

PSHEE Curriculum Overview Class 9

Autumn 2016

- 1 – Rules and expectations; what are the school rules and expectations from our teachers, ourselves and our peers; knowing which battles to fight; knowing how to challenge respectfully; meeting deadlines.
- 2 –Organisational skills: use of diary; planning; thinking ahead; not procrastinating; balance in life; useful tools; being resourceful; tapping in to the help around us.
- 3/4– Prevention of stress: identifying stress levels; knowing what to do when things get `too much`; prioritising; how to relax; knowing where to get help when stress is overwhelming.
- 5 –Self leadership; knowing yourself; planning and working towards your goals; balance in life; developing self-confidence.
- 6 – Self-care; managing stress; healthy habits; healthy eating; exercise; preventative health care; where to go when things aren't right.
- 7 – Healthy relationships; abusive relationships; domestic violence; how to recognise when a relationship isn't healthy; where to go for, for help; how to help a friend who is in an abusive relationship; being your own best friend.
- 8 – Self-esteem and self-confidence; importance of and consequences of lack of; how to develop it in ourselves and others; truly loving yourself and respecting yourself.
- 9 – Pornography; the law; dangers of; sexting and sharing images on social media and the law; the impact emotionally on individuals; how it can affect attitudes, relationships and self-esteem.
- 10 – Healthy use of technology; `rules` of usage and conduct; dangers; cyberbullying; isolation; dependency; communication skills; knowing when to switch off.
- 11/12 – Careers talks.
- 13 – Review of the term and Class 9 so far; celebrations; questions; support; looking ahead.

Spring 2017

Session 1:

CV writing.

Session 2:

Feedback on CVs completed for homework. Personal statements.

Session 3:

Decision making and tools to help us make high quality decisions.

Session 4:

Outside speaker: Helper who has worked with Syrian Refugees on Lesbos.

Session 5:

What makes us an individual; knowing ourselves, our strengths, recognising our interests and strengths.

Session 6:

Outside careers talk. Physiotherapist.

Session 7:

Outside careers talk. Psychiatrist.

Session 8:

Preparing our personal statements further and letters of application.

Session 9:

Interview techniques and role plays.

Session 10:

Thinking ahead: applying for a work experience placement. Joanne Claridge to talk through the paperwork and give suggestions of how to proceed.

Session 11:

Individual one to one sessions on how the term and work is going.

Summer 2017

Preparation for Schloss Hamborn trip.

Drug addiction; where to get help and support for themselves and their peers if this would ever be a concern.

Alcohol misuse and the dangers and consequences.

Update and review on sex education; STDs; contraception.

Three careers talks.