

Green - Health and Wellbeing
 Blue - Careers, Finance and the Wider World
 Red - Relationships
 Topics in *italics* were not delivered during the 2020-2021 academic year due to Covid restrictions

The three themes are drawn from the PSHE Association Programme of Study

| Date | Topic | | | | | | | | |
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| | Year 7 | Year 7 one hour session per fortnight | Year 8 | Year 9 | Year 10 | Year 11 | Year 12 | Year 13 | Year 13 Post-18 plans |
| 05 September 2022 | Moving to a new school (Year 7 Induction Programme) | PSHE and me | Attitudes towards mental health | Friendships | Managing the challenges of adolescence | Systems | Introduction to sixth form: Work-life balance, including study, leisure, exercise, sleep and time online (H13) | Skills to improve adaptability and resilience during periods of change and strategies to manage change (H1) | To be enterprising in life and work (L1) |
| 12 September 2022 | Welcome to BGS Presentation (optional) Hand out PSHE books | H1. How we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing | Emotional Wellbeing | Dangers of Peer Pressure | Reframing Negative Thinking | <i>Ambition vs unrealistic expectations</i> | Managing stress in sixth form (H1, H4, H13) | <i>University applications - Unifrog</i> | To set realistic yet ambitious career and life goals which are matched to personal values, interests, strengths and skills (L2) |
| 19 September 2022 | Making Friends | Dealing with change | Social Media | Group Think and Gangs | Seeking Help with Mental Health 1 | <i>What is stress?</i> | How, when and why to access appropriate support and treatment for mental health (H6, H7) | <i>Assembly slot: Sixth form open evening.</i> | To evaluate the 'next step' options available, such as higher education, further training or apprenticeships, and gap year opportunities. (L3) |
| 26 September 2022 | How Do I get better - Targets and Study Skills (BBL) | H2. To understand what can affect wellbeing and resilience (e.g. life changes, relationships, achievements and employment) | Healthy coping strategies | Assertive behaviour | Seeking Help with Mental Health 2 | <i>Stress management, including healthy sleep</i> | Assembly slot | <i>Evaluate when to summon emergency services and about the importance of giving accurate information, even in cases where there may be legal consequences (H17)</i> | Consider the implications of the global market for their future choices in education and employment. (L4) |
| 03 October 2022 | Catching up and retrieval opportunities | Building resilience | Unhealthy Coping Strategies | Group Think and Gang; Legal risks knives, alcohol and drugs | Promoting Emotional Wellbeing | <i>Stress management, including screen time</i> | Looking out for the signs of emotional or mental ill-health (H5) | <i>Personal statements and university applications deadline/ Accessing local and national advice, diagnosis and treatment in relation to sexual health (H20 - assembly)</i> | How to identify and evidence their strengths and skills when applying and interviewing for future roles and opportunities. (L5) |
| 10 October 2022 | How do we manage and express emotions in a constructive way? | H4. Simple strategies to help build resilience to negative opinions, judgements and comments | Unhealthy Coping Strategies Case Study | Alcohol Statistics | Evaluating Emotional Wellbeing | <i>Creating Healthy Online Content</i> | Lecture: The effects on body image and self-esteem, of idealised images of bodies and pressure to conform (H2) | <i>Screening and how to perform (e.g. breast and testicular) self-examination (H8)</i> | How to produce a concise and compelling CV and prepare effectively for interviews. (L6) |
| 17 October 2022 | End of topic review | End of topic presentation | End of Topic mindmap | End of Topic mindmap | End of Topic mindmap | <i>End of Topic Mindmap</i> | How to manage influences and risks relating to cosmetic and aesthetic body alterations (H3) | <i>How to maintain a healthier diet, especially on a budget (H12)/ How to make informed, independent health choices and manage media messages about health (including about vaccination/immunisation) (H9-assembly)</i> | How to recognise career possibilities in a global economy. (L7) |
| 24 October 2022 | | | | | | | | | |
| 31 October 2022 | Puberty Introduction | Puberty and me | Online Safety Mindmap | Types of Family mindmap | Budgetting and Saving | Effective Revision Strategy | Catch-up and retrieval | How, when and why to access appropriate support and treatment for mental health (H6, H7) | Understanding your rights and responsibilities as students in casual, part-time jobs, including the 'gig economy' (L8) |
| 07 November 2022 | Puberty Changes Overview | H34. Strategies to manage the physical and mental changes that are a typical part of growing up | Cyberbullying | Partnerships and Families | Budgetting and Saving | Mocks | How to evaluate strengths, skills and interests in relation to future roles and opportunities (L5) | Planning expenditure and budget for changes in circumstances (e.g. when moving out or going to university) (L13) | |
| 14 November 2022 | Puberty Challenges | Keeping a healthy body | Crossing the Line | Homelessness | Debt | Mocks | How to write an effective CV and prepare for interviews for part-time work (L6) | Salary deductions, including taxation, national insurance, student loan repayments and pensions, and how to manage these (L14) | |
| 21 November 2022 | Puberty and Parents | H20. Strategies for maintaining personal hygiene, including oral health, and prevention of infection | Critical Thinking online | Homelessness 2 | Risk | Mocks | Rights and responsibilities in different types of employment, including full-time, part-time, and jobs in the 'gig economy' (L8) | Evaluate the changing patterns and trends in the labour market, locally, nationally and internationally, and benefit from potential opportunities (L15) | |
| 28 November 2022 | Puberty and Hygiene | What is consent? | Age restrictions and making responsible decisions | Conflict | Risk | Post 16 | How to demonstrate professional conduct, including following health and safety protocols (L9) | The importance of professional conduct and how it can be demonstrated in different workplaces including following health and safety protocols. (L9) | |

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| 05 December 2022 | Consent | H5. to recognise and manage internal and external influences on decisions which affect health and wellbeing | Online Messages including reporting | Managing relationship breakdown | Gambling and Help | Post 16 | When, why and how to seek or provide support in response to bullying and harassment in the workplace (L11) | Bullying and harassment in the workplace in all its forms and ways to seek or provide support to resolve the situation (L11) | |
| 12 December 2022 | Inappropriate contact | End of topic presentation | End of Topic mindmap | Managing separation and divorce | End of Topic mindmap | Post 16 | Career opportunities in a global economy (L4) | The role of trade unions and professional organisations; when and how to constructively challenge workplace behaviours (L12) | |
| 19 December 2022 | | | | | | | | | |
| 26 December 2022 | | | | | | | | | |
| 09 January 2023 | Rights and Responsibilities | What am I responsible for? | What influences beliefs and decisions? | Labour market information & trends in technology and science | Relationship Values and Pleasure in relationships | Core Values and Emotions | Celebrate cultural diversity and promote inclusion (R2) | Mocks | |
| 09 January 2023 | What is diversity? | R11. To evaluate expectations about gender roles, behaviour and intimacy within relationships | How do we develop self-worth and confidence? | Careers booklet 1 | Abusive Relationships | Unhealthy relationships | Recognise and manage negative influence, manipulation and persuasion in a variety of contexts, including online (R19) | Mocks | |
| 16 January 2023 | Challenging Prejudice and Stereotypes | Celebrating difference | How do we develop self-worth and confidence? | Careers booklet 2 | Sex, Relationships & Gender Q&A | Communicating Wants and Needs | The ways different faith or cultural views can influence relationships, and how to challenge these if appropriate (R3) | Recognise, respect and, if appropriate, challenge the ways different faith or cultural views influence relationships (R3) | How to manage financial contracts including, mobile phone services and renting items and accommodation; how to identify appropriate advice (L17) |
| 23 January 2023 | Signs of Bullying (incl. Assembly) | R3. The similarities, differences and diversity among people of different race, culture, ability, gender identity, age and sexual orientation | Gender Identity and Challenging Homophobia | Careers booklet 3 | Myths and misconceptions about sex, gender, relationships | Relationship Abuse | Strategies to challenge prejudice and discrimination in relation to inclusion and any of the protected characteristics of the Equality Act (2010) (R25) | To evaluate the dangers and consequences of being involved in gangs, serious organised crime or carrying a weapon (R24) | How social media can expand, limit or distort perspectives and recognise how content they create and share may contribute to, or challenge this (L23) |
| 30 January 2023 | How to respond to bullying | Promoting inclusion | Challenging Racism and Religious Discrimination | Careers booklet 4 | How pornography affects sexual attitudes, expectations and behaviours | Gender Expression and Sexual Orientation | Extremism and radicalisation, how to reduce the risks and when, where and how to seek help (L25) | To understand their rights in relation to harassment (including online) and stalking, how to respond and how to access support (R22) | To be a critical consumer of online information in all its forms, including recognising bias, propaganda and manipulation (L24) |
| 06 February 2023 | End of Topic mindmap (Half Term: Stand up to Bullying Project) | End of topic presentation | End of Topic mindmap (Half Term: Being Inclusive Project) | Review | Mindmap 1 | Mindmap 1 | End of topic retrieval | 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) (R11) | When and how to report or access help for themselves or others in relation to extremism and radicalisation (L25) |
| 13 February 2023 | | | | | | | | | |