

PSHE/RSE PROGRAMME OVERVIEW 2023 - 2024

“PHRSE @ SHOM - preparing you with the knowledge, attributes and skills for you and others to have life to the full”

Relationships - RSE (KS3 Audit, KS4&5 Audit)

Living in the wider world - finance, rule of law, individual liberty, democracy, mutual respect, and tolerance

Careers and next steps- including START and other careers-related lessons

Health and Well-being - Mental health, Internet safety and harms, Physical health and fitness, Healthy eating, Drugs, alcohol and tobacco, Health and prevention, Basic first aid, Changing the adolescent body.

	Week	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13	Whole School
Autumn 1	1	Welcome	Safeguarding	Safeguarding	Safeguarding	Turning negatives into positives	VESPA - Vision activity	Preparing for the Future 1	Welcome Mass
	2	Using your planner	First Impressions	Savings accounts	New Challenges	Anti-social behaviour	Start Profile	Sexual Health	
	3	Transition Worries	2B or Not 2B	Payslips	Reframing negative thinking	Start Profile	Sepsis Talk	Smear Tests	
	4	Reading Tests	What's your type?	School council voting-catch up lesson	Organ Donation Talk	Organ Donation Talk	Team Building	Preparing for the Future 2	
	5	Inappropriate use of Social Media	Why can't we all get along	Budgeting	Recognising mental ill-health	Start Profile	Child on child abuse	Apprenticeship talk	
	6	Learning to Budget	HPV vaccines information	Inflation	Change, loss, grief	Start Profile	I can, you can too presentation - Talk	Preparing for the Future Interviews	
	7	Budgeting in the wider world	Big Hair Assembly	Buying a Car	Promoting emotional wellbeing	Start Profile	Start Profile	First aid - 'Save a life' - Bleed kit	
October Half Term									
Autumn 2	8	Puberty	Domestic Abuse	Fake news	How we learn	First aid - 'Save a life' - Bleed Kit	Breast Cancer Awareness	Start Profile	
	9	Periods	Malicious communications	Is vaping really safer than smoking?	Fraud	Memory and learning	Smear Tests	Start Profile	
	10	Anti Bullying Week	Anti Bullying week	Anti Bullying week	Anti Bullying week	Anti Bullying week	Anti Bullying week	Anti Bullying week	Whitby Feast Day
	11	Period Products	Start Profile	Personal Safety	Money Mules	Mock Exams	Effort Activity -	Addictive behaviour -	

							VESPA	Gambling	
	12	Streetwise - Road Safety Performance	Start Profile	Addiction - Amy Winehouse 1	Social Engineering	Mock Exams	Systems - VESPA	How to revise	
	13	Diet & Exercise	Start Profile	Addiction - Amy Winehouse 2	Valuing Diversity	Healthy Relationships	Procrastination	UCAS	
Christmas									
Spring 1	14	Making & Keeping Friends	Your values	Picking your options	Understanding and Preventing Extremism	Mock reflection	Prize giving rehearsal	Cooking on a Budget	
	15	Healthy Relationships	Communicating Online 1	Start Profile	How are people drawn into extremism?	The dangers of pornography	How healthy are you?	Mock Exams	
	16	Malicious Communications	Kooth	Start Profile	A Year in Transition P1	The dangers of pornography	Coping with Stress	Careers Fair	
	17	Bullying	Communicating Online 2	Start Profile	A Year in Transition P2	Revenge Porn	Practice - VESPA	Student Finance Talk	Lindisfarne Feast Day
	18	Internet Safety	Internet Safety	Internet Safety	Internet Safety	Internet Safety	Internet Safety	Internet Safety	
	19	Antisocial behaviour	Girls on board	Consent	Child Mental Health Week	LGBTQ+	Mental health and wellbeing	Mental health and wellbeing	
	20	Criminal Exploitation	Stereotypes	Knife Crime Workshop	Cyber choices talk	Modern slavery	Knife crime/bleed kit	AI and the News	
February Half Term									
Spring 2	21	SHOM Mission (Founder's Day)	SHOM Mission (Founder's Day)	SHOM Mission (Founder's Day)	SHOM Mission (Founder's Day)	SHOM Mission (Founder's Day)	SHOM Mission (Founder's Day)	SHOM Mission (Founder's Day)	Founder's Day
	22	The British Political System	Microaggressions	Freedom and Capacity to Consent	A fair and equal opportunity to be healthy	Saving Face documentary	Sexual Health Talk	Money Management	
	23	Start Profile	#ImWithSam (Disablism)	Contraception	Lifestyles and wellbeing	Date Rape	Fertility Issues inc. Menopause	Money Management	
	24	Start Profile	HBT-phobia	Sexual Health	Managing influences of lifestyle decisions	Date Rape contd. Sexual assault and	Review VESPA	Preparing for Exams	
	25	Start Profile	HBT-phobia	FGM	Getting exam ready	STI's and STD's	Finance Talk	Y13 Photos	

Easter									
Summer 1	26	Thinking Positively	Racism	Violence against women and girls	Managing Online Reputation	Self care	Consent inc. Stealthing	Stress	Rievaulx Feast Day
	27	Study Skills	D of E Presentation	Managing Break Ups	Start Profile	Mindfulness	Coercive and Controlling Behaviour	Catch up lesson	Thanet Feast Day
	28	Growth mindset	Women's Health	DTP Vaccinations information session	Start Profile	Catch up lesson	Sun Safety and the Dangers of Sunbeds	Y13 Celebration	
	29	Healthy Sleep	Women's Health 2	Applying to University: The basics	Start Profile	Y11 Celebration	Coping with Miscarriage		
	30	Catch up lesson	How healthy am I?	Applying for Jobs: The basics	Start Profile		Mental Health Awareness Week		
	31	National Gardening Week	Catch up lesson	Personal statements and cover letters: The basics	Careers - Completing a job application form		Planning revision		
May Half Term									
Summer 2	32	Healthy Living Week	Healthy Living Week	Healthy Living Week	Healthy Living Week		Mock Exams		
	33	Mental Health	First Aid: Asthma and Allergies	Catch up lesson	Fertility and Routes to Parenthood		Introduction to University/ Apprenticeships		
	34	Smoking	Personal Skills	Study Skills	Pregnancy Outcomes		Preparing for the future		
	35	Alcohol	Working World	Careers: A Day in the Life	Addiction		UCAS/CV writing		
	36	Drugs	Indecent Images Talk	Generational Wealth	Catch up lesson		Personal statements		
	37	Lifestyle Choices	Joint Enterprise	First Aid	Applying to Sixth Form: The Need to Knows		I Can, You Can Too Interview Day		
Summer Holiday									