

Health and Wellbeing			PSHRE/CT programme
Self-concept	H1 H2 H3	<p>skills and strategies to confidently manage transitional life phases</p> <p>to recognise how idealised images of bodies and pressure to conform, can adversely affect body image and self-esteem; strategies to manage this pressure</p> <p>to understand the issues and considerations relating to body enhancement or alteration, including long-term consequences</p>	Reggie Yates?/
Mental health and emotional wellbeing	H4 H5 H6 H7	<p>to recognise signs of change in mental health and wellbeing and demonstrate a range of strategies for building and maintaining positive mental health, including managing stress and anxiety</p> <p>to recognise common mental health issues such as anxiety, depression, eating disorders, self-harm and compulsive behaviours</p> <p>to recognise when they, or others, need support with their mental health and effective strategies to address difficulties and promote wellbeing</p> <p>to analyse and evaluate support available to manage common mental health issues, and how to access the most appropriate support</p>	<p>CT Mental health resources (Peter Radford) Year meeting (Y12/13)</p> <p>Pascal exam stress workshop (Y13) Pascal mental health/stress workshop (Y12)</p> <p>HMC Boys' mental health assembly</p> <p>How to look after your mental health (PSHRE session) Mental Health\Mental Health PSHE 2023.pptx</p> <p>Safeguarding assemblies (Y12/13) Poster displays of support local and National. Suicide awareness PSHE session and handouts. Parent information evening and powerpoint with links</p> <p>CT activity Yr12 Being Mindful ..\CT activities\Well being\Yr12 resources\Yr12 Being Mindful Presentation.pptx</p>
Healthy lifestyles	H8 H9 H10 H11 H12 H13	<p>to take responsibility for monitoring personal health and wellbeing, including sun safety, breast awareness and self-examination, testicular self-examination and cervical screening</p> <p>to consistently access reliable sources of information and evaluate media messages about health; and how to make informed decisions about health, including vaccination/immunisation' how to register with and access health services in new locations</p>	<p>Odd Balls talk testicular cancer Teenage cancer trust (Y13 CT) Sun safety (Y12/13 CT) Copperfeel (Y12) Safe examination Life lessons (12/13)</p>

		<p>to recognise illnesses that particularly affect young adults, such as meningitis and ‘freshers’ flu’</p> <p>how to maintain a healthy diet, especially on a budget</p> <p>how to maintain work-life balance, including understanding the importance of continuing with regular exercise and sleep, and balancing time online</p>	<p>Healthy eating (Y12/13 CT)</p> <p>Wellbeing Booklet (Y12)</p> <p>Energy drinks assembly (year 12)</p> <p>Importance of sleep assembly (Y12)</p> <p>CT Activity Yr12 – Health Status Assessment ..\CT activities\Well being\Yr12 resources\Wellbeing Introduction 2022 Health Status Assessment.pptx</p> <p>CT Activity Yr12 – healthy lifestyle choices 6 Cylinders ..\CT activities\Well being\Yr12 resources\Understanding the importance of healthy lifestyle choice part 2.pptx</p> <p>CT Activity Y12 – Nutrition and Healthy Eating ..\CT activities\Well being\Yr12 resources\Nutrition and Healthy Eating part 3.pptx</p> <p>CT Activity Yr12 – Monitoring personal health and preventing illness (self-examination) ..\CT activities\Well being\Yr12 resources\Year 12 - Making healthy choices and preventing illness.pptx</p> <p>CT Activity Yr12 Hydration wellbeing ..\CT activities\Well being\Yr12 resources\Hydration part 4.pptx</p> <p>CT Activity Yr12 Blood and Organ donation ..\CT activities\Blood and organ donation\Giving blood.pptx ..\CT activities\Blood and organ donation\Organ donation.ppt</p>
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			CT Activity Yr13 Highlighting the dangers of certain drinks ..\..\CT activities\Well being\YR13 resources\Hydration; re-think your drink.pptx
Managing risk and personal safety	H14 H15 H16 H17	<p>to assess and manage risk and personal safety in a wide range of contexts, including online; about support in place to safeguard them in these contexts and how to access it</p> <p>to manage personal safety in relation to travel, such as cycle safety, young driver safety, passenger safety, using licensed taxis and getting home safely</p> <p>to travel safely around the UK and abroad; understand legal rights and responsibilities when travelling abroad, including passport, visa and insurance requirements</p> <p>to perform first aid and evaluate when to summon emergency services, irrespective of any potential legal implications, for example, when the situation involves alcohol, drugs, gangs or violent crime</p>	<p>Self Defence course (Y12)</p> <p>CT Activity Yr12 – Driving with Grace</p> <p>Driver safety education CT (Y12) Driving risks (Y13)</p> <p>Staying safe home and abroad CT (Y13)</p> <p>CT Activity Yr13 – Driving safely; drink driving, driving the next morning and texting when driving ..\..\CT activities\Road Safety\Yr13\Driving safely PPT.ppt</p> <p>First Aid training/CPR training (PSHRE Y12) CT Basic First Aid (Y13) DSM Foundation talk (Y12 PSHRE)</p>
Sexual health	H18 H19 H20	<p>to develop a nuanced understanding of how to select appropriate contraception in different contexts and relationships</p> <p>how to reduce the risk of contracting or passing on a sexually transmitted infection (STI)</p> <p>how to take responsibility for their sexual health and know where, and how, to access local and national advice, diagnosis and treatment</p>	<p>Sexual Health PSHRE (Y12) Sexual Health assemblies (Y13) STI assembly (Y12) Local sexual health care providers details/support on Teams</p>
Drugs, Alcohol and Tobacco	H21 H22 H23	to manage alcohol and drug use in relation to immediate and long-term health	<p>PSHRE Alcohol and Drug mis-use (PSHRE Y12) Paul Hanniford Talk (Y12) DSM Foundation talk (Y12)</p>

	H24	<p>to understand how alcohol and drug use can affect decision making and personal safety, including looking out for friends, safe travel and drink-spiking</p> <p>the impact of alcohol and drug use on road safety, work-place safety, reputation and career</p> <p>the risks of being a passenger with an intoxicated driver and ways to manage this</p>	<p>CT Activity Yr12 - ..\..\CT activities\Alcohol Awareness\Yr12\Drinking safely.pptx</p> <p>Driver safety education CT (Y12/13)</p>
Relationships and Sex Education			
Relationship values	R1 R2 R3	<p>how to articulate their relationship values and to apply them in different types of relationships</p> <p>to recognise and challenge prejudice and discrimination and understand rights and responsibilities with regard to inclusion</p> <p>to recognise, respect and, if appropriate, challenge the ways different faith or cultural views influence relationships</p>	<p>Diversity and Inclusion CT (Y13)</p> <p>CT Activity Yr12 – Beyond This Conference Misogyny - Peter Radford documentary</p> <p>CT Activity Yr12 Pride Month ..\..\CT activities\Pride Month\Celebrating Pride Month.pptx</p> <p>CT Activity Yr13 – Exploring discrimination and Inclusion ..\..\CT activities\Equality, Diversity and Inclusion\Life Lessons.pptx</p>
Forming and maintaining respectful relationships	R4 R5 R6 R7 R8 R9 R10	<p>to manage mature friendships, including making friends in new places</p> <p>to manage personal safety in new relationships, including online activity or when meeting someone for the first time whom they met online</p> <p>to develop and maintain healthy, pleasurable relationships and explore different levels of emotional intimacy</p> <p>to evaluate different degrees of emotional intimacy in relationships, the role of pleasure, how they understand the difference between 'love' and 'lust'</p>	<p>Women's Aid External speaker PSHRE (Y12)</p> <p>CT Activity Yr13 – Deepfake porn; could you be next? – What is the reality of sex Vs what pornography shows?</p> <p>Sexual health PSHE year 12 Consent PSHE year 12</p>

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		<p>to use constructive dialogue to support relationships and negotiate difficulties</p> <p>to manage the ending of relationships safely and respectfully, including online</p> <p>to recognise the opportunities to build meaningful relationships in the workplace and the boundaries around professional relationships</p>	
Consent	R11 R12 R13	<p>to understand the moral and legal responsibilities that someone seeking consent has, and the importance of respecting and protecting people's right to give, not give, or withdraw their consent (in all contexts, including online)</p> <p>to understand the emotional, physical, social and legal consequences of failing to respect others' right not to give or to withdraw consent</p> <p>how to recognise, and seek help in the case of, sexual abuse, exploitation, assault or rape, and the process for reporting to appropriate authorities</p>	<p>Consent PSHRE session (Y12)</p> <p>Womens Aid talk (Y12)</p> <p>CT Activity Yr13 'Sex on Trial' documentary</p> <p>Stealthing PSHE year 12</p>
Contraception and parenthood	R14 R15 R16 R17 R18	<p>to understand the implications of unintended pregnancy and young parenthood</p> <p>to negotiate, and if necessary be able to assert, the use of contraception with a sexual partner</p> <p>how to effectively use different contraceptives, including how and where to access them</p> <p>to evaluate the most appropriate methods of contraception in different circumstances (including emergency contraception)</p> <p>to access the pathways available in the event of an unintended pregnancy and understand the importance of getting advice and support quickly</p>	<p>CT Activity Yr13 Sexual Health ..\..\CT activities\Sexual Health\Yr13 PPT.pptx</p> <p>Sexual Health PSHRE (Y12)</p> <p>Challenge Day Ethics - Abortion</p>

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<p>Bullying, abuse and discrimination</p>	<p>R19 R20 R21 R22 R23 R24 R25</p>	<p>to recognise and manage negative influence, manipulation and persuasion in a variety of contexts, including online</p> <p>to recognise and manage different forms of abuse, sources of support and exit strategies for unhealthy relationships</p> <p>to recognise forced marriage and ‘honour’ based violence; to get help for themselves or others they believe to be at immediate or future risk</p> <p>to understand their rights in relation to harassment (including online) and stalking, how to respond and how to access support strategies to recognise, de-escalate and exit aggressive social situations</p> <p>to evaluate the dangers and consequences of being involved in gangs, serious organised crime or carrying a weapon</p> <p>ways to celebrate cultural diversity, promote inclusion and safely challenge prejudice and discrimination</p>	<p>PSHRE (Y12) consent PSHRE (Y12) Using Social Media responsibility Womens Aid Talk (Y12)</p> <p>CT Activity Yr12 – Beyond This Conference – Sexism, Misogyny and Harassment</p> <p>Sarah Everguard assembly – keeping safe</p> <p>CT Activity Yr12 Deaf Awareness resources</p> <p>Paul Hanniford session (Y12) SAV talk on knife crime PSHE year 12</p>
<p>Living in the Wider World</p>			
<p>Choices and pathways</p>	<p>L1 L2 L3 L4</p>	<p>to be enterprising in life and work</p> <p>to set realistic yet ambitious career and life goals which are matched to personal values, interests, strengths and skills</p> <p>to evaluate the ‘next step’ options available, such as higher education, further training or apprenticeships, and gap year opportunities</p> <p>the implications of the global market for their future choices in education and employment</p>	<p>Next Steps challenge Day (Y12) Unifrog (Y12/13) CT activities (Y12/13) PSHRE Work and Career session (Y12) Discover Days (Y12) UCAS exhibition Skills for London exhibition Apprenticeship week activities (Y12/13) Apprenticeships mock interviews and Psychometric testing</p> <p>CT Activity Yr12 VESPA – Vision 15 Questions</p>

			<p>CT Activity Yr12 Apprenticeship Week (Feb) ..\CT activities\Apprenticeship week\apprenticeship week 2023.pptx</p> <p>CT Activity Yr12 – Planning for the Future worksheet – Apprenticeship or University</p>
Work and career	L5 L6 L7	<p>how to identify and evidence their strengths and skills when applying and interviewing for future roles and opportunities</p> <p>how to produce a concise and compelling curriculum vitae and prepare effectively for interviews</p> <p>how to recognise career possibilities in a global economy</p>	<p>Unifrog (Y12/13)</p> <p>PSHE Work and Career</p> <p>PSHE Money Matters</p> <p>Challenge Day (Y12)</p> <p>Work experience (Y12)</p> <p>Virtual work experience opportunities</p> <p>Soft skills CT (Y12)</p> <p>Pathways CTM launch (Y12)</p> <p>Preparing for assessment centres/interviews (12)</p> <p>Apprenticeship mock interviews (Y12)</p> <p>CT Activity Yr12 – People Skills ..\CT activities\People Skills\People Skills.pptx</p> <p>CT Activity Yr13 – CV writing (updating CV) ..\CT activities\Work Skills\Yr13\CV writing - Unifrog.pptx</p> <p>CT Activity Yr13 – Cover Letter ..\CT activities\Work Skills\Yr13\Cover letters.pptx</p> <p>CT Activity Yr13 Career Ready – skills required by employers ..\CT activities\Work Skills\Yr13\Skills planning.pptx</p> <p>CT Activity Yr13 Business etiquette ..\CT activities\Work Skills\Yr13\Business Etiquette.pptx</p> <p>CT Activity Yr13 Interview Skills ..\CT activities\Work Skills\Yr13\Interview skills\Interview success.ppt</p>
Employment rights and responsibilities	L8 L9 L10	<p>their rights and responsibilities as students in casual, part-time jobs, including in the ‘gig economy’</p>	<p>PSHE Work and career</p> <p>Work experience (Y12)</p>

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	L11 L12	<p>the importance of professional conduct and how it can be demonstrated in different workplaces including following health and safety protocols</p> <p>to understand and appreciate the importance of workplace confidentiality and security including cyber-security and data protection</p> <p>to recognise bullying and harassment in the workplace in all its forms and ways to seek or provide support to resolve the situation</p> <p>the role of trade unions and professional organisations; when and how to constructively challenge workplace behaviours</p>	Year Meeting – Internet never forgets
Financial choices	L13 L14 L15 L16 L17 L18 L19	<p>how to plan expenditure and budget for changes in circumstances (e.g. when moving out or going to university)</p> <p>to understand and manage salary deductions including taxation, national insurance and pensions</p> <p>to evaluate savings options</p> <p>to exercise consumer rights, including resolving disputes and accessing appropriate support</p> <p>to manage financial contracts including, mobile phone services and renting items and accommodation; how to identify appropriate advice</p> <p>to evaluate the potential gains and risks of different debt arrangements and repayment implications</p> <p>to evaluate the risks in different financial ventures including illegal schemes e.g. illegal money transfers</p>	<p>Challenge Day (Y12)</p> <p>Martin Lewis finance course (super-curricular programme)</p> <p>PSHE Money Matters</p> <p>CT Activity Yr12 What would happen if didn't pay taxes? ..\..\CT activities\Taxes and the UK\Taxes and the UK.pptx</p>
Media literacy and digital resilience	L20 L21 L22	<p>to set and maintain clear boundaries around personal privacy and to manage online safety in all its forms, including seeking help when appropriate</p>	<p>CT Activity Yr13 Media Literacy – Reading between the lines ..\..\CT activities\Media Literacy\Influencer Pack.pptx</p>

	<p>L23 L24 L25</p>	<p>to effectively challenge online content that adversely affects their personal or professional reputation</p> <p>to build and maintain a positive professional online presence, using a range of technologies</p> <p>how social media can expand, limit or distort perspectives and recognise how content they create and share may contribute to, or challenge this</p> <p>to be a critical consumer of online information in all its forms, including recognising bias, propaganda and manipulation</p> <p>when and how to report or access help for themselves or others in relation to extremism and radicalisation</p>	<p>CT Activity Yr13 Online hate ..\..\CT activities\Online hate\Influencer Pack - Online Hate and Misogyny (1).pptx</p> <p>PSHRE On-line safety session (12)</p>
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