

## Year 12 PSHE Programme: Morning Form Periods

When	Topic Area	Objectives	Other Details (if applicable)
<b>Theme: Study Skills and Introduction to Sixth Form</b>			
September Induction	<b>Study Skills</b>	<ul style="list-style-type: none"> <li>Identify the key study skills needed in order to be academically successful in sixth form.</li> <li>Understand strategies that can be used to develop the skills.</li> </ul>	<ul style="list-style-type: none"> <li><i>Students attend 4 study skills workshops.</i></li> <li><i>Workshops cover: essay writing skills, reading strategies, organisation skills and research skills.</i></li> </ul>
September Induction	<b>Curriculum Vitae</b>	<ul style="list-style-type: none"> <li>Explain good practice with regards to the structure and content of CV's.</li> <li>Critically assess CV's.</li> </ul>	<ul style="list-style-type: none"> <li><i>Students have the opportunity to work on and update their own CV and submit it for feedback.</i></li> </ul>
September Induction	<b>Cover Letters</b>	<ul style="list-style-type: none"> <li>Explain the purpose and typical content of a cover letter</li> <li>Practise compiling a cover letter for a selected job role.</li> </ul>	<ul style="list-style-type: none"> <li><i>Students have the opportunity to practise writing a cover letter for a selected job role and gain feedback on the letter.</i></li> </ul>
Autumn Term Session 1	<b>Values</b>	<ul style="list-style-type: none"> <li>Explain the Academy values of respect, resilience and aspiration.</li> <li>Identify how sixth form students can demonstrate each of the Academy values, both personally and collaboratively with others.</li> </ul>	/
Autumn Term Session 2	<b>Knowing our sixth form community</b>	<ul style="list-style-type: none"> <li>Understand the diversity that exists within our sixth form community.</li> <li>Understand the typical post sixth-form choices and destinations of our sixth form graduates.</li> </ul>	<ul style="list-style-type: none"> <li><i>Students are informed of the religious and cultural diversity that exists within the sixth form, as well as the various religious events that we mark and celebrate.</i></li> <li><i>Success stories from the sixth form alumni are shared with students'.</i></li> </ul>
Autumn Term Session 3	<b>Email Etiquette</b>	<ul style="list-style-type: none"> <li>Understand how to be professional when communicating with others via email.</li> </ul>	<ul style="list-style-type: none"> <li><i>Session covers the key do's and don'ts students' need to be aware of with regards to Academy email usage at KS5, as well as</i></li> </ul>

			<i>principles to follow in order to communicate in a professional manner over email.</i>
Autumn Term Session 4	<b>Standing out from the crowd</b>	<ul style="list-style-type: none"> <li>Identify what can be done during sixth form to gain a competitive advantage over others and increase post-sixth choices.</li> </ul>	<ul style="list-style-type: none"> <li><i>Session covers the importance of getting involved in enrichments and extra-curricular activities, as well as participation in opportunities such as university summer schools, taster lectures, volunteering and work experience etc.</i></li> </ul>

### Theme: Mental Health and Wellbeing

<b>When</b>	<b>Topic Area</b>	<b>Objectives</b>	<b>Other Details (if applicable)</b>
Autumn term Session 5	<b>Mental Health</b>	<ul style="list-style-type: none"> <li>Recognise changes we might see in oneself or in others, which can indicate deteriorating / poor mental health.</li> <li>Recognise common mental health conditions that can affect young people and understand ways in which the conditions differ.</li> </ul>	<ul style="list-style-type: none"> <li><i>Session covers common mental health conditions such as anxiety, depression, self harming and compulsive behaviours.</i></li> </ul>
Autumn term Sessions 6	<b>Mental Health</b>	<ul style="list-style-type: none"> <li>Identify typical causes of, and triggers for, mental health conditions in young people.</li> </ul>	<ul style="list-style-type: none"> <li><i>Session uses case examples to highlight the most common causes of poor mental health in young people.</i></li> </ul>
Autumn term Sessions 7	<b>Mental Health</b>	<ul style="list-style-type: none"> <li>Assess the impact that social media can have on mental wellbeing.</li> <li>Recognise steps that can be taken to reduce the negative impact of social media on mental health.</li> </ul>	<ul style="list-style-type: none"> <li><i>Students' are encouraged to discuss whether the criticism social media platforms come under for causing poor mental health in young people is fair</i></li> <li><i>Students' are also provided with information on the key signs to look out for to identify when social media is having a negative impact upon mental health.</i></li> </ul>
Autumn term Sessions 8	<b>Mental Health</b>	<ul style="list-style-type: none"> <li>Understand self-help strategies and techniques steps that can be taken to improve mental wellbeing.</li> </ul>	<ul style="list-style-type: none"> <li><i>Session looks at 'self-help tool kits' advocated by mental health professionals.</i></li> </ul>
Autumn Term	<b>Mental Health</b>	<ul style="list-style-type: none"> <li>Recognise the help and support available to those</li> </ul>	<ul style="list-style-type: none"> <li><i>Session covers mental health</i></li> </ul>

Session 9		<p>experiencing a mental health condition.</p> <ul style="list-style-type: none"> <li>Understand how to access different forms of mental health support.</li> </ul>	<p>assessments, JAAQ, the importance of talking to others and the role of specialist agencies.</p>
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### Theme: Preparing for the World of Work

When	Topic Area	Objectives	Other Details (if applicable)
Autumn Term Session 10	<b>Employment Rights</b>	<ul style="list-style-type: none"> <li>Understand key rights that those in employment have within the workplace.</li> </ul>	<ul style="list-style-type: none"> <li>Session looks at the basic rights students' will have if they take on paid employment during their time in sixth form, as well as the rights they'll have in the future once they fully embark on their careers.</li> </ul>
Autumn Term Session 11	<b>Employee versus Worker</b>	<ul style="list-style-type: none"> <li>Recognise how being an 'employee' within an organisation differs from being a 'worker.'</li> </ul>	<ul style="list-style-type: none"> <li>Session focuses on the fundamental difference between an 'employee' and a 'worker'. Differences in the rights of employees and workers are also explored.</li> </ul>
Autumn Term Sessions 12 & 13	<b>Trade Unions</b>	<ul style="list-style-type: none"> <li>Explain the role of trade unions.</li> <li>Assess the benefits that can be gained from being a member of a trade union.</li> <li>Recognise how union membership is changing in the UK,</li> </ul>	<ul style="list-style-type: none"> <li>Sessions cover the benefit of collective bargaining, and the type support and guidance unions can provide. Students' are also encouraged to discuss how important union membership remains in the UK today.</li> </ul>
Autumn Term Sessions 14 & 15	<b>Payment Systems</b>	<ul style="list-style-type: none"> <li>Explain and critically assess the different payment systems used to pay those in employment.</li> </ul>	<ul style="list-style-type: none"> <li>Sessions cover time rate systems, salary systems and piece rate systems.</li> </ul>
Autumn Term Session 16 & 17	<b>Flexible Working Practices</b>	<ul style="list-style-type: none"> <li>Explain and critically assess flexible working practices.</li> </ul>	<ul style="list-style-type: none"> <li>Sessions cover flexible working practices such as zero hours contracts, flexi-time, compressed working hours, teleworking and job sharing</li> </ul>
Autumn Term 18	<b>Payment and Deductions</b>	<ul style="list-style-type: none"> <li>Explain the difference between gross and net pay.</li> <li>Explain the difference between statutory and voluntary deductions and provide examples of both,</li> </ul>	<ul style="list-style-type: none"> <li>Session also looks at the circumstances when an employer is / isn't permitted to make</li> </ul>

			<i>deductions from gross pay</i>
Autumn Term Session 19	<b>National Insurance</b>	<ul style="list-style-type: none"> <li>• Explain what National Insurance is.</li> <li>• Understand how National Insurance contributions are calculated.</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Students are also encouraged to discuss how changes in National Insurance contributions are likely to affect people in society.</i></li> </ul>
Autumn Term Session 20	<b>Income Tax</b>	<ul style="list-style-type: none"> <li>• Explain what Income Tax is.</li> <li>• Understand how the amount of Income Tax that an individual pays on their earnings is calculated.</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Session also cover the personal allowance and how changes in this affects income tax levels and levels of income,</i></li> </ul>
Autumn Term Sessions 21, 22 & 23	<b>Transferable / Employability Skills</b>	<ul style="list-style-type: none"> <li>• Understand the difference between job specific and transferable / employability skills.</li> <li>• Critically assess one's own transferable skills.</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Sessions include the opportunity for students' to complete an audit of their own transferable skills.</i></li> </ul>

### Theme: Staying Staff and Managing Risks

<b>When</b>	<b>Topic Area</b>	<b>Objectives</b>	<b>Other Details (if applicable)</b>
Autumn Term Session 24	<b>Drug Misuse</b>	<ul style="list-style-type: none"> <li>• Recognise trends in drug use amongst young people in the UK</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Session involves an analysis of statistics relating to drug use amongst young people in the UK. Students will look at data relating to drug usage and the most commonly taken drugs</i></li> </ul>
Autumn Term Session 25	<b>Drug Misuse</b>	<ul style="list-style-type: none"> <li>• Understand how drugs are classified in the UK</li> <li>• Recognise the penalties associated with selling drugs and being in possession of them</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Session explores current drug classifications in the UK</i></li> </ul>
Autumn Term Sessions 26 & 27	<b>Drug Misuse: Cannabis</b>	<ul style="list-style-type: none"> <li>• Critically assess the effects of cannabis use, including physical, mental and social effects.</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Sessions include case studies to enable students' to fully appreciate the short and</i></li> <li>• <i>Session also covers the growth in popularity of edibles and the risks associated with their consumption.</i></li> </ul>
Autumn Term Session 28	<b>Drug Misuse: Festival &amp; Nightclub Drugs</b>	<ul style="list-style-type: none"> <li>• Identify substances that have become associated with nightclubs and music festivals</li> <li>• Recognise the risks involved in consuming the substances</li> <li>• Recognise the signs of drug overdose</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Session also covers tips and guidance for staying safe in nightclubs and at festivals.</i></li> </ul>

Autumn Term Session 29	<b>Drug Misuse: Anabolic Steroids</b>	<ul style="list-style-type: none"> <li>• Critically assess the reasons why some people take anabolic steroids</li> <li>• Recognise of the short and long-term effects of anabolic steroid use</li> </ul>	
Autumn Term Session 30	<b>Alcohol Consumption</b>	<ul style="list-style-type: none"> <li>• Recognise what constitutes a safe level of alcohol consumption.</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Session involves activities designed to enable students to appreciate how alcohol content is measured, and understand the typical alcohol content of different beverages</i></li> </ul>
Autumn Term Session 31	<b>Alcohol Consumption</b>	<ul style="list-style-type: none"> <li>• Understand what is meant by 'binge drinking'.</li> <li>• Critically assess the effects of binge drinking.</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Through various stimuli including adverts and case examples, students explore the mental, physical and wider social effects of binge drinking.</i></li> </ul>
Autumn Term Session 32	<b>Alcohol Consumption</b>	<ul style="list-style-type: none"> <li>• Critically assess strategies to reduce binge drink.</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Session involves group debate on current and proposed strategies to curb binge drinking.</i></li> </ul>
Spring Term Session 33	<b>Drink Spiking</b>	<ul style="list-style-type: none"> <li>• Understand what is meant by 'drink spiking'</li> <li>• Recognise actions that can be taken to reduce the risk of being a victim of drink spiking.</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Session includes discussion of the most common substances used in drink spiking.</i></li> </ul>
Spring Term Session 34	<b>Keeping Safe During a Night Out</b>	<ul style="list-style-type: none"> <li>• Identify actions individuals can take to stay safe and reduce risk during a night out</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Session looks at actions that can be taken with regards to first dates, the use of taxis, the use of public transport at night.</i></li> <li>• <i>Session also looks at what is meant by being an 'active bystander'</i></li> </ul>
Spring Term Session 35	<b>Fighting</b>	<ul style="list-style-type: none"> <li>• Recognise the risks and consequences of getting into fights</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Session looks at case examples of individuals who have faced consequences as a result of fighting.</i></li> </ul>
Spring Term Session 36	<b>Smoking</b>	<ul style="list-style-type: none"> <li>• Recognise the short and long-term health implications of smoking.</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Session includes discussion on the typical reasons why some young people smoke.</i></li> </ul>
Spring Term Session 37	<b>Smoking</b>	<ul style="list-style-type: none"> <li>• Recognise the health benefits that can be gained from quitting smoking</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Through activities, students explore the health benefits gained</i></li> </ul>

			<i>from quitting smoking and learn the time frame when different benefits are likely to be experienced</i>
Spring Term Session 38	<b>Tattooing</b>	<ul style="list-style-type: none"> <li>• Understand legislation surrounding tattooing</li> <li>• Recognise what an individual should consider when thinking about getting a tattoo</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Session also explores how tattoos are viewed in different professions, as well as attitudes amongst employers with regards to tattoos being on display.</i></li> </ul>
Spring Term Sessions 39&40	<b>Staying Safe When Travelling Abroad</b>	<ul style="list-style-type: none"> <li>• Evaluate actions individuals can take to stay safe and reduce risk when travelling abroad.</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Session looks at key actions such as taking out adequate travel insurance, researching destinations and what's socially acceptable beforehand, and informing others of itineraries.</i></li> </ul>

### Theme: Living in the Wider World

<b>When</b>	<b>Topic Area</b>	<b>Objectives</b>	<b>Other Details (if applicable)</b>
Spring Term Sessions 41 & 42	<b>Renting Accommodation</b>	<ul style="list-style-type: none"> <li>• Explain the difference between a tenant and a lodger</li> <li>• Recognise the rights and responsibilities of tenants</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Session also looks at tenancy agreements and the role of guarantors.</i></li> </ul>
Spring Term Session 43	<b>Mortgages</b>	<ul style="list-style-type: none"> <li>• Assess changes and trends in the housing and mortgage market</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Session looks at data relating to the mortgage market, including changes over time in the average age of first-time buyers, the average size of deposits and average house prices.</i></li> </ul>
Spring Term Session 44	<b>Mortgages</b>	<ul style="list-style-type: none"> <li>• Recognise the steps involved in securing a mortgage</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Session focuses on the Agreement in Principle, affordability assessments and the range of evidence lenders require before giving a mortgage offer</i></li> </ul>
Spring Term Sessions 45 & 46	<b>Mortgages</b>	<ul style="list-style-type: none"> <li>• Understand the different types of mortgages available to home buyers</li> <li>• Critically assess different types of mortgages</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Session looks at fixed rate mortgages, tracker mortgages, standard variable rate mortgages and interest only mortgages</i></li> </ul>
Spring Term	<b>Help for First Time</b>	<ul style="list-style-type: none"> <li>• Explain the different initiatives and schemes available for</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Session covers shared ownership</i></li> </ul>

Sessions 47 & 48	<b>Buyers</b>	<p>first time buyers</p> <ul style="list-style-type: none"> <li>Critically assess initiatives and schemes available for first time buyers</li> </ul>	<i>schemes, the help to buy scheme and right to buy scheme</i>
Spring Term Session 49	<b>Council Tax</b>	<ul style="list-style-type: none"> <li>Explain what Council Tax is used for and who pays it</li> <li>Understand how Council Tax charges are calculated</li> </ul>	/
Spring Term Session 50	<b>Council Tax</b>	<ul style="list-style-type: none"> <li>Understand how Council Tax is paid</li> <li>Understand the circumstances when Council Tax reductions are likely to be granted</li> <li>Recognise the importance of paying Council Tax on time.</li> </ul>	/
Spring Term Sessions 51 & 52	<b>Financing a Vehicle</b>	<ul style="list-style-type: none"> <li>Understand the different ways in which a vehicle can be financed</li> <li>Critically assess ways of financing a vehicle</li> </ul>	<ul style="list-style-type: none"> <li><i>Session looks at hire purchase agreements, personal contract hire and personal contract purchase. Students' will also use data to explore how the cost of financing selected vehicles changes when each of these methods of finance are used</i></li> </ul>
Spring Term Session 53	<b>Saving</b>	<ul style="list-style-type: none"> <li>Assess factors likely to affect saving levels</li> <li>Analyse how average saving levels have changed in the UK overtime</li> </ul>	/
Spring Term Sessions 54 & 55	<b>Savings Products</b>	<ul style="list-style-type: none"> <li>Understand saving products that individuals can utilise</li> <li>Critically assess saving products</li> </ul>	<ul style="list-style-type: none"> <li><i>Session covers key saving products such as easy access accounts, notice accounts, regular savings and cash ISAs</i></li> </ul>
Spring Term Session 56	<b>Borrowing</b>	<ul style="list-style-type: none"> <li>Understand the key borrowing products that may be used during adult life</li> <li>Understand what is meant by APR and representative APR</li> </ul>	<ul style="list-style-type: none"> <li><i>Session looks at personal loans, overdrafts and credit cards</i></li> </ul>
Spring Term Session 57	<b>Credit Scores</b>	<ul style="list-style-type: none"> <li>Understand factors that influence an individual's credit score</li> <li>Critically assess actions an individual can take to build up and maintain a good credit score</li> </ul>	/
Spring Term Session 58	<b>Buy Now Pay Later Services</b>	<ul style="list-style-type: none"> <li>Recognise the risks involved in using buy now pay later services</li> <li>Recognise the key factors that need to be considered before utilising a buy now pay later service</li> </ul>	/

<b>Theme: Health and Leading a Healthy Lifestyle</b>			
<b>When</b>	<b>Topic Area</b>	<b>Objectives</b>	<b>Other Details (if applicable)</b>
Summer Term Session 59	<b>Healthy Eating</b>	<ul style="list-style-type: none"> <li>Understand what constitutes a healthy diet and recommended daily/weekly intakes of key food groups /</li> </ul>	<ul style="list-style-type: none"> <li>Session involves a quiz to assess students' understanding of healthy eating. The session also encourages students to assess their own eating habits.</li> </ul>
Summer Term Session 60	<b>Healthy Eating on a Budget</b>	<ul style="list-style-type: none"> <li>Understand ways of eating healthily on a budget</li> </ul>	/
Summer Term Session 61	<b>Extreme Dieting</b>	<ul style="list-style-type: none"> <li>Understand what is meant by 'extreme dieting'</li> <li>Recognise the dangers and risks of extreme dieting</li> </ul>	<ul style="list-style-type: none"> <li>Session looks at case examples of young people who have suffered health complications as a result of extreme dieting.</li> </ul>
Summer Term Session 62	<b>Meningitis</b>	<ul style="list-style-type: none"> <li>Understand different types of meningitis</li> <li>Recognise the key symptoms of meningitis</li> </ul>	/
Summer Term Session 63	<b>Freshers Flu</b>	<ul style="list-style-type: none"> <li>Understand what freshers flu is</li> <li>Recognise the symptoms of freshers flu</li> <li>Recognise ways of curing freshers flu</li> </ul>	/
Summer Term Session 64	<b>Skin Cancer</b>	<ul style="list-style-type: none"> <li>Recognise the signs of skin cancer</li> <li>Understand actions an individual can take to reduce the risk of developing skin cancer</li> </ul>	/
Summer Term Session 65	<b>Sunbed Usage</b>	<ul style="list-style-type: none"> <li>Recognise the dangers and risks associated with sunbed usage</li> </ul>	<ul style="list-style-type: none"> <li>Session looks at legislation relating to sunbed usage. Case examples of young people who developed health issues as a result of sunbed usage are also explored.</li> </ul>
Summer Term Session 66	<b>Breast Cancer</b>	<ul style="list-style-type: none"> <li>Identify the symptoms of breast cancer</li> <li>Recognise the importance of breast cancer screening</li> <li>Understand factors that can increase the risk of breast cancer</li> </ul>	<ul style="list-style-type: none"> <li>Session looks at the risk factors associated with breast cancer that can and can't be controlled.</li> </ul>

Summer Term Session 67	<b>Cervical &amp; Testicular Cancer</b>	<ul style="list-style-type: none"> <li>• Identify the symptoms of cervical and testicular cancer</li> <li>• Recognise the importance of cervical screening</li> </ul>	/
Summer Term Session 68	<b>Bowel Cancer</b>	<ul style="list-style-type: none"> <li>• Recognise the signs of bowel cancer</li> <li>• Understand factors that can increase the risk of bowel cancer</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Session looks at the risk factors associated with bowel cancer that can and can't be controlled.</i></li> </ul>
Summer Term Session 69	<b>Exercise</b>	<ul style="list-style-type: none"> <li>• Recognise the importance of continuing with regular exercise throughout adulthood</li> </ul>	/
Summer Term Session 70	<b>Sleep Patterns</b>	<ul style="list-style-type: none"> <li>• Recognise the importance of getting regular, quality sleep</li> <li>• Identify actions that can be taken to improve the quality of sleep.</li> </ul>	/