

PSHE Overview 2022-2023

PSHE Year 1	Tutor Session	Lesson	Workshops	Additional information
Autumn 1 HT1	Health and wellbeing • Drive and positive values • Responsibility • Role models • Positive and negative influences • Influence of social media	<i>Get to know your tutor group</i>		DRIVE: The value of kindness assembly Black History Month assembly
Autumn 2 HT2	Health and Wellbeing • Myths about smoking • Planning to stay smoke free • Smoking influences • Developing resilience and motivational skills • Planning for the future	Smoking		Remembrance Day <i>tutor session on Friday 11th Nov</i> International Human Rights Day 2022 assembly
Spring 1 HT3	Health and Wellbeing • Anxiety • Depression • Mindfulness • Digital resilience	Mental Health	Year 7: Healthy /unhealthy relationships Year 8: Respect Not Fear	Holocaust Memorial Day 2023 assembly
Spring 2 HT4	Relationships • Gender Identity • Sexism • Gender Stereotypes • Controlling Behaviours	Toxic Relationships and Cyber-Bullying	Year 9: Consent Year 9/10: Motivation (David Hyner)	Overcoming negative influences assembly: <i>Toxic masculinity and misogyny</i>
Summer 1 HT5	Health and Wellbeing • Deaf awareness • Sleep • Diet • Exercise	Vaping	Y11 Sex education workshops: • STI's • Contraception	Deaf awareness <i>during week 3</i>
Summer 2 HT6	Living in the Wider World • Diversity • Personal Safety • Basic First Aid: Allergies and sprains • Head injuries • Primary Survey and the recovery position	Debt and Gambling	Y10 Sex education workshops: • STI's • Contraception Year 7: Gender Equality Year 8: Personal Space	Diversity: Pride tutor session + assembly Windrush assembly