


Living in the Wider World - Careers

- Skills for Careers
- Introduction to Unifrog
- Exploring Career Possibilities
- What are my skills?



Criminal Justice & British Values

- Democracy and the Rule of Law
- Liberty and Justice in the UK Courts
- A Fair Society

Health & Wellbeing - Vaping

- Risks and Consequences

Healthy Relationships & Healthy Choices

- Effective Communication
- Changing Relationships
- Contraception
- Informed choices

Health & Wellbeing - Substance Awareness

- Caffeine
- Alcohol Abuse
- Tobacco & Vaping



Health & Wellbeing - Relationships - Me, My Mind and My Body

- Self-concept: Who am I?
- Identity and Core Values
- Mental Health & Emotional Wellbeing
- Resilience
- Relationship Rights & Responsibilities - Consent
- Puberty & Menstrual Wellbeing



8

Living in the Wider World - Life Skills

- Developing Respect
- My Goals
- Growth Mindset
- Advocating for Myself and Others

Healthy Relationships

- Relationship Values
- Everyday Consent
 - Gender & Stereotypes
 - Family Life
- Managing Conflict
- Contraception



Living in the Wider World - Careers

- Recap of Unifrog
- Career Terminology
- What does success look like?

Living in the Wider World Financial Literacy

- Money and the World
- Money and Me
- Budgeting



Living in the Wider World - Careers

- Future Plans
- Employer Experiences
- Developing Skills

Health & Wellbeing Substance Awareness

- Illegal Drugs
- Drugs, the Law & Managing Risk
- Drugs & their Effects
- Managing Influence

9

Careers World of Work Day



Health & Wellbeing - Developing Resilience

- Managing emotions
- Healthy and Unhealthy Coping Strategies



10

Health & Wellbeing Substances

- Influences and Decision Making
- Understanding Addiction



Health & Wellbeing

- New Challenges
- Reframing Negative Thinking
- Recognising Mental Ill-health

Living in the Wider World - Careers

- CVs & Interviews
- Post 16 Labour Market
- Employment Rights
- Researching Choices

11

Healthy Relationships

- Intimate choices
- Contraception

- Pregnancy, birth and loss
- Red flags, gaslighting and coercion
- Relationship endings

Year 11 PSHE Drop-Down Days

Topics may include:

- Healthy Intimate Relationships
- Sexual Health
- Contraception
- Sexual Harassment
- First Aid
- Exam stress
- Goals & Resilience
- Post-16 Options
- Employer Experiences

Life Beyond KSHS



Our PSHE curriculum is built around three key strands:

- Health & Wellbeing
- Relationships
- Living in the Wider World including Citizenship and Careers

