

PSHCE Programme of Study - Key stage 4

	Year 10	Year 11
Health and Wellbeing	Emotional and psychological health	Stress management
	Self Harm and Suicide	Risk taking behaviours and personal safety
	Eating Disorders - recognition and where to get help	Resilience
	Substance misuse and the impact on mental health and effects	Legal Highs and harmful effects
	How to protect yourself - STI's	Exam organisation
		Driving under the influence - Alcohol and drugs
Relationships	Role of the girlfriend / boyfriend - society and media expectations	Impact of drugs and alcohol on choices and sexual behaviour
	Sexuality	Sexual consent and the law?
	Respecting faith - relationships and sexual activity	Exploitation - Trafficking
	Recognising a healthy / abusive relationship	Cultural issues - FGM, Forced marriage
	Teen sex and pregnancy	Under age sex / consequences
	Pornography	
Living in the Wider World	Adapting skills and qualities for future employment	How to maximise chances for education or employment opportunities
	Discrimination and stereotyping	Career opportunities and exploring requirements
	Gambling / risk taking and its consequences	Business and finance
	Assertiveness - taking control of your own problems	
	British Values	
	Work related learning - Aspirations week/PSHCE days	