

PSHE SCHEME OF WORK – YEAR 12

Please note that inclusion of topical lessons may arise throughout the year and details of these will be communicated as and when required. The inclusion of these lessons will lead to the calendared lessons being knocked back accordingly.

Term	Topic	PSHE Association Reference(s) ^{*1*2}	Objectives
Autumn 1	Mental Health and Well-being: -Motivation -Suicide Awareness -Mental health strategies -Body Image -Accessing support - -	H1 H2 H3 H4 H5 H6 H7	<ul style="list-style-type: none"> • To be aware of strategies to deal with stress, depression and anxiety; including how/where to access support in school and externally. • To be able to identify key symptoms of stress, anxiety, depression, self-harm and eating disorders personally and in others. • To understand the impact of body image and pressure to conform on self-esteem; including links to the impact of social media on perception of body image. • To be aware of the potential implications of body enhancement/alteration both mentally and physically.
Autumn 2	Sexual Health and Relationships: -Contraception -STIs -Sexual assault/consent -Pregnancy -Abusive relationships -	H18 H19 H20 R6 R7 R11 R12 R13 R15 R16 R17 R18 R22	<ul style="list-style-type: none"> • To understand the health risks presented by a range of STIs. • To be aware of how/where to access different forms of contraception; including emergency contraception. • To recap on the law regarding consent; and that people have the right to withdraw consent. <ul style="list-style-type: none"> – Including an understanding of the law. • To recognise the signs of sexual abuse and rape; including how/where to access support and how/where to report a crime. • To fully understand the term sexual harassment in all forms; physical and online. Including how/where to access support both in school and externally. • To understand the impact of unintended pregnancy and the options available in the event of. <ul style="list-style-type: none"> – Including how/where to access appropriate support. • To be aware of the changes of the female body with age regarding fertility. • To be able to recognise abusive behaviours in relationships; including romantic relationships. Including excessive control, mental/physical abuse. • Including how/where to access support and the law surrounding relationship abuse.

<p>Spring 1</p>	<p>Careers: -Revision & Study Skills -Post-18 Options -Intro to UCAS -Mock Interviews -CVs and Employability Skills -Personal Statements</p>	<p>L1 L2 L3 L4 L5 L6 L7</p>	<ul style="list-style-type: none"> • To understand how to complete key study skills, including note taking, independent research, revision methods and organisational skills. • To understand the importance of life and career goals to support ambitions. • To be able to identify key personal values and skills which relate to specific careers. • To be aware of the options available at Post-18. • To form an understanding of the global market for future careers and education. • To be able to identify personal strengths and weaknesses to support completing applications forms. • To understand methods to prepare for interviews. • To be able to create an effective CV. • To understand the process of UCAS applications including personal statements.
<p>Spring 2</p>	<p>Finances and Budgeting: -Loans/Credit Cards -Mortgages/Renting -Learning to ride/drive and insurance</p>	<p>L16 L17 L18 L19 L20 H25</p>	<ul style="list-style-type: none"> • To understand the importance of budgeting money effectively, to include credit scores and how loans/credit cards can help or hinder this. • To understand how to make financial decisions including recognising the opportunities and potential risks of renting and mortgaging. • To be aware of the requirements to learn to ride or drive and how to access appropriate insurance, to include budgeting for servicing, break downs, accidents and fuel.
<p>Summer 1</p>	<p>Healthy Lifestyles and Personal Safety: -Self-screening -Diet -Exercise -Work: life balance -Travel -Car/road safety</p>	<p>H8 H9 H10 H11 H12 H13 H14 H15 H16 R5 R19 R20 R22</p>	<ul style="list-style-type: none"> • To understand the importance of self-screening. <ul style="list-style-type: none"> – Including reference to self-assessment for breast cancer and testicular cancer as well as the importance of cervical screening. • To be aware of how to register and access health services both at home and at uni. • To be able to identify common illnesses in young people, including ‘fresher’s flu’ and meningitis. • To understand the importance of a healthy lifestyle; including a healthy diet and regular exercise. <ul style="list-style-type: none"> – Including reference of how to maintain a healthy lifestyle on a budget. • To understand the importance of maintaining a work:life balance and the impact this has on everyday life. Including management of screen time. • To understand the importance of personal safety when meeting new people; both in person and online. • To be aware of how to manage personal safety in a range of environments, including travel (including abroad), driving, car passenger and getting home from social events.

			<ul style="list-style-type: none"> • To be aware of the legalities regarding travelling including passports, visas and insurance requirements. •
Summer 2	<p>Student Identified Topics:</p> <p>-World issues -Injustice</p>	L23 L24 L26 L27	<ul style="list-style-type: none"> • To understand the importance of discussion to seek a range of views on a topic. • To be aware of ways to evidence an opinion in an appropriate manner; to include utilising checked resources for evidence (and the dangers of social media evidence). • To understand how to maturely conduct a debate; listening to opinions whilst providing your own views. • To understand that presenting views online can have consequences in the real world and in later life. <ul style="list-style-type: none"> – To include ways in which support can be accessed if issues are encountered online, including to social media companies and to school/police. • To understand the term extremism and how it can impact a person’s views and beliefs. <ul style="list-style-type: none"> – To include examples of extremism such as ISIS and Far Right organisations.

*1 [PSHE Association: Programme of Study](#) or available on the W Drive.

*2 H refers to Health & Well-being, R refers to Relationships and L refers to Living in the Wider World.