

Please note that for Year 12 there are 3 'non-calendared' lessons per year. This is to allow for the inclusion of topical lessons which 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.

Lessons	Topic	PSHE Association Reference(s)*1*2	Objectives
7	<b>Careers:</b> -Study Skills -Post-18 Options -Career skills	L1 L2 L3 L4	<ul style="list-style-type: none"> <li>To understand how to complete key study skills, including note taking, independent research, revision methods and organisational skills.</li> <li>To understand the importance of life and career goals to support ambitions.</li> <li>To be able to identify key personal values and skills which relate to specific careers.</li> <li>To be aware of the options available at Post-18.</li> <li>To form an understanding of the global market for future careers and education.</li> </ul>
5	<b>Mental Health:</b> -Mental health strategies -Body Image -Accessing support	H1 H2 H3 H4 H5 H6 H7	<ul style="list-style-type: none"> <li>To be aware of strategies to deal with stress, depression and anxiety; including how/where to access support in school and externally.</li> <li>To be able to identify key symptoms of stress, anxiety, depression, self-harm and eating disorders personally and in others.</li> <li>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.</li> <li>To be aware of the potential implications of body enhancement/alteration both mentally and physically.</li> </ul>
5	<b>Healthy Lifestyles:</b> -Self-screening -Diet -Exercise -Work:life balance	H8 H9 H10 H11 H12 H13	<ul style="list-style-type: none"> <li>To understand the importance of self-screening.                             <ul style="list-style-type: none"> <li>Including reference to self-assessment for breast cancer and testicular cancer as well as the importance of cervical screening.</li> </ul> </li> <li>To be aware of how to register and access health services both at home and at uni.</li> <li>To be able to identify common illnesses in young people, including 'fresher's flu' and meningitis.</li> <li>To understand the importance of a healthy lifestyle; including a healthy diet and regular exercise.                             <ul style="list-style-type: none"> <li>Including reference of how to maintain a healthy lifestyle on a budget.</li> </ul> </li> </ul>

			<ul style="list-style-type: none"> <li>To understand the importance of maintaining a work:life balance and the impact this has on everyday life. Including management of screen time.</li> </ul>
6	<b>Sexual Health:</b> -Contraception -STIs -Sexual assault -Pregnancy	H18 H19 H20 R6 R7 R11 R12 R13 R15 R16 R17 R18 R22	<ul style="list-style-type: none"> <li>To understand the health risks presented by a range of STIs.</li> <li>To be aware of how/where to access different forms of contraception; including emergency contraception.</li> <li>To recap on the law regarding consent; and that people have the right to withdraw consent.               <ul style="list-style-type: none"> <li>– Including an understanding of the law.</li> </ul> </li> <li>To recognise the signs of sexual abuse and rape; including how/where to access support and how/where to report a crime.</li> <li>To fully understand the term sexual harassment in all forms; physical and online. Including how/where to access support both in school and externally.</li> <li>To understand the impact of unintended pregnancy and the options available in the event of.               <ul style="list-style-type: none"> <li>– Including how/where to access appropriate support.</li> </ul> </li> <li>To be aware of the changes of the female body with age regarding fertility.</li> </ul>
5	<b>Personal Safety:</b> -Travel -Car/road safety -Abusive relationships	R5 H14 H15 H16 R19 R20 R22	<ul style="list-style-type: none"> <li>To understand the importance of personal safety when meeting new people; both in person and online.</li> <li>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.</li> <li>To be aware of the legalities regarding travelling including passports, visas and insurance requirements.</li> <li>To be able to recognise abusive behaviours in relationships; including romantic relationships. Including excessive control, mental/physical abuse.               <ul style="list-style-type: none"> <li>– Including how/where to access support and the law surrounding relationship abuse.</li> </ul> </li> </ul>

# Year 12

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6	<b>Careers:</b> -UCAS -CVs -Interviews	L5 L6 L7	<ul style="list-style-type: none"><li>• To be able to identify personal strengths and weaknesses to support completing applications forms.</li><li>• To understand methods to prepare for interviews.</li><li>• To be able to create an effective CV.</li><li>• To understand the process of UCAS applications including personal statements.</li></ul>
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\*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.