Summer 2 : Peer influence and approval, joining gangs, carrying weapons and strategies to manage pressure. First Aid revision. Whole school celebration of successes.

Kettlebrook Short Stay School PSHE 23-24

Diversity is having a seat at the table, inclusion is having a voice, and belonging is having that voice be heard.







Spring 2: Positive uses of drugs. Myths and misconceptions of drug, alcohol and tobacco use – vapes. Addiction. Dealing with change (intro to divorce and bereavement) and services availabilian help.

Summer 1: Physical activity. Keeping physically healthy. Self examination, hygiene, health services. FGM. Introduction to contraception, consent and STIs.



Celebrate Your Strengths Spring 1: Use of drugs and alcohol and the risks associated. Peer pressure. Understanding the law. Values in sexual relationships. Where to get help if needed.

Autumn 2: Strengths and weaknesses s a learner – study skills, target setting, life-long learning. Options available and progression. Media and social media.





Equality Act 2010

Autumn 1: Healthy and unhealthy relationships. Positive Relationships. Values in friendships. Conflict management. Bullying. Equalities Act 2010.

Wear Yellow for Young Minds 10 Oct.





Summer 2: First aid – basic first aid. How to support with common ailments like asthma. Where to get medical advice (eg NHS online, pharmacies) and when to seek additional helo.



Summer 1: Wellbeing and resilience and strategies to build. Influences on health and wellbeing including impact of social media. Physical activity. Sleep. Self harm and seeking help.



Spring 1: Coping strategies.
Recognising when help is needed and where to go. Balance between leisure, exercise, school. Use of alcohol and the risks associated. Values in friendship and love.

Spring 2: Health, personal and social risks of use of substances – staying positive with world around us. The law in relation to drugs. Addiction. The importance of sleep.

World Sleep Day – 15 March





Autumn 2: Qualities of a friend.
Bullying and where to find support. Online presence and safety. Identifying *fake news*.
Skills and attributes. Rights as an employee.



Autumn 1: Positive Relationships. Our School Core Values. Values in friendships. Conflict management – how to say sorry. Bullying. Promoting inclusion and challenging discrimination.



WORLD'S DISCRETE



HEALTH AND WELLBEING - RELATIONSHIPS - WIDER WORLD