

## PSHE at Shoreham Academy Spring Term 2025

YEAR	January 30 <sup>th</sup> (Half Day)	March 5 <sup>th</sup> (Full Day)
7	<b>FINANCIAL DECISION MAKING</b> <ul style="list-style-type: none"> <li>• Decision Making</li> <li>• Decision Making and the Economy</li> </ul>	<b>BEING RESPONSIBLE</b> <ul style="list-style-type: none"> <li>• Promoting Emotional Well being</li> <li>• Attitudes to mental health</li> <li>• Real Game – 1 Careers</li> <li>• Real Game – 2 Careers</li> <li>• CSE – Healthy Relationships</li> </ul>
8	<b>SAFETY</b> <ul style="list-style-type: none"> <li>• FGM (Female Genitalia Mutilation)</li> <li>• CSE – Being Safe</li> </ul>	<b>COMMUNITY &amp; CAREERS</b> <ul style="list-style-type: none"> <li>• Windows to the World of Work</li> <li>• What is work?</li> <li>• Getting a Job</li> <li>• Skills for the Workplace</li> <li>• Changing World of Work</li> </ul>
9	<b>RESPECTFUL RELATIONSHIPS</b> <ul style="list-style-type: none"> <li>• Healthy vs Unhealthy Relationships</li> <li>• Roles and Responsibilities</li> </ul>	<b>SETTING GOALS</b> <ul style="list-style-type: none"> <li>• Assembly with MFL Department</li> <li>• My Achievements, Goals and Plans</li> <li>• Making the Right Decision</li> <li>• Where will my Options take me?</li> <li>• Internet Safety – Gaming &amp; Coding</li> </ul>
10	<b>BUILDING FOR THE FUTURE</b> <ul style="list-style-type: none"> <li>• Coping with Stress</li> <li>• Internet Safety</li> </ul>	<b>SAFETY - DRUGS &amp; ALCOHOL</b> <ul style="list-style-type: none"> <li>• Resisting Alcohol</li> <li>• What Drugs?</li> <li>• Who Takes Drugs?</li> <li>• Consequences of Taking Drugs</li> <li>• Presentation - Consequences</li> </ul>
11	<b>DIGITAL LITERACY AND SAFETY</b> <ul style="list-style-type: none"> <li>• Sex and the Media</li> <li>• Internet Safety</li> </ul>	<b>INTIMATE RELATIONSHIPS</b> <ul style="list-style-type: none"> <li>• Lawful Behaviour</li> <li>• Sexual Health Checks</li> <li>• Pregnancy and Abortion</li> <li>• HIV and AIDS</li> <li>• Relationships and Abuse</li> </ul>
12	<b>BRITISH VALUES &amp; CAREERS</b> <ul style="list-style-type: none"> <li>• British values and how we can embed these in college life</li> <li>• Principles of learning – cognitive load theory</li> </ul>	<b>HEALTHY LIVING</b> <ul style="list-style-type: none"> <li>• Healthy Eating</li> <li>• Exercise for Health</li> <li>• Sexual Health</li> <li>• Financial Health</li> <li>• Alcohol Awareness</li> <li>• HSC workshop</li> </ul>
13	<b>REVISION STRATEGIES</b> <ul style="list-style-type: none"> <li>• Study Skills</li> <li>• Revision Practice</li> </ul>	<b>CAREERS – STUDY SKILLS</b> <ul style="list-style-type: none"> <li>• Revision Strategies</li> <li>• Memory Techniques</li> <li>• Supervised Revision/ Study</li> <li>• Stress Relief</li> </ul>