

## PSHE Plan for 2025-26

### Dates:

Half Days	Full Days
Weds 15 <sup>th</sup> Oct (Periods 2 & 3)	Thursday 6 <sup>th</sup> November
Friday 30 <sup>th</sup> January (Periods 2 & 3)	Tuesday 3 <sup>rd</sup> March
	Monday 6 <sup>th</sup> July

### Plan:

YEAR	October (Half Day)	November	January (Half Day)	March	July
7	<b>BUILDING RELATIONSHIPS</b> (Getting to know each other & Positive Relationships)	<b>BULLYING</b> (Bullying – to include Online Safety and a production on Road Safety – being a pedestrian)	<b>FINANCIAL DECISION MAKING</b> (Decision Making/ Finance)	<b>BEING RESPONSIBLE</b> (Relationships)  CSE – Healthy Relationships	<b>HEALTHY LIFESTYLE</b> (Eating, Personal Hygiene, etc) CSE – Feelings, Bodies and Brains
8	<b>SAFETY &amp; RELATIONSHIPS</b>  Unwanted Contact CSE – Grooming & Exploitation	<b>DRUGS, SEX &amp; ALCOHOL THE CONSEQUENCES</b>  (to include a session on online safety)	<b>SAFETY</b>  CSE – Being Safe  FGM	<b>COMMUNITY &amp; CAREERS</b> (World of Work)	<b>INDEPENDENCE</b> (Rail/ Road/ Water/ Fire) Responsible health choices and safety in independent contexts
9	<b>IDENTITY &amp; RELATIONSHIPS</b> (Celebrating Difference)  Different Families Celebrating Differences	<b>HEALTHY RELATIONSHIPS</b> (Sexual Health)  CSE – Technology & Relationships	<b>RESPECTFUL RELATIONSHIPS</b> (Healthy vs Unhealthy, roles & responsibilities)	<b>SETTING GOALS</b> (Options) to include a session on online safety	<b>EMOTIONAL WELL-BEING</b> (Emotional & Mental Health)
10	<b>EXPLORING INFLUENCE</b> Resilience – How to say no (to include a session on online safety)	<b>FINANCIAL DECISION MAKING</b> <b>SAFE IN SUSSEX – Financial Control in Relationships</b>	<b>BUILDING FOR THE FUTURE</b> (Coping Strategies)	<b>DRUGS &amp; ALCOHOL</b> (Misuse and pressures)	<b>EMPLOYABILITY SKILLS</b> (Enterprise)
11	<b>DIVERSITY</b> (Diversity & Prejudice)	<b>NEXT STEPS</b> (Options 16+ and Road Safety – being a passenger)	<b>DIGITAL LITERACY &amp; SAFETY</b> (Lawful behaviour) to include a session on online safety	<b>INTIMATE RELATIONSHIPS</b> (RSE)	

## PSHEe Plan for 2025-26

### 6<sup>th</sup> Form

	October (Half Day)	November	January (Half Day)	March	July
12	<b>CAREERS</b> (Study Skills)	<b>STAYING SAFE WHEN OUT &amp; ABOUT</b> (Staying safe when out & about)	<b>CITIZENSHIP &amp; MENTAL HEALTH</b>	<b>HEALTHY LIFESTYLES</b> (Exploring how to live a healthy lifestyle into adulthood)	<b>EMPLOYABILITY WEEK</b> <b>FINAL</b> <b>PREPARATIONS/</b> <b>PROGRESS REVIEWS</b>
13	<b>SAFETY &amp; CAREERS</b> (Writing a Personal Statement)	<b>DESTINATIONS &amp; UCAS AOPPLICATIONS</b> (Destinations – Being a Student/ UCAS Applications)	<b>CITIZENSIP &amp; CAREERS</b>  Principles of learning – cognitive load theory	<b>STUDY DAY</b> (Study Skills/ Study Day)	