tips <b>External speaker</b>	<i>Health and wellbeing</i> Healthy and Unhealthy Coping Strategies
		19	DECCA vaping session	RSE: What is a healthy Relationship?	RSE: Sharing sexual images	Careers: Applying for a job	Financial Management: How do pensions work?	<i>Careers</i> National Apprenticeship Week Presentation	<i>Health and Wellbeing</i> Mindfulness
		20	RSE: Sexual Violence Awareness Week	Sexual Violence Awareness Week Consent lesson	Sexual Violence Awareness Week	Sexual Violence Awareness Week SRE: Relationships Myths and expectations	Sexual Violence Awareness Week	<i>RSE/Digital Safety</i> Digital safety – Breck case study	<i>Life Skills</i> Identity and Inclusion
	Spring 2	21	RSE: FGM	RSE: What is abuse?	Citizenship: What does a democratic country look like?	RSE: Unhealthy relationships	Financial Management: How are taxes calculated?	<i>Health and Wellbeing</i> Body Image and Eating Disorders	<i>Life Skills</i> Appreciating Diversity
		22	RSE: Puberty – What are the physiological facts about puberty	RSE: Gender stereotypes and peer pressure	Citizenship: How else might a country be run?	RSE: Consent	Financial Management: Understanding Fraud	<i>Health and Wellbeing</i> Depression and Self-Harm	<i>Life Skills</i> Personal safety and travelling abroad
		23	RSE: Puberty – Male and female perspectives (split session)	RSE Gender and sexuality	Citizenship: Who holds power in the UK?	RSE: Homophobia	Financial Management: Fraud and data protection	<i>Health and Wellbeing</i> Compulsive behaviours/OCD	<i>Life Skills</i> Driving and car ownership
		24	Healthy living: Puberty –The effects on personal hygiene	RSE: Sexual bullying lesson	Citizenship: What does the Cabinet do?	RSE: Pornography	Financial Management: Money Mules	<i>Health and Wellbeing</i> Work-life balance – Sleep and exercise	<i>Life Skills</i> Voting and taking part in elections
		25	RSE: Healthy Living – Changing lifestyle habits as a result of puberty	Healthy Living: What are prescription drugs?	Citizenship: What is foreign aid?	RSE: Self image and reputation	RSE: How can I maturely end a relationship?	<i>Health and Wellbeing</i> Exam stress and management <b>CME to lead</b>	<i>Health and Wellbeing</i> Exam stress and management <b>CME to lead</b>
		26	RSE: Puberty – Staying safe	DECCA session on drugs	RSE: Consent	RSE: Revenge porn and the law	RSE: What does stalking look like?	<i>Careers</i> Choice and Pathways	<i>Careers</i> UCAS – Accepting Offers
	Sum mer	27	Careers: An introduction to Unifrog	Healthy Living: How can I manage influence and pressure around alcohol?	RSE: Love and Sex	Citizenship: Where does the government spend our money?	RSE: Where can I access sexual health services?	<i>Careers</i> UCAS	<i>Careers</i> Independence and expectations at university

		28	Careers: My Dream Job	Healthy Living: Which common health conditions should I know about?	RSE: Contraception	Citizenship: What is devolution?		Careers UCAS	Careers Social life and making friends at university
		29	Careers: Stephen Seki – Making the most of your skills	Healthy Living: How can I help someone who is choking or who is hurt?	RSE: STIs	Citizenship: Am I allowed to vote?		Careers UCAS	Careers Managing a work/life balance at university
		30	Girton College – Raising Aspirations	Healthy Living: What is CPR, and how do defibrillators work?	RSE: STDs	Citizenship: How can I vote in a General Election?		Careers UCAS	Careers Accessing support at university
		31	RSE: What are stereotypes?	Healthy Living: What do antibiotics do to my body?	RSE: Pregnancy and miscarriage	Citizenship: Is our current electoral system fair?		Careers UCAS	Careers Living at home vs. living away for university
	Summer 2	32	RSE: Valuing Diversity	Healthy Living: How do vaccinations work?	RSE: Dealing with unwanted pregnancy	Careers: Work experience		Careers UCAS	Study Leave
		33	RSE: Is everyone treated equally?	Healthy Living: Should vaccinations be compulsory?	RSE: Parenting skills	Work experience evaluation		Careers UCAS – Personal Statements External speaker	Study Leave
		34	Citizenship: Introduction to Parliament	MHWP: What is anger?	How might citizens become involved in the legal system?	Knife crime		RSE Sexual violence and abuse awareness	Study Leave
		35	Citizenship: Political parties	MHWP: The cycle of anger	How do courts decide on sentences? (Prisons extension)	Understanding and preventing extremism		RSE Responsibilities and Consequences of Consent	Study Leave
		36	Citizenship: General Elections	MHWP: Healthy and unhealthy coping strategies	What is international law?	Understanding and preventing extremism		RSE Communicating needs in relationships	Study Leave
		37	Citizenship: Who has the right to vote?	MHWP: Diet and emotions	What does the UK have to do with the Commonwealth?	RSE: Marriage		RSE Recognising and managing abuse in relationships	Study Leave
		38	Citizenship: Who has the right to vote	MHWP: The five steps to well being	What does the UK have to do with the United Nations?	RSE: Separation and Divorce		Health Knife crime awareness DECCA	Study Leave
		39	Citizenship: What do MPs do?					Mop up week/professionalism in emails	Study Leave

Careers and Economic & Financial Education

Citizenship Education

Health Education

Relationships & Sex Education