

Sixth Form

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>S</u>
PSHCE (Health and Wellbeing & Living in the Wider World)	<u>Healthy Choices</u> <ul style="list-style-type: none"> How can I know if my lifestyle is good for my physical and mental health (activity, rest, sleep, diet, choices) How can I improve my food choices? Who can help me? (Diet groups, doctors) Explore effects of not eating enough and too much exercise Where can I get support from for my mental and physical health and wellbeing? (services, professionals) How do I know if I need to get help? The benefits of self examination & screening (breast, cervical, testicular, chlamidia) VISIT doctors and have nose explain procedure e.g. for Cervical cancer screening Why do people donate blood, organs and stem cells? Should I? How do people donate blood etc? 	<u>Mental Wellbeing</u> <ul style="list-style-type: none"> How to recognise our triggers (what makes us unhappy or anxious) How to recognise and manage unhelpful coping strategies & sources of support inc. online forums What are healthy coping strategies and sources of advice and support Online personas/ avatars. Realistic? Over reliance on social media and online relationships & recognising this Bullying as an adult- what does this look like e.g in workplace? Sources of support What harassment & abuse online look, feel & sound like and sources of support Stress- physical and emotional symptoms, sources of support, coping strategies, when to seek help 	<u>My Adult Body</u> <ul style="list-style-type: none"> Choosing sanitary towels and pantyliners (Understanding types, sizes, packaging & symbols for flow and time of day) What tampons are (applicator and non-applicator tampons) & how to use tampons safely and correctly: Understanding packaging and labelling of tampons; Toxic shock syndrome (recognising symptoms and ways to reduce the risk) Different places that sanitary products are available (go shopping) Coping with sexual thoughts and feelings What happens to my body when it gets sexually excited? Erections Wet dreams (boys and girls) Masturbation and bodily fluids excreted..Orgasm Personal Hygiene Coping with embarrassing problems e.g. body odour, wet dreams, sweating, erections, soiling underwear when menstruating, forgetting to pack a sanitary towel 	<u>Community Responsibility</u> <ul style="list-style-type: none"> Legal consequences of different crimes (to avoid getting into trouble) e.g. anti-social behaviour; age to buy E-Cigarettes, energy drinks, alcohol; drugs, assault How alcohol and drugs can affect your behaviour Responsibilities as a driver and passenger How to get help in different scenarios e.g. see someone acting suspiciously, see an attempted theft, Being a good neighbour- benefits of being part of a community Volunteer work Litter, bin collection at home Recycling, using the recycling facilities rather than dumping rubbish 	<u>L</u> <ul style="list-style-type: none"> Recogni hazards Fire safe First Aid situation burns Life savin what de like What is Who do non-em 999, 111
PSHCE RSE	<u>Respectful Relationships</u> <ul style="list-style-type: none"> Public and private (activities, information). That it is acceptable to keep some things private from others (physical and info) To create and respect private places at school and home e.g. knocking before entering. How we can maintain our own privacy with friends and family What sorts of boundaries are appropriate in friendships with peers and others (physically, what info. we share) Where can we get help and support Strategies for identifying and managing peer pressure and not pressuring others That it's okay to share your time between friends, pattens and yourself To respect others' decision and interests and not try to change people 	<u>Communication</u> <ul style="list-style-type: none"> How people can actively communicate consent to others inc. sexual consent How to recognise consent from others (inc. looking at body language) How and when consent can be withdrawn (in all contexts inc. online) Consent is given freely and being pressurised, manipulated or coerced is to do something is not consent) Law related to sexual consent & rape When consent is unable to be given (drugs, age, mental capability, unconscious) How to assertively withhold or withdraw consent (saying no isn't rude) How can you show someone you like them clearly and appropriately? How to recognise if people are mutually interested or not Sexual harassment Sources of support 	<u>Intimate Relationships</u> <ul style="list-style-type: none"> Recognise the characteristics of positive, healthy intimate relationships (respect, consent, loyalty, trust etc) The difference between assigned/ biological sex, gender identity and sexual orientation That sexuality develops. Sources of support about sexuality and gender How to judge when a relationship is making you unhappy or uncomfortable Different kinds of committed relationship: what is marriage and civil partnerships (legal contracts) Stages in a relationship e.g. dating, hand holding, kissing, marriage (good to get to know people, every relationship is different) That they have a choice to delay sex or enjoy intimacy without sex (Rape is not sex. Law relating to rape) 	<u>Sexual Health</u> <ul style="list-style-type: none"> Physical and emotional risks related to unprotected sex (what is unprotected sex). What is safe sex? (inc. emotional) The prevalence of some STIs, their impact and treatment The importance of testing and facts (inc. where and how) How different STIs are transmitted and how risk can be reduced through safer sex (inc. condom use) The facts about the full range of contraceptive choices (how they work and where they are available from) Emergency contraception, how it works, when and how can be used, whereto get it and how it is different from the pill Differing views on contraception (religious, cultural) Sexual Health Clinic (visit). Where is it? What is it for? How can it help me? 	<u>Online</u> <ul style="list-style-type: none"> What is of online How we 'friends' Sexting, That sha images created criminal How info generate used on What to to mana

