

# Sixth Form Term 2 PSHE Programme

- Term Starts: Tuesday 9 January 2024
- Mon 08/01/2024 Training Day 4
- Half Term: Monday 12 February 2024 to Friday 16 February 2024
- Term Ends: Friday 22 March 2024
- Fri 22/03/2024 Training Day 5

	Lesson	Key Stage 5 PSHE Objectives
Week 1	<p><b>Mental Health and Emotional Wellbeing</b></p> <p>By the end of the session, students should be able to:</p> <ul style="list-style-type: none"> <li>• Recognise symptoms of some common mental health disorders, including OCD, depression, anxiety, and eating disorders</li> <li>• Identify strategies for maintaining positive mental health</li> <li>• Outline different sources of support available to manage common mental health issues</li> </ul>	<p>H4. 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>H5. to recognise common mental health issues such as anxiety, depression, eating disorders, self-harm and compulsive behaviours [NB It is important to avoid teaching methods and resources that provide instruction on ways of self-harming, restricting food/inducing vomiting, hiding behaviour from others etc., or that might provide inspiration for students who are more vulnerable (e.g. personal accounts of weight change).]</p> <p>H6. to recognise when they, or others, need support with their mental health and effective strategies to address difficulties and promote wellbeing</p> <p>H7. to analyse and evaluate support available to manage common mental health issues, and how to access the most appropriate support</p>

	<b>Lesson</b>	<b>Key Stage 5 PSHE Objectives</b>
Week 2	<p><b>Staying Safe: Alcohol and Binge Drinking</b></p> <p>By the end of the session, students should be able to:</p> <ul style="list-style-type: none"> <li>• Explain how binge drinking and alcohol dependency can affect decision-making and personal safety, road safety, career and reputation</li> <li>• Identify how to manage alcohol use in the immediate and long term.</li> </ul>	<p>H21. to manage alcohol and drug use in relation to immediate and long-term health</p> <p>H22. 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>H23. the impact of alcohol and drug use on road safety, work-place safety, reputation and career</p> <p>H24. the risks of being a passenger with an intoxicated driver and ways to manage this</p>
Week 3	<p><b>Staying Safe: Recreational Drugs</b></p> <p>By the end of the session, students should be able to:</p> <ul style="list-style-type: none"> <li>• Describe the laws relating to illegal drugs</li> <li>• Explain how alcohol and drug use can affect decision-making, career and reputation and personal safety, including looking out for friends, safe travel and drink-spiking</li> </ul>	As above

	<b>Lesson</b>	<b>Key Stage 5 PSHE Objectives</b>
Week 4	<p><b>Respectful Relationships</b></p> <p>By the end of the sessions, students should be able to:</p> <ul style="list-style-type: none"> <li>• Explain the differences between adult and teenage friendships and name some effective strategies to maintain mature friendships.</li> <li>• Describe how to manage personal safety in new relationships, especially those that began online.</li> <li>• Explain the features of workplace friendships and the boundaries around professional relationships.</li> <li>• Explain the difference between love and lust</li> <li>• Define different types of intimacy</li> <li>• Define different levels of emotional intimacy</li> <li>• Explain the impact of varying levels of emotional intimacy</li> <li>• By the end of the session, students should be able to: <ul style="list-style-type: none"> <li>• Describe ways to have a constructive dialogue</li> <li>• Assess different methods of ending a relationship</li> <li>• Explain how to manage emotions during the end of a relationship</li> </ul> </li> </ul>	<p>R4. to manage mature friendships, including making friends in new places</p> <p>R5. to manage personal safety in new relationships, including online activity or when meeting someone for the first time whom they met online</p> <p>R6. to develop and maintain healthy, pleasurable relationships and explore different levels of emotional intimacy</p> <p>R7. to evaluate different degrees of emotional intimacy in relationships, the role of pleasure, how they understand the difference between ‘love’ and ‘lust’</p> <p>R8. to use constructive dialogue to support relationships and negotiate difficulties</p> <p>R9. to manage the ending of relationships safely and respectfully, including online</p> <p>R10. to recognise the opportunities to build meaningful relationships in the workplace and the boundaries around professional relationships</p>

	<b>Lesson</b>	<b>Key Stage 5 PSHE Objectives</b>
Week 5	<p><b>Consent Matters</b></p> <p>By the end of the session, students should be able to:</p> <ul style="list-style-type: none"> <li>• Define consent and state examples of ways to recognise consent</li> <li>• Define sexual violence and explain the impact on the victim</li> <li>• Explain the issue of sexual violence being under-reported to authorities</li> <li>• Outline ways to manage sexual pressure</li> </ul>	<p>R11. 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>R12. to understand the emotional, physical, social and legal consequences of failing to respect others' right not to give or to withdraw consent</p> <p>R13. 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>
<b>Half Term</b>		
Week 6	<p><b>Making Choices about your sexual health</b></p> <p>By the end of the session, students should be able to:</p> <ul style="list-style-type: none"> <li>• Identify methods of contraception that would be suitable for varied contexts.</li> <li>• Explain how STIs are transmitted and how risk can be reduced through safer sex.</li> <li>• Explain the importance of talking about sexual health with a sexual partner.</li> </ul>	<p>R15. to negotiate, and if necessary be able to assert, the use of contraception with a sexual partner</p> <p>R16. how to effectively use different contraceptives, including how and where to access them</p> <p>R17. to evaluate the most appropriate methods of contraception in different circumstances (including emergency contraception)</p>

	<b>Lesson</b>	<b>Key Stage 5 PSHE Objectives</b>
Week 7	<p><b>Making Choices about pregnancy and parenthood</b></p> <p>By the end of the session, students should be able to:</p> <ul style="list-style-type: none"> <li>• Explain the implications of young parenthood and the options when facing an unintended pregnancy</li> <li>• Explain the advantages and risks of delaying conception, including the impact on fertility</li> <li>• Infer the roles and responsibilities of parents and the characteristics of successful parenting</li> <li>• Evaluate reasons to have children</li> </ul>	<p>R14. to understand the implications of unintended pregnancy and young parenthood; to recognise the advantages of delaying conception, whilst acknowledging the changes in fertility with age</p> <p>R18. to access the pathways available in the event of an unintended pregnancy and understand the importance of getting advice and support quickly</p>
Week 8	<p><b>Staying Safe: Recognising harassment or abuse</b></p> <p>By the end of the session, students should be able to:</p> <ul style="list-style-type: none"> <li>• Explain why different sources, people, and relationships can be untrustworthy</li> <li>• Describe ways that relationships can be healthy or unhealthy</li> <li>• Outline and recognise different types of abuse and harassment</li> <li>• Explain how to access help or support for abuse or harassment</li> </ul>	<p>R19. to recognise and manage negative influence, manipulation and persuasion in a variety of contexts, including online</p> <p>R20. to recognise and manage different forms of abuse, sources of support and exit strategies for unhealthy relationships</p> <p>R22. to understand their rights in relation to harassment (including online) and stalking, how to respond and how to access support</p>

	<b>Lesson</b>	<b>Key Stage 5 PSHE Objectives</b>
Week 9	<p><b>Financial Choices</b> By the end of the session, students should be able to:</p> <ul style="list-style-type: none"> <li>• Explain what salary deductions are, including when and why they might be made</li> <li>• Explain how to use a budget to evaluate current money circumstances and plan for a change in those circumstances</li> <li>• Evaluate different methods of saving money</li> </ul>	<p>L13. how to plan expenditure and budget for changes in circumstances (e.g. when moving out or going to university) L14. to understand and manage salary deductions including taxation, national insurance and pensions L15. to evaluate savings options</p>
Week 10	<p><b>Financial Choices</b> By the end of the session, students should be able to:</p> <ul style="list-style-type: none"> <li>• Evaluate the risks and benefits of different forms of debt</li> <li>• Evaluate the risks in different financial ventures</li> <li>• Explain how to be responsible with money, including managing financial contracts responsibly and exercising consumer rights</li> </ul>	<p>L16. to exercise consumer rights, including resolving disputes and accessing appropriate support L17. to manage financial contracts including, mobile phone services and renting items and accommodation; how to identify appropriate advice L18. to evaluate the potential gains and risks of different debt arrangements and repayment implications L19. to evaluate the risks in different financial ventures including illegal schemes e.g. illegal money transfers</p>