

PSHE/RSE PROGRAMME OVERVIEW 2024 - 2025

“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 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.

Blank lessons have been left as a contingency to ensure a needs-based and adaptive curriculum is provided for each year group

	Week	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13	Whole School
Autumn 1	1	Welcome PP - Assemblies	Introduction to PHRSE	Introduction to PHRSE	Introduction to PHRSE	Introduction to PHRSE	VESPA - Vision activity	Preparing for the Future 1	Welcome Mass
	2	David Leech - Transition Worries	2B or Not 2B	Savings accounts	New Challenges	Saving Face documentary	Careers	Sexual Health	
	3	Reading Tests	First Impressions	Payslips	Reframing negative thinking	Careers	Sepsis Talk	Being a blood donor	
	4	Team Building Event	What's your type?	School council voting-catch up lesson	Recognising mental ill-health	Careers	Team Building Event	UCAS	
	5	Inappropriate use of Social Media	Why can't we all get along	Budgeting	Cultural attitudes towards mental health	Careers	Child on child abuse	How important is sleep?	
	6	Making & Keeping Friends	Domestic Abuse	Inflation	Change, loss, grief	Careers	Team Building Even	Preparing for the Future Interviews	
	7	Bullying	Show Racism the Red Card	Buying a Car	Promoting emotional wellbeing	SHOM Sixth Form	Growth Mindset Effort Activity - VESPA	AI and the news	
	8	Healthy Relationships	Cohesive community		How we learn	New Subject Circus	Breast cancer awareness	Careers- U explore	
October Half Term									
Autumn 2	9	Consent 1	Vaping (reaction to students)	Fake news	Fraud	New Subject Circus	Growth Mindset Systems - VESPA	Careers - U explore	
		Anti Bullying Week	Anti Bullying week	Anti Bullying week	Anti Bullying week	Anti Bullying Week	Anti Bullying week	Anti Bullying week	Anti Bullying week



	10	Consent 2	Careers	Is vaping really safer than smoking?		First aid - 'Save a life' - Bleed kit	Smear Tests	Revision	
	11	Puberty	Careers	Personal Safety	Money Mules	Mock Exams	Growth mindset Practice - VESPA	UCAS - next steps? Apprenticeship talk	Whitby Feast Day
	12	Periods	Careers	Addiction - Amy Winehouse 1	Social Engineering	Mock Exams	Procrastination	Addictive behaviour - Gambling	
	13	Period Products	Careers	Addiction - Amy Winehouse 2	Valuing Diversity	Healthy Relationships	Smear tests	How to revise	
	14	Christmas!				Prize giving rehearsal	Prize giving rehearsal	Prize giving rehearsal	
Christmas									
Spring 1	15	Learning to Budget		Picking your options	Understanding and Preventing Extremism	Healthy Relationships	How healthy are you?	Mock Exams	
	16	Budgeting in the Wider World	PC SNOWDON Indecent Images	Careers	How are people drawn into extremism?	Subject Fayre (TBC)	Subject Fayre (TBC)	Mock Exams	
	17	Internet Safety	Communicating Online 1	Careers	A Year in Transition P1	Date Rape	How important is sleep?	Student Finance Talk	
	18	Internet Safety	Kooth	Careers	A Year in Transition P2	Date Rape contd. Sexual assault	Finance	PC John Snowden Personal Safety	Y Rievaulx Feast Day
	19	Streetwise Road Safety	Internet Safety	Internet Safety	Internet Safety	Internet Safety	Internet Safety	Internet Safety	
	20	Child Mental Health Week	Communicating Online 2	Consent	Child Mental Health Week	STI's and STD's	Mental health and wellbeing	Mental health and wellbeing	
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 Lesson (Founder's Day)	SHOM Mission (Founder's Day)	SHOM Mission (Founder's Day)	Founder's Day
	22	Criminal Exploitation	Girls on board	Knife Crime Workshop	Cyber choices talk	Body Modifications 1	Careers U explore	Cooking on a budget	
	23	The British Political System	Stereotypes	Freedom and Capacity to Consent	A fair and equal opportunity to be healthy	Body Modifications 2	Finance	Y13 Photos	

	24	Careers	Microaggressions	Contraception	Lifestyles and wellbeing	Committed Relationships and Family Life 1	Fertility Issues inc. Menopause	How is using my phone affecting my health?	Lindisfarne Feast Da
	25	Careers	HBT-phobia	Sexual Health	Managing influences of lifestyle decisions	Committed Relationships and Family Life 2	Consent inc. Stealthing	Money Management	
	26	Careers	HBT-phobia	FGM	Getting exam ready	Committed Relationships and Family Life 3	Coercive and Controlling Behaviour	Money Management	
Easter									
Summer 1	27	Careers	#ImWithSam (Disablism)	Violence against women and girls	Managing Online Reputation	Catch up week	Revision of VESPA and effort	Year 13 Leavers' Mass	
	28	Study Skills	Racism	Managing Break Ups	Careers	Year 11 letters and reflection		Catch up lesson	Thanet Feast Day
	29	Thinking Positively	D of E Presentation	DTP Vaccinations information session	Careers	Catch up lesson	How does my phone affect my health?	Y13 Celebration	
	30	Healthy Lifestyle Rotation	Women's Health	Applying to University: The basics	Careers	Y11 Celebration	Sexual Assault		
	31	Healthy Lifestyle Rotation	Women's Health 2	Applying for Jobs: The basics	Careers		Introduction to University/apprenticeships		
	32	Healthy Lifestyle Rotation	How healthy am I?	Personal statements and cover letters: The basics	Careers - Completing a job application form		Introduction of the booklet -preparing for the future		
May Half Term									
Summer 2	33	Healthy Lifestyle Rotation	Healthy Living Week	Healthy Living Week	The dangers of pornography		UCAS - how to fill out the form EMPLOYMENT - CV writing		
	34	Yr6 Induction	Catch up lesson	Catch up lesson	The dangers of pornography		Mocks		
	35	Catch up lesson	First Aid: Asthma and Allergies	Study Skills	Revenge Porn		Mocks		
	36	PC SNOWDON -	Personal Skills	Careers: A Day in the	Fertility and Routes to		Personal statements		

		Malicious communications		Life	Parenthood		with examples		
37	Antisocial behaviour	Working World	Generational Wealth	Pregnancy Outcomes			Sun Safety and the Dangers of Sunbeds		
38		Joint Enterprise	First Aid	Applying to Sixth Form: The Need to Knows			Sun Safety and the Dangers of Sunbeds		
39	Top tips for Year 6						Project Trust Talk		
Summer Holiday									