

				Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
George Salter PSHE programme for 2024 -25	Autumn 1	02/09/24	1	What are first impressions?	How do rules and laws differ?	What is news?	Am I allowed to vote? / How can I vote in a General Election?	Where can I go and what can I do after Year 11?	Study Skills – VESPA and the importance of self-discipline for success	Study Skills – VESPA reflection and goal-setting for Year 13
		09/09/24	2	Who am I?	Where do laws come from?	How can I judge the reliability of a news article?	Is our current electoral system fair?	How can I prepare 21 st Century skills for 21 st Century jobs?	Study Skills – Time Management	Revision Methods and Techniques
		16/09/24	3	What is health and emotional health?	What crimes occur near me?	How can I verify information?	What is international law?	Careers provider	Study Skills – Memory Skills	Time management
		23/09/24	4	What is self-esteem?	Who is involved in the legal process?	How might I be manipulated?	What does the UK have to do with the Commonwealth?	Careers provider	Motivation – External Speaker	Motivation – External Speaker
		30/09/24	5	The five steps to mental well being	Are all courtrooms the same?	REVIEW – last media literacy	What does the UK have to do with the United Nations?	How can I manage stress?	Work-life balance – Sleep and exercise	Maintaining a healthy diet on a budget
		7/10/24	6	How to manage my thoughts? 10 th October Mental Health day	How am I influenced? 10 th October Mental Health day	What is body image? 10 th October Mental Health day	10 th October Mental Health day What is mental health?	10 th October Mental Health day How can I deal with disappointment?	10 th October Mental Health day Depression and Self-Harm	10 th October Mental Health day- Maintaining a healthy diet on a budget and affects on mental health.
		14/10/24	7	What makes a relationship healthy?	What do I need to know about gangs?	How might the media influence how I feel about the way I look?	How can social media affect me?	How might my health affect my exam performance?	Body Image and Eating Disorders	Maintaining a healthy diet on a budget (creating menus)
		21/10/24	8	What makes a good friendship?	What should I know about knife crime?	INFLUENCE	What are eating disorders?	Safety and privacy	Compulsive behaviours/OCD	Managing illnesses that affect young adults such as freshers’ flu
	Autumn 2	04/11/24	9	What is bullying? What is cyberbullying?	What does ‘county lines’ mean?	How can people live knife free?	How can I cope with grief?	Gaming – YGAM	Exam stress and management	Rotation sessions on breast, testicular and cervical cancer awareness
		11/11/24	10	How do we stand up to bullying? National Anti-Bullying Week	What are hate crimes? National Anti-Bullying Week	Loudmouth theatre group – knife presentation National Anti-Bullying Week	National Anti-Bullying Week How can I develop my resilience?	National Anti-Bullying Week Online relationships	National Anti-Bullying Week Digital safety – Breck case study	National Anti-Bullying Week- Eating Disorders
		18/11/24	11	Is everyone treated equally?	What is grooming?	Careers: Options assembly	What do I remember about essential first aid?	Self-image and reputation	Relationship values	Healthy and Unhealthy Coping Strategies
		25/11/24	12	What are stereotypes?	What is extremism?	Careers: Options taster/ KS4 pathways assembly (on a rotation)	How can I identify meningitis and strokes?	What is phishing/fraud	Forming and maintaining respectful relationships	Mindfulness
		02/12/24	13	How might people with disabilities be treated?	How can we resolve conflict?	Careers: Options taster/ KS4 pathways assembly (on a rotation)	What else should I know about drugs and alcohol?	Money mules (24-25 then remove)	Contraception and Parenthood	Interview Skills
		09/12/24	14	How can we deal with racism?	How can we resolve conflict?	How drugs might affects us?	DECCA What are the effects of drugs?	How do loans and mortgages work?	Sexual Health and STIs	What kinds of Bank accounts and credit cards are there?
		16/12/24	15	What is a risk?	How can we resolve conflict?	Why do people use drugs?	What are the wider effects of vaping?	Do I really need insurance?	Learning about a different culture and their approach to relationships	Saving effectively
	Spring 1	06/01/25	16	How can I be safe on, and near, the road?	Relationships/How are families different?	DECCA- What does the law say about drugs?	What is cancer?	What are pensions?	Learning about a different culture and their approach to relationships	Renting and insurance
		13/01/25	17	How can I be safe near train lines?	Consent	What risks are linked to drug use?	How can I examine myself?	How are taxes calculated? (25-26 add govt spending)	Form presentations of different cultures and how they approach relationships	Student finance at university External speaker
		20/01/25	18	How can I be safe around water?	What does a healthy relationship look like?	Should cannabis be legalised?	What parts of our bodies can be donated to others?	How can I maturely end a relationship?	Responsibilities and Consequences of Consent	Rent, bills and other expenses
		27/01/25	19	What does the law state about FGM and where can we find support?	What is abuse?	What do healthy, romantic relationships look like?	What services are available to manage my health?	What does stalking look like?	Communicating needs in relationships	Understanding salaries and pay slips
		03/02/25	20	Sexual Abuse and Sexual Violence Awareness Week- Consent	Sexual Abuse and Sexual Violence Awareness Week- Sexual Bullying	Sexual Abuse and Sexual Violence Awareness Week- Relationship abuse	Sexual Abuse and Sexual Violence Awareness Week Relationships myths	Sexual Abuse and Sexual Violence Awareness Week Managing unwanted attention	Sexual Abuse and Sexual Violence Awareness Week- Recognising and managing abuse in relationships	Sexual Abuse and Sexual Violence Awareness Week- Consent
		10/02/25	21	What makes vaping addictive?	What is anger? What is the cycle of anger?	What is Consent?	What are my personal boundaries? (+consent)	Mocks	What is parliament and how does it work?	Identity and Inclusion
	Spring 2	24/02/25	22	How can I manage my personal hygiene?	What are healthy and unhealthy coping strategies?	What does the law say about sharing sexual images?	How realistic is pornography?	Mocks	How does the government work?	Appreciating Diversity
		03/03/25	23	How can I look after my teeth?	How can our diet affect our emotions?	Commitment	What is sexual harassment? (inc. revenge porn and reputation)	Honour based abuse	How do local governments work and what are our voting laws?	Personal safety and travelling abroad
		10/03/25	24	What are the physical changes of puberty?	What are the five steps to well-being?	What types of contraception is available?	What risks might be involved in sexual acts?	Forced marriage		Driving and car ownership
		17/03/25	25	What happens during menstruation?	WHAT ARE UNITS?	What are STIs and STDs?	What other forms of contraception exist?	Domestic violence		Voting and taking part in elections
		24/03/25	26	What are the emotional aspects of puberty?	What IS ADDICTION?- DECCA	What does a democratic country look like?	What factors might affect my fertility?	Where can I access sexual health services?	GAP year opportunities	Exam stress and management CME to lead
		31/03/25	27	How much sleep should I be getting?	How can I manage influence and pressure around alcohol?	How else might a country be run?	What options does someone have if they are pregnant?	<i>Mop-up</i>	Insights into industry – Career Journeys, Advice and Tips External speaker	UCAS – Accepting Offers
		07/04/25	28	How does screen time affect my health?	Which common health conditions should I know about?	What does the Cabinet do?	What happens during pregnancy?	<i>Mop-up</i>	National Apprenticeship Week Presentation	Independence and expectations at university
	SU E	28/04/25	29	Careers talk- dream job. Could we have parents come in?	How can I help someone who is choking or who is hurt?	What advice would I give to the Cabinet in an emergency?	Are all parents the same?		Choice and Pathways	Social life and making friends at university

		05/05/25	30	What are Sterotypes and how do they affect your career?	What is CPR, and how do defibrillators work?	Who in the UK holds the greatest power?	What is a CV and what should it contain?		UCAS	Managing a work/life balance at university
		12/05/25	31	My dream job	What do antibiotics do to my body?	How are those in power held to account?	How to create a CV- External careers provider		UCAS	Accessing support at university
		19/05/25	32	Introduction to Unifrog	How do vaccinations work? Should vaccinations be compulsory?	How might citizens become involved in the legal system?	How can I apply for a job?		UCAS	Living at home vs. living away for university
	Summer 2	02/06/25	33	Citizenship: Introduction to Parliament	What the potential effects of gambling?	How do courts decide on sentences?	Application form for Mock Interview		UCAS	
		09/06/25	34	Citizenship: Political parties	Is a budget actually useful?	How are our differences protected by the law?	Mock Interview		UCAS	
		16/06/25	35	Citizenship: What do MPs do?	How effectively can I budget?	How have attitudes towards sex and gender changed over time?	Evaluation and feedback from Interview		UCAS	
		23/06/25	36	Citizenship: General Elections & Who and who has the right to vote?	How does credit work?	How have attitudes towards sexual orientation changed?	How can I prepare for WEX?		UCAS – Personal Statements External speaker	
		30/06/25	37	Citizenship: Project GSA- Build an initiative and vote in forms	Careers	How have attitudes towards race changed over time?	WEX			
		07/07/25	38	Citizenship: Project GSA- Presentation of initiative	Careers	What are human rights? /How can we balance human rights?	WEX evaluation			
		14/07/25	39	Citizenship: Project GSA- Vote and Evaluation	Careers	What rights do asylum seekers have?	WEX evaluation			

Careers and Economic & Financial Education

Citizenship Education

Health Education

Relationships & Sex Education