

PSHE/Life Skills at WHS:

Our PSHE offer is called 'Life Skills' as it focusses on skills students need to prepare for life and work in modern Britain.

Relationships, Sex, and Health Education – Protecting my mind and body.

- **Year 7:** vaping, drugs, and online safety.
- **Year 8:** self-harm, diet and lifestyle, knife-crime.
- **Year 9:** health advice and services, importance of sleep, and managing anxiety.

Year 10 – 1 hour a week

Life Skills – Managing Risk

- Health & Wellbeing
- Relationships and sex education
- Living in the wider world

Religion & Society

- How and why is faith and belief changing in the UK?
- How can we be the change we want to see in society?

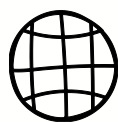
In KS4 all students will continue their studies in Religion and Society (RE and Citizenship) and Life Skills (PSHE) in half year rotations during their Religion & Life Skills lessons in each year.

KS3



Autumn Term

Spring Term



Summer Term



Relationships, Sex, and Health Education – Knowing my mind and body.

- **Year 7:** types of relationships and puberty.
- **Year 8:** gender identity, consent, and social media stress.
- **Year 9:** sexual harassment, and contraception.

Living in the Wider World

- **Year 7:** budgeting, stereotyping, and media literacy.
- **Year 8:** budgeting, prejudice, and gangs.
- **Year 9:** budgeting, sustainability, the importance of community.

KS4

Year 10



Year 11

Year 11 – 1 hour a fortnight *1 hour a week from Sep 2026

Life Skills - My Story My Future

- Living in the wider world
- Health and wellbeing
- Relationships

Religion & Society

- The three ghosts – what are the big ethical issues and moral matters that continue to shape our society?

Skills Development:

- Critical thinking (identifying unhelpful 'thinking traps')
- Independent thinking
- Self-reflection
- Self-regulation
- Recognising and managing peer influence
- Strategies for identifying and accessing appropriate help and support
- Clarifying own values and re-evaluating values and beliefs
- Recalling and applying knowledge creatively and in new situations
- Developing and maintaining a healthy self-concept

