





KS4

Complete your 100% coursework ASDAN course in PSHE. This flexible, multi-level programme is internally moderated and accredits 10-60 hours of activities. It can count as up to 3 of the credits needed to achieve the [Personal Development Programmes](#), up to 6 of the credits needed to achieve [CoPE](#) (Certificate of Personal Effectiveness) and offers progression to [AoPE](#) (Award of Personal Effectiveness) and [Wider Key Skills](#).

- CVs and prep for college
- College applications with support from Careers Dep.



- Looking at:
- Child sexual exploitation
- FGM
- Harassment
- Honour based violence
- Rape
- Sexual abuse

SUBMISSION OF COURSEWORK

CULTURE & SOCIETY

- Looking at:
- Abusive relationships
- Teenage relationship issues

- Looking at:
- Contraception
- Contraception advice
- STIs
- Pregnancy

- Looking at:
- LGBTQ
- Abstinence

- Looking at:
- Trends in relationships
- Monogamy

- Looking at:
- Body knowledge
- Body image
- Changes during puberty quiz
- How to discuss reproduction with children
- TV programme review on body issues

YEAR 11

FINANCIAL CHOICES

- Looking at:
- Job comparisons
- Bank accounts
- Taxation & public services
- Ethical consumerism
- Budgeting



FAMILIES & PARENTING

- Looking at:
- What makes a good parent?
- What things do you need for a baby?
- Lifestyle choices in pregnancy
- Disciplining children
- Adoption & fostering

- Looking at:
- Depression
- Visit from resolve Drugs Charity

EMOTIONAL WELLBEING

- Looking at:
- Future choices
- Rights & responsibilities
- Pathways @ 16 / 18
- Work life balance
- Social media platforms

CAREERS & YOUR FUTURE

- Looking at:
- Identities, prejudice & discrimination
- Social networking
- Conflict situations / bullying
- Suspicion and intolerance

SOCIAL MEDIA, RESPECTFUL RELATIONSHIPS

- Looking at:
- Good hygiene
- Illegal drugs
- Deaths in young people
- Risk taking
- Health promotion campaigns

KEEPING SAFE & HEALTHY, ALCOHOL, TOBACCO & DRUGS

- Looking at:
- Sex and the law
- Contraception
- STIs

YEAR 10

PLANNING FOR THE FUTURE

- Looking at:
- Aspirations
- Future plans
- Personal brand
- Opportunities
- Improving my prospects

- Looking at:
- Impact of drug taking
- Managing situations involving drugs

ALCOHOL, TOBACCO & OTHER DRUGS

SEX, SEXUALITY & SEXUAL HEALTH

RISK & SAFETY

HEALTHY LIFESTYLE

COMMUNITIES

EMOTIONAL WELLBEING & MENTAL HEALTH

- Looking at:
- Faiths and values
- How am I doing?
- What are my rights and responsibilities?



IDENTITY

- Looking at:
- Alcohol
- Smoking

ALCOHOL, TOBACCO & OTHER DRUGS

- Looking at:
- Menstrual wellbeing
- Personal hygiene
- Why are friends important?

RELATIONSHIPS & SEX, SEXUALITY & SEXUAL HEALTH

HEALTHY LIFESTYLE

RELATIONSHIPS

- Looking at:
- Communication skills
- Is commitment important in relationships?
- Abuse in relationships
- Choices around sex
- Pornography & sexting

RISK & SAFETY

- Looking at:
- Gambling
- Gangs and knife crime

HEALTHY LIFESTYLE

COMMUNITIES

EMOTIONAL WELLBEING & MENTAL HEALTH

IDENTITY

- Looking at:
- Gender identity
- Stereotypes

YEAR 9

- Looking at:
- Feelings and how to manage them
- What impacts on emotional wellbeing?
- How do I cope with loss and bereavement?

EMOTIONAL WELLBEING & MENTAL HEALTH

RELATIONSHIPS & SEX, SEXUALITY & SEXUAL HEALTH

HEALTHY LIFESTYLE

RELATIONSHIPS

RISK & SAFETY

- Looking at:
- Exercise
- Things that support our health

HEALTHY LIFESTYLE

COMMUNITIES

EMOTIONAL WELLBEING & MENTAL HEALTH

IDENTITY

YEAR 8

ALCOHOL, TOBACCO & OTHER DRUGS

RELATIONSHIPS & SEX, SEXUALITY & SEXUAL HEALTH

GROWING UP

RELATIONSHIPS

RISK & SAFETY

HEALTHY LIFESTYLE

- Looking at:
- What do we mean by risk?
- How do we manage risky situations?
- Being assertive and dealing with pressure
- Bullying

HEALTHY LIFESTYLE

RELATIONSHIPS

EMOTIONAL WELLBEING & MENTAL HEALTH

IDENTITY

YEAR 7

ALCOHOL, TOBACCO & OTHER DRUGS

RELATIONSHIPS & SEX, SEXUALITY & SEXUAL HEALTH

GROWING UP

RELATIONSHIPS

RISK & SAFETY

HEALTHY LIFESTYLE

- Looking at:
- What do we mean by risk?
- How do we manage risky situations?
- Being assertive and dealing with pressure
- Bullying

HEALTHY LIFESTYLE

RELATIONSHIPS

EMOTIONAL WELLBEING & MENTAL HEALTH

IDENTITY

YEAR 6

HEALTHY LIFESTYLE

- Looking at:
- What do we mean by risk?
- How do we manage risky situations?
- Being assertive and dealing with pressure
- Bullying

HEALTHY LIFESTYLE

RELATIONSHIPS

EMOTIONAL WELLBEING & MENTAL HEALTH

IDENTITY

YEAR 5

ALCOHOL, TOBACCO & OTHER DRUGS

RELATIONSHIPS & SEX, SEXUALITY & SEXUAL HEALTH

GROWING UP

RELATIONSHIPS

RISK & SAFETY

HEALTHY LIFESTYLE

- Looking at:
- What do we mean by risk?
- How do we manage risky situations?
- Being assertive and dealing with pressure
- Bullying

HEALTHY LIFESTYLE

RELATIONSHIPS

EMOTIONAL WELLBEING & MENTAL HEALTH

IDENTITY

YEAR 4

ALCOHOL, TOBACCO & OTHER DRUGS

RELATIONSHIPS & SEX, SEXUALITY & SEXUAL HEALTH

GROWING UP

RELATIONSHIPS

RISK & SAFETY

HEALTHY LIFESTYLE

- Looking at:
- What do we mean by risk?
- How do we manage risky situations?
- Being assertive and dealing with pressure
- Bullying

HEALTHY LIFESTYLE

RELATIONSHIPS

EMOTIONAL WELLBEING & MENTAL HEALTH

IDENTITY

YEAR 3

ALCOHOL, TOBACCO & OTHER DRUGS

RELATIONSHIPS & SEX, SEXUALITY & SEXUAL HEALTH

GROWING UP

RELATIONSHIPS

RISK & SAFETY

HEALTHY LIFESTYLE

- Looking at:
- What do we mean by risk?
- How do we manage risky situations?
- Being assertive and dealing with pressure
- Bullying

HEALTHY LIFESTYLE

RELATIONSHIPS

EMOTIONAL WELLBEING & MENTAL HEALTH

IDENTITY

YEAR 2

ALCOHOL, TOBACCO & OTHER DRUGS

RELATIONSHIPS & SEX, SEXUALITY & SEXUAL HEALTH

GROWING UP

RELATIONSHIPS

RISK & SAFETY

HEALTHY LIFESTYLE

- Looking at:
- What do we mean by risk?
- How do we manage risky situations?
- Being assertive and dealing with pressure
- Bullying

HEALTHY LIFESTYLE

RELATIONSHIPS

EMOTIONAL WELLBEING & MENTAL HEALTH

IDENTITY

YEAR 1

ALCOHOL, TOBACCO & OTHER DRUGS

RELATIONSHIPS & SEX, SEXUALITY & SEXUAL HEALTH

GROWING UP

RELATIONSHIPS

RISK & SAFETY

HEALTHY LIFESTYLE

- Looking at:
- What do we mean by risk?
- How do we manage risky situations?
- Being assertive and dealing with pressure
- Bullying

HEALTHY LIFESTYLE

RELATIONSHIPS

EMOTIONAL WELLBEING & MENTAL HEALTH

IDENTITY

YEAR 0

ALCOHOL, TOBACCO & OTHER DRUGS

RELATIONSHIPS & SEX, SEXUALITY & SEXUAL HEALTH

GROWING UP

RELATIONSHIPS

RISK & SAFETY

HEALTHY LIFESTYLE

- Looking at:
- What do we mean by risk?
- How do we manage risky situations?
- Being assertive and dealing with pressure
- Bullying

HEALTHY LIFESTYLE

RELATIONSHIPS

EMOTIONAL WELLBEING & MENTAL HEALTH

IDENTITY

YEAR -1

ALCOHOL, TOBACCO & OTHER DRUGS

RELATIONSHIPS & SEX, SEXUALITY & SEXUAL HEALTH

GROWING UP

RELATIONSHIPS

RISK & SAFETY

HEALTHY LIFESTYLE

- Looking at:
- What do we mean by risk?
- How do we manage risky situations?
- Being assertive and dealing with pressure
- Bullying

HEALTHY LIFESTYLE

RELATIONSHIPS

EMOTIONAL WELLBEING & MENTAL HEALTH

IDENTITY

YEAR -2

ALCOHOL, TOBACCO & OTHER DRUGS

RELATIONSHIPS & SEX, SEXUALITY & SEXUAL HEALTH

GROWING UP

RELATIONSHIPS

RISK & SAFETY

HEALTHY LIFESTYLE

- Looking at:
- What do we mean by risk?
- How do we manage risky situations?
- Being assertive and dealing with pressure
- Bullying

HEALTHY LIFESTYLE

RELATIONSHIPS

EMOTIONAL WELLBEING & MENTAL HEALTH

IDENTITY

YEAR -3

ALCOHOL, TOBACCO & OTHER DRUGS

RELATIONSHIPS & SEX, SEXUALITY & SEXUAL HEALTH

GROWING UP

RELATIONSHIPS

RISK & SAFETY

HEALTHY LIFESTYLE

- Looking at:
- What do we mean by risk?
- How do we manage risky situations?
- Being assertive and dealing with pressure
- Bullying

HEALTHY LIFESTYLE

RELATIONSHIPS

EMOTIONAL WELLBEING & MENTAL HEALTH

IDENTITY

YEAR -4

ALCOHOL, TOBACCO & OTHER DRUGS

RELATIONSHIPS & SEX, SEXUALITY & SEXUAL HEALTH

GROWING UP

RELATIONSHIPS

RISK & SAFETY

HEALTHY LIFESTYLE

- Looking at:
- What do we mean by risk?
- How do we manage risky situations?
- Being assertive and dealing with pressure
- Bullying

HEALTHY LIFESTYLE

RELATIONSHIPS

EMOTIONAL WELLBEING & MENTAL HEALTH

IDENTITY

YEAR -5

ALCOHOL, TOBACCO & OTHER DRUGS

RELATIONSHIPS & SEX, SEXUALITY & SEXUAL HEALTH

GROWING UP

RELATIONSHIPS

RISK & SAFETY

HEALTHY LIFESTYLE

- Looking at:
- What do we mean by risk?
- How do we manage risky situations?
- Being assertive and dealing with pressure
- Bullying

HEALTHY LIFESTYLE

RELATIONSHIPS

EMOTIONAL WELLBEING & MENTAL HEALTH

IDENTITY

YEAR -6

ALCOHOL, TOBACCO & OTHER DRUGS

RELATIONSHIPS & SEX, SEXUALITY & SEXUAL HEALTH

GROWING UP

RELATIONSHIPS

RISK & SAFETY

HEALTHY LIFESTYLE

- Looking at:
- What do we mean