

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 – Relationships, Sex, and Health Education

- Healthy relationships, pregnancy, STIs, drugs, cancer self-examination.

Year 11 – Careers and the Wider World

- Preparing personal statements, job interviews, independent living.

Year 10 – Careers: next steps

- Post 16 options, rights and responsibilities, identifying personal strengths, choosing a path.

Year 11 – Relationships, Sex, and Health Education

- Health behaviours and consequences.

KS3

Autumn 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.

Spring Term



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.

Summer Term

KS4

Autumn Term



Year 10 – Living in the Wider World

- Cost of living, hate crime, critical thinking, social media validation.

Year 11 – Relationships, Sex, and Health Education

- Positive relationships, parenting costs, harassment and the law.

Spring Term

Summer Term

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

