

PSHEC 2020-2021

Y7	Autumn A (7)	Autumn B (8)	Spring A (6)	Spring B (6)	Summer A (5)	Summer B (7)
Physical Health	FGM	Knife Crime workshop SSO Safe Travel afternoon SSO	Puberty Eating healthily Exercise Drugs and alcohol workshop	Smoking	Basic First Aid SSO /St John Ambulance	
Mental Wellbeing			Body Image Self-Esteem Mental Health Awareness assembly	Mental Health Targets review ARD	Mental Health week – assembly and activities	
Relationship & Sex Education	Healthy/Unhealthy relationships	Types of conflict Cyberbullying Resolution Relationships with friends (inc conflict and reconciliation) Domestic Violence Awareness drop in SSO	Sexualised Images Safer Internet Day assembly	CSE Awareness Week assembly Relationships with parents/ Conflict Identifying and dealing with Public Sexual harassment		Families and parenting
Living in the Wider World (Citizenship and British Values)	Life in Modern Britain (What makes us British and our identity) Black History Month – lesson tasks and activities Prevent – Stereotypes/inclusivity Equalities – protected characteristics intro and Sexism – Registration	Anti-bullying week – homophobic, biphobic, transphobic - assembly Equalities – Age - Registration Parliament week talk	Prevent – Terrorism Equalities – Sexual Orientation - Registration LGBTQI History Month assembly	Racism Homophobia Equalities – Disability - Registration	Rights and responsibilities Equalities – Race - Registration Study skills/learning styles	Retreat - Refugees Equalities – Gender Reassignment– Registration

	Money laundering - registration					
Other/ Careers	Getting started Presentation of work & organisation; Homework ARD Prep Lunch and Learn GB1, 5 Curriculum links to Careers – assembly GB1, 4 Can I be? – my extraordinary future (World of work and skills) GB1, 2, 3, 4, 5	Prep for Christmas fair PASS survey Lunch and Learn GB1, 5 Curriculum links to Careers – assembly GB1, 4	Lunch and Learn GB1, 5 Curriculum links to Careers – assembly GB1, 4	ARD Prep Lunch and Learn GB1, 5 Apprenticeships assembly GB1, 5 Curriculum links to Careers – assembly GB1, 4	Study skills: effective revision START and Locker GB1, 2, 3, 4, 8 Lunch and Learn GB1, 5	Sports day prep Exam week Debates prep, prep celebration, Serviam assembly Lunch and Learn GB1, 5 Curriculum links to Careers – assembly GB1, 4 Intro to world of work – how you can control your future GB1, 2, 3, 4, 5
Y8	Autumn A (7)	Autumn B (8)	Spring A (6)	Spring B (6)	Summer A (5)	Summer B (7)
Physical Health	FGM Street Crime	Personal Hygiene	Healthy Diet recommendations Cancer and cancer prevention Exercise Importance of sleep Knife Crime knife arch and workshop follow up SSO Drugs workshop			
Mental Wellbeing			Mental Health Awareness assembly	Mental Health Targets ARD Body Image/ Self Esteem Pressure on teenagers –	Mental Health week assembly and activities	Gambling and online gambling

Relationship & Sex Education	<p>Online exploitations/Sexting</p>	<p>Conflict resolution Relationships – friends, attraction Consent Domestic Violence Awareness drop in SSO</p>	<p>Safer Internet Day assembly</p>	<p>CSE Awareness Week assembly</p> <p>Advertising and Media</p> <p>Identifying and dealing with Public Sexual harrassment</p>		<p>Assertiveness</p>
Living in the Wider World (Citizenship and British Values)	<p>Homophobia & Gender National Government/MPs</p> <p>The UK’s role in key international organisations</p> <p>Black History Month lesson tasks and activities</p> <p>Strengths and Weaknesses Identities/Gender/Prejudice</p> <p>British Values</p> <p>1: Understand that identities are made up of different characteristics.</p> <p>2: Be aware that our identities have many things in common, but differences too.</p> <p>3: Explain how we can tackle some of the prejudice that some people experience because of their identity</p> <p>Homophobia</p>	<p>Local Government Laws</p> <p>Anti-bullying week – homophobic, biphobic, transphobic assembly</p> <p>Equalities – Age - Registration</p> <p>Parliament week talk</p>	<p>Institute of Philanthropy project</p> <p>LGBTQI History Month assembly</p> <p>Equalities – Sexual Orientation– Registration</p> <p>Retreat – Building bridges</p>	<p>Institute of Philanthropy project</p> <p>Equalities – Disability - Registration</p>	<p>Personal Safety</p> <p>Study Skills</p> <p>Finanical Literacy – key terms: saving/borrowing/pensions/loans</p> <p>Equalities – Race - Registration</p>	<p>Equalities – Gender Reassignment– Registration</p>

	Prevent –non-violence/ anti-war protests and Terrorist agendas Equalities – protected characteristics intro and Sexism - Registration Money laundering - registration					
Other/ Careers	Strengths/Weaknesses ARD Prep Lunch and learn GB1, 5 Curriculum links to Careers assembly GB1, 4	Christmas assembly prep START / Careers – Aspire GB1, 2, 3, 4, 8 Careers panel discussion GB 1, 2, 5 PASS survey Lunch and learn GB1, 5 Curriculum links to Careers GB1, 4	Lunch and learn GB1, 5 Curriculum links to Careers GB1, 4	ARD Prep Careers – Panel presentation GB 1, 2, 5 Lunch and learn GB1, 5 Apprenticeships assembly GB1, 5 Curriculum links to Careers GB1, 4 Careers panel discussion GB 1, 2, 5	Study skills Lunch and learn GB1, 5	Sports day prep Exam week Debates prep, prep celebration, Serviam assembly Lunch and learn GB1, 5 Curriculum links to Careers GB1, 4
Y9	Autumn A (7)	Autumn B (8)	Spring A (6)	Spring B (6)	Summer A (5)	Summer B (7)
Physical Health	FGM	Puberty	Drugs and Alcohol awareness performance Knife Crime workshop follow up SSO		Tobacco, alcohol, drugs -risks, laws and consequences	Basic First Aid SSO/St Johns Ambulance
Mental Wellbeing		Peer pressure	Mental Health Awareness assembly	Mental Health Targets review ARD	Mental Health week assembly and activities Self-Esteem	Coping with change

					Body Image Influence Handling Stress	
Relationship & Sex Education	Handling conflict CSE vulnerabilities Bullying/ Cyberbullying	STIs, including HIV/AIDS and testing, Contraception Domestic Violence Awareness drop in SSO	Safer Internet Day assembly	CSE/grooming/county lines performance and workshop CSE Awareness Week Identifying and dealing with Public Sexual harrasment	Parenting, Fostering, Adoption	
Living in the Wider World (Citizenship and British Values)	Cultural Diversity Black History Month lesson tasks and activities Homelessness Prevent – political and religious radicalisation Equalities – protected characteristics intro and Sexism – Registration Money laundering - registration	Parliament week talk Anti-bullying week – homophobic, biphobic, transphobic assembly LGBTQI Equalities –Age - Registration	LGBTQI History Month assembly Equalities – Sexual Orientation - Registration	Politics and Participation: Democracy, Monarchy Political parties Justice and youth crime Equalities – Disability - Registration Retreat – making a difference in the world	Equalities – Race - Registration	Financial literacy - Budgeting, recognise and manage influences on financial decisions, managing risk, money laundering Equalities – Gender Reassignment– Registration
Other/ Careers	Lunch and learn GB1, 5 Curriuculum links to Careers assembly GB1, 4	PASS survey Christmas Fair prep Lunch and learn GB1, 5	START & Locker Employability Skills Workplace skills, Careers Networking Prep and Networking Event and evaluation GB1, 2, 3, 4, 5, 8	Lunch and learn GB1, 5 Curriuculum links to Careers assembly GB1, 4	Lunch and learn GB1, 5	Sports day prep Exam week Debates prep x1, prep celebration, Serviam assembly

		Curriculum links to Careers assembly GB1, 4 START & Locker – Research GB 1, 2, 3, 4, 8	Lunch and learn GB1, 5 Curriculum links to Careers assembly GB1, 4	Apprenticeships assembly - GB1, 5		Lunch and learn GB1, 5 Curriculum links to Careers assembly GB1, 4
Y10	Autumn A (7)	Autumn B (8)	Spring A (6)	Spring B (6)	Summer A (5)	Summer B (7)
Physical Health	FGM	Emotional Health and Lifestyle Diet Exercise/ Healthy Lifestyle Importance of sleep and dental hygiene	Drugs, Alcohol Drugs and alcohol workshop Drugs and Alcohol awareness performance	Street Crime/Knives SSO registration		
Mental Wellbeing		Eating Disorders Causes and symptoms of emotional health disorders – depression, anxiety Mental Health Targets ARD	Mental Health Awareness assembly	Mental Health Targets review ARD	Mental Health week assembly and activities Retreat - Dealing with stress; time management; relaxation techniques	
Relationship & Sex Education	Sexual Harassment assembly CSE risks and advice to stay safe	Relationships with parents and peers, Managing Conflict – impact of domestic abuse Domestic Violence Awareness drop in SSO	Consent STIs details Self -checking Fertility Unintended pregnancy Gender Ideals in the media, Modern Culture/ Sexism –impact on relationships and behaviours	CSE Awareness Week assembly Identifying and dealing with Public Sexual harassment		

			Safer Internet Day assembly			
Living in the Wider World (Citizenship and British Values)	<p>Britain and the World British Values Britain and The UN The Commonwealth Britain in the EU, Brexit</p> <p>Black History Month lesson tasks and activities</p> <p>Prevent – impact on society and recruitment</p> <p>Equalities – protected characteristics intro and Sexism - Registration</p> <p>Money laundering - registration</p>	<p>Parliament week talk</p> <p>Anti-bullying week – homophobic, biphobic, transphobic assembly</p> <p>Equalities –Age - Registration</p>	<p>LGBTQI History Month assembly</p> <p>Retreat – human dignity</p> <p>Equalities – Sexual Orientation - Registration</p>	<p>Justice Legal rights/Age limits Campaigning and influencing others Euthansia Human Rights</p> <p>Equalities – Disability - Registration</p>	<p>Equalities – Race - Registration</p>	<p>Equality Bullying and respecting difference Racism</p> <p>Homophobia Refugees Malicious Gossip Respect</p> <p>Equalities – Gender Reassignment– Registration</p>
Other/ Careers	<p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p>	<p>START and Locker – Explore GB 1, 2, 3, 4, 8</p> <p>Hackerbox (Stem Ambassador event) GB 1, 4, 5</p> <p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p>	<p>Jack Petchey – Public Speaking event GB 1, 4, 5</p> <p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p>	<p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p> <p>Apprenticeships assembly - GB1, 5</p>	<p>Lunch and learn GB1, 5</p>	<p>SLT post-16 interview GB1, 3, 7, 8</p> <p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p> <p>Careers pathway event – Unifrog GB1, 2, 3, 4, 7, 8</p>

Y11	Autumn A (7)	Autumn B (8)	Spring A (6)	Spring B (6)	Summer A	Summer B
Physical Health	FGM	Drugs – law and risks Alcohol – impact on society and binge drinking	Drugs and alcohol workshop	Knife Crime SSO registration		
Mental Wellbeing		Mental Health Targets ARD	Mental Health Awareness assembly	Managing stress/ Meditation Mental Health Targets review ARD	Mental Health week assembly and activities Exam stress support	
Relationship & Sex Education	Exploitative relationships/ Domestic Violence Sexual Harassment assembly	Domestic Violence Awareness drop in SSO	Safer Internet Day assembly	CSE Awareness Week assembly Identifying and dealing with Public Sexual harrassment		Awareness of exploitation, bullying, harassment and control in relationships (including the unique challenges posed by online abuse and the unacceptability of physical, emotional, sexual abuse in all types of teenage relationships, including in group settings such as gangs) and the skills and strategies to respond

						appropriately or access support.
Living in the Wider World (Citizenship and British Values)	<p>Democracy- Government and Parliament, Voting and Participation</p> <p>Prevent – Online radicalisation and Tackling radicalisation</p> <p>Black History Month lesson tasks and activities</p> <p>Retreat – aspirations and future endeavors</p> <p>Equalities – protected characteristics intro and Sexism - Registration</p> <p>Money laundering - registration</p>	<p>Parliament week talk</p> <p>Anti-bullying week – homophobic, biphobic, transphobic assembly</p> <p>Equalities – Age - Registration</p>	<p>Financial Literacy -credit and debit, saving and borrowing, budgets, public funds, tax and insurance, gambling</p> <p>Equalities – Gender Reassignment – Registration</p> <p>LGBTQI History Month assembly</p> <p>Equalities – Sexual Orientation– Registration</p>	<p>Equalities – Disability – Registration</p> <p>Equalities – Race - Registration</p>		
Other/ Careers	<p>START and Locker – Expand GB 1, 2, 3, 4, 8</p> <p>My Future Conference GB 1, 2, 3, 4, 5, 8</p> <p>CV writing skills and prep for 1:1 interview GB1, 3, 8</p> <p>Lunch and learn GB1, 5</p>	<p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p> <p>Work experience assembly GB 1, 2,</p> <p>Career guidance 1:1 support GB 1, 2, 3, 7, 8</p>	<p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p>	<p>Work experience</p> <p>Revision skills</p> <p>Time management</p> <p>Lunch and learn GB1, 5</p> <p>Curriculum links to Careers assembly GB1, 4</p> <p>Apprenticeships assembly - GB1, 5</p>	<p>Lunch and learn GB1, 5</p>	<p>Work Experience: prep and log book on rights and responsibilities of employees GB 1, 2, 3, 4, 5, 6,</p> <p>Transition/Induction into the 6th form GB 1, 3, 7, 8</p>

	Curriculum links to Careers assembly GB1, 4					
Y12	Autumn A (7)	Autumn B (8)	Spring A (6)	Spring B (6)	Summer A (5)	Summer B (7)
Physical Health	FGM	Personal Awareness & Safety over Xmas Holidays – Making appropriate choices.		Drugs /Alcohol Awareness and safe choices Money Mules and Knife crime SSO		
Mental Wellbeing	Positive mental health – good habits, support inside and outside of school				Mental Health Awareness week assembly Positive Mental Health accessing support at uni – St Mary’s University	
Relationship & Sex Education	Sexual Harassment assembly	Domestic Violence Awareness drop in SSO		CSE Awareness Week assembly Sexual Health talk (Spectra)	Misogyny, femicide and womens role in the society.	
Living in the Wider World (Citizenship and British Values)	Money laundering – registration Black History Month activities Prevent Equalities – protected characteristics intro	Head Girl Hustings Equalities – Age – Registration Equalities - Sexism - Registration Anti-bullying week – homophobic, biphobic, transphobic assembly	Equalities – Sexual Orientation– Registration LGBTQI History Month assembly	Equalities – Disability– Registration	Equalities – Race – Registration	Equalities – Gender Reassignment– Registration
Careers/ Other	The Challenge/ My World Challenge Launch GB	TFL Launch??? Review of term & goals moving forward	Predicted grades; Cumulative Preparation Lunch and learn GB1, 5	Managing Time and Planing/ Societies update	Lunch and learn GB1, 5	Lunch and learn GB1, 5 Creative arts speaker GB 1, 2, 4, 5, 8

	<p>Expectations and Transition from KS4-5 GB 1, 5</p> <p>Lunch and learn GB1, 5</p>	<p>Introduction to societies</p> <p>Work Shadowing and Widening Participation and Volunteering opportunities for YMCA GB 1, 2, 3, 4, 8</p> <p>Careers Talk on Legal Sector GB 1, 2, 5</p> <p>Lunch and learn GB1, 5</p> <p>Healthcare Panel (Paramedic, surgeon, nurses – Q & A) GB 1, 2, 5</p> <p>CV writing and skills GB 1, 3, 8</p>	<p>Step into STEM GB 1, 2, 5</p> <p>Work Shadowing GB 1, 2, 3, 4, 8</p> <p>Money Matters GB 1, 4, 8</p>	<p>VESPA and Exam Prep</p> <p>Visit to Surrey University GB 1, 4, 7, 8</p> <p>Lunch and learn GB1, 5</p> <p>Apprenticeships assembly - GB1, 5</p> <p>Unifrog Workshop GB 1, 2, 4, 7</p> <p>Saipem engineering and skills talk GB 1, 2, 4, 5, 8</p> <p>Careers Talk – Psychology GB 1, 2, 4, 5, 8</p>	<p>Careers Pathway Day GB 1, 2, 3, 4, 7, 8</p> <p>Mark Evison foundation – intro to project</p>	<p>Preparing for Year 13 – Planning ahead GB 1, 4, 8</p> <p>Briefing on Work Shadowing – Reflective Diary/Employer Report GB 1, 2, 3, 4, 8</p> <p>Work Shadowing GB 1, 2, 3, 4, 5, 6, 8</p> <p>Bisoye Babalola - alumni - Holiday Club Space - Founder of Creative Arts Workshops during half-terms and summer break.</p> <p>FAITH DAY</p>
Y13	Autumn A (7)	Autumn B (8)	Spring A (6)	Spring B (6)	Summer A	Summer B
Physical Health	<p>Positive Physical Health - strategies and accessing support</p> <p>FGM</p>		<p>Physical Health</p>	<p>Drugs /Alcohol Awareness and safe choices</p> <p>Money Mules and Knife crime SSO</p>		
Mental Wellbeing	<p>Positive Mental Health - Building resilience, strategies and accessing support</p>		<p>Mental Health and managing stress with mocks</p> <p>Mental Health Awareness assembly</p>		<p>Mental Health week assembly and activities</p> <p>Managing stress</p>	
Relationship & Sex Education	<p>Sexual Health</p> <p>CSE, Healthy Relationships and Consent</p> <p>Sexual Harassment assembly</p>	<p>Domestic Violence Awareness drop in SSO</p>	<p>Sexual Health talk (Spectra)</p>	<p>Safe choices around relationships</p> <p>CSE Awareness Week assembly</p>	<p>Staying safe in Society and wider implications in the workplace and university</p>	

<p>Living in the Wider World (Citizenship and British Values)</p>	<p>PREVENT Black History Month activities Money laundering - registration Equalities – protected characteristics intro - Registration</p>	<p>Head Girl Hustings Equalities – Age – Registration Equalities – Sexism – Registratio Anti-bullying week – homophobic, biphobic, transphobic assembly</p>	<p>Equalities – Gender Reassignment– Registration Equalities – Sexual Orientation – Registration LGBTQI History Month assembly</p>	<p>Equalities – Race – Registration Equalities – Disability– Registration LGBTQI</p>		
<p>Careers/ Other</p>	<p>UCAS and Predicted Grades and the Assessment schedule in Year 13, Study Skills (VESPA), Preparation for Mocks Aspirations and goals GB 1, 3, 4 Pathways CTM launch GB Vocational Learning Conference GB Lunch and learn GB1, 5</p>	<p>UCAS – next stages Gap Year Programmes Work Shadowing and Widening Participation and Volunteering opportunities for YMCA GB 1, 2, 3, 4, 8 Careers Talk on Legal Sector GB 1, 2, 5 Fashion & Retail Academy Talk – Creative Arts GB 1, 2, 5 Vocational Learning Conference. Accenture visit and Gap Year Programmes GB Lunch and learn GB1, 5 Healthcare Panel (Paramedic, surgeon, nurses – Q & A) GB 1, 2, 5</p>	<p>Lunch and learn GB1, 5 Step into STEM GB 1, 2, 5 UCAS Next Steps – Firm, Insurance and UCAS Extra GB 1, 2, 3, 4, 7, 8 Apprenticeship Panel – range of industry sectors GB 1, 2, 3, 4, 5, 7, 8 Student Finance England UEA GB 1, 7 Lloyds Bank – Basic Finance Principles & Managing GB 1, 2, 4, 5</p>	<p>Gap Year & Employment Opportunities Transition to university – what to expect Independent Living Lunch and learn GB1, 5 Apprenticeships assembly - GB1, 5 Saipem engineering and skills talk GB 1, 2, 4, 5, 8 Careers Talk – Psychology GB 1, 2, 4, 5, 8 Gap Year Student and Apprenticeship Workshop GB 1, 2, 4</p>	<p>Preparing for the Exams and The Final Countdown (VESPA) Independent Living Lunch and learn GB1, 5 Preparing for University Life – Royal Holloway GB 1, 7, 8 Alternative options talk – clearing & adjustment process GB 1, 7, 8</p>	<p>Lunch and learn GB1, 5 Creative arts speaker GB 1, 2, 4, 5, 8</p>

Key:

Knife crime

LGBTQI

CSE/ Sexual Harassment

Drugs/Alcohol

Peer-on-peer/bullying

Prevent

FGM

Equalities

DV