

KS4 PSHE Overview

10	Health and Wellbeing Topic 1 Positive psychology, character strengths, sleep, substance use, addiction and dependency.	Relationships Topic 2 Intimate relationships (pornography, consent, managing conflict, abusive relationships and rape.)	Mental Health Topic 3 Reframing negative thinking, common issues and signs of mental illness, change-loss-grief and promoting wellbeing.	Approaching Adulthood Understanding serious health risks – cancer, mental health (suicide). Managing risk (gambling). Living independently.
11	Relationships Topic 1 Negotiating relationship conflict, commitment, unplanned pregnancy, parenting, abortion, consent and the law.	Mental Health Topic 2 Positive psychology, critical thinking, brain development, sleep, change / loss, personal confidence and character strengths.	Financial Literacy Topic 3 Saving, borrowing, budgeting, managing financial risk, avoiding scams and fraud, driving theory.	Revision for GCSEs

Ground Rules

1. **Openness:** We will be open and honest, but not discuss directly our own or others' personal/private lives. We will discuss examples but will not use names or descriptions which could identify anyone.
2. **Keep the conversation in the room:** We feel safe discussing issues and we know that our teacher will not repeat what is said in the classroom unless they are concerned we are at risk, in which case they will follow the school's safeguarding policy.
3. **Non-judgmental approach:** It is okay for us to disagree with another person's point of view but we will not judge, make fun of, or put anybody down. We will 'challenge the opinion, not the person'.
4. **Right to pass:** Taking part is important. However, we have the right to pass on answering a question or participating in an activity and we will not put anyone 'on the spot'.
5. **Make no assumptions:** We will not make assumptions about people's values, attitudes, behaviours, identity, life experiences or feelings. We will listen to the other person's point of view respectfully and expect to be listened to ourselves.
6. **Using appropriate language:** We will use correct terms rather than slang terms, as they can be offensive. If we are not sure what the correct term is, we will ask our teacher.
7. **Asking questions:** We are encouraged to ask questions and they are valued by our teacher. However, we do not ask personal questions or anything intended to deliberately try to embarrass someone.
8. **Seeking help and advice:** If we need further help or advice, we know how and where to seek it—both in school and in the community. We will encourage friends to seek help if we think they need it.