

PSHE Curriculum 2024

4th Form

Health and Emotional wellbeing

Focussing on change and its impact on mental health and wellbeing, warning signs of common mental health concerns, avoiding negative thinking and a broad range of coping strategies, emotional support and accessing help,

Health & Wellbeing - Drugs education

Focussing on the consequences of drug use and misuse, risks of illegal drug use, how to identify, manage and seek help for unhealthy behaviours, responsibility towards others, support and emergency aid.

Finance Education

Learning about finances and how we can budget, access support for financial decision-making and concerns relating to money, gambling and consumer rights.

Relationships - Sex and relationships

Focussing upon influences on body image, the role of sex in the media and its impact. Consent, coercion and sexual harassment. The correct use of contraception and common STIs.