

# KS4/5 PSHE Tutorial 2020-2021

Term	Focus	Content	Additional Content – KS5
1	Mental Wellbeing	<ul style="list-style-type: none"> <li>Poor Mental Health – Types of mental health issues, overviews and statistics,</li> <li>Long Term – Explore the long term consequences of mental health issues without support.</li> <li>Stress – Exam stress and ways to cope and support each other.</li> <li>Support – How to spot mental health problems in ourselves and others, and how to seek support.</li> <li>Suicide Prevention – Reasons behind suicide. Relevant charities, support, statistics. Explore the impacts of suicide on families and friends.</li> <li>Maintenance – Tips on maintaining a positive mental state.</li> </ul>	<ul style="list-style-type: none"> <li>Maintaining positive mental state.</li> <li>Loneliness – living alone or moving away.</li> <li>Stress – Financial strains and how to cope / seek support.</li> </ul>
2	Equality and Diversity	<ul style="list-style-type: none"> <li>Equality – What is equality? Why is it important? Are we treating everyone equally?</li> <li>Diversity – What is diversity? Why is it important? What are the impacts of a lack of diversity?</li> <li>Mutual Respect – Discuss the importance of mutual respect how we can demonstrate this day to day.</li> <li>Prejudice – What is prejudice? How can we spot and report prejudice? What are the risks of being prejudice?</li> <li>Discrimination – Links to prejudice. What is discrimination? Understand laws around discrimination and links to hate crime.</li> <li>Hate Crime – What is hate crime? What are the laws and consequences?</li> </ul>	<ul style="list-style-type: none"> <li>Develop an understanding of equality, diversity, prejudice and discrimination within the workplace. The rights employees have. Deeper understanding of the laws regarding this.</li> </ul>
3	Future Planning	<ul style="list-style-type: none"> <li>Aspiration – Establish students goals and aspirations for their 2 years in education after Y11.</li> <li>College – Explore this as one potential option, discussing pros and cons and ensuring students have a full understanding of the college structure and what this entails, as well as comparing to other P16 options.</li> <li>Post 16 – Explore this as one potential option, discussing pros and cons and ensuring students have a full understanding of the Post 16 or Sixth Form structure and what this entails, as well as comparing to other P16 options.</li> <li>Apprentices – Explore this as one potential option, discussing pros and cons and ensuring students have a full understanding of the Apprenticeship structure and what this entails, as well as comparing to other P16 options.</li> <li>CV Writing / Applications – Support in writing CVs and applications for chosen routes.</li> <li>Part time work – Explore the benefits of part time work as well as advice on how to balance work and study.</li> </ul>	<ul style="list-style-type: none"> <li>Aspiration – Establish students goals and aspirations for after Post 16.</li> <li>Further Education – Explore routes in further education, ensuring students have a full understanding of their options and the prod and cons of further education.</li> <li>Careers – Explore and establish a focused career pathway that students can use to drive forward.</li> <li>CV Writing – Support in CV Writing or writing applications for further education.</li> <li>Personal Finances – Full understanding of what finances need to be accounted for in adulthood, financially managing a household and how to budget.</li> <li>Loans – Pros and Cons of taking out loans. How to do this safely. Information on student loans.</li> </ul>
4	Sexual Health And Relationships	<ul style="list-style-type: none"> <li>Families and Relationships – Discuss different types of relationships (friends, colleagues, romantic, ect) and different family structures.</li> <li>Intimate and Sexual Relationships – How to know when you're ready, what the different forms of intimacy are and understanding how to be respect of each others bodies.</li> <li>Sexual Health and Contraception – STIs, protection and contraception. Discuss the risks associated with unprotected sex.</li> <li>Pregnancy – Learn of the options when pregnant (including abortion and adoptions), physical strains of pregnancy, mental health when pregnant and parenting, miscarriage and loss.</li> <li>Consent – Understand the laws on consent and harassment.</li> <li>Assault / Abuse / FGM – Learn of different forms of abuse (physical, emotional, financial, coercive, etc), understand the laws on abuse and assault, FGM.</li> </ul>	<ul style="list-style-type: none"> <li>Recap all information covered at KS4 Level.</li> <li>Students should be made aware of local Sexual Health clinics and support in locating similar services at the location of their next steps.</li> </ul>
5	Physical Health	<ul style="list-style-type: none"> <li>Diet – What a healthy, balanced diet is and why this is important.</li> <li>Fitness – The importance of exercise, different forms of exercise.</li> <li>Prevention – Assessing the risks of not having a balanced diet and exercise, how to prevent these risks.</li> <li>Addiction – Signs, symptoms, risks, consequences.</li> <li>Smoking and Drinking – The risks associated with both, how one can become addicted and support services available for addicts.</li> <li>First Aid – Basic first aid to be covered, information provided on certified training providers.</li> </ul>	<ul style="list-style-type: none"> <li>Keeping healthy when living independently – how to cook healthy meals and manage portion sizes / alcohol intake.</li> <li>Revisit information on drug us and addiction.</li> </ul>
6	Internet Safety	<ul style="list-style-type: none"> <li>Social Media – Review how we use social media day to day and the negative impacts of overuse.</li> <li>Risks – Explore the risks of excessive internet usage, regarding mental and physical health, safeguarding concerns of abuse and criminal activity.</li> <li>Cyber Bullying – Develop an understanding of what cyber culling is, how to spot and report this, the consequences of this and the laws around it.</li> <li>Grooming – Understand what grooming is, how to spot the signs, and how / where to seek help.</li> <li>Sexting – Discuss the risks of sexting – both short term and long term. Learn of the laws around this and how to protect ourselves and each other.</li> <li>Digital Footprint – Understand what a digital footprint is and how this accumulates. Discuss how our digital footprint can impact us.</li> </ul>	<ul style="list-style-type: none"> <li>Recap information provided in KS4.</li> </ul>