

OVERVIEW OF LINGFIELD NOTRE DAME PSHE PROGRAMME

	Sex and Relationship Education	Healthy Lifestyles	Financial Capabilities	Study Skills / Exam Preparation	The World of Work
Year 7	Physical and emotional change and puberty. Relationship skills.	Keeping healthy and how the media, different influences & travel influence health. Bullying Drugs awareness	Functions and Uses of Money. Managing Money and Finance. How Needs and Wants can be met through Saving.	Target Setting /Homework Revision Techniques. Leisure and use of time	
Year 8	Peer pressure & reasons for delaying sexual activity. Positive relationships in all areas of their life. Menstruation	Forming good relationships. Balance between work, leisure & exercise to promote physical & mental health. Pressure from others & how to resist.	Functions and Uses of Money. Managing Money and Finance. Becoming Critical Consumers of Goods and Services.	Report Analysis. Target Setting. Tackling Revision. Private Study	
Year 9	Contraception HIV Promoting self esteem & recognise that relationships can cause strong feelings & emotions.	Basic facts & laws, including school rules about alcohol, tobacco, illegal substances. Risks of mis-using prescribed drugs. Communicating with peers & adults.	Becoming Critical Consumers of Goods and Services. Managing Risk – Financial and Career choices. Developing a sense of personal identity for career progression.	Choosing options at GCSE. Target Setting / Action Planning. Revision Programme.	Careers' Library Sessions; "Kudos" Computer Careers Sessions. Discussions with Tutors.
Year 10	STI'S, Gum Clinics, Sexual behaviour & the Law. Link between personal qualities, attitudes, skills & achievements. Self-esteem & factors that can affect it.	Assertiveness skills. Challenging offending behaviour, prejudice, bullying, racism and discrimination. Health risks of alcohol, tobacco and other drugs.	Managing money and personal finances. Understanding financial risk and reward.	Target Setting. Study Habits. Organisation and revision Sessions. Coursework Planning. Presentation Skills.	
Year 11	Testicular cancer. Abortion, emergency contraception. Awareness of differences and similarities between people of different race, religion, culture, ability or disability, gender, age, or sexual orientation.	Short and long term consequences of decision – making. Statutory and voluntary organisations that relate to drugs etc	Understanding financial terms and products. Identifying how finance will play a part in their lives and achieving their aspirations	Target Setting. Post-Mock Analysis – areas of strengths and weaknesses. Individual Sessions with Students. Problem Solving. Individual Study Time.	Cambridge Careers Profile. Introduction, Assessment,, Research & Follow up Interviews on Post 16 Choices. Writing a CV and a Letter of Application.