



### PHSEE and Careers comprise:

Students will have timetabled PSHEE and Careers lessons in Years 10 and 11, complemented by a number of Careers related assemblies, conferences and workshops. There will also be extracurricular opportunities for students in Year 10 and 11 to attend Careers Talks and Apprenticeship Workshops. Students will be encouraged to organise their own work experience during Year 11 and will be fully supported in doing so by our Careers Adviser.



Year 10 PSHEE begins with a focus on mental health and emotional wellbeing, particularly in relation to the challenges presented by the transition from Key Stage 3 to 4. Building on the knowledge and skills gained during Key Stage 3 PSHEE, students will learn how to recognise and seek help for common mental health concerns and will discuss a range of strategies to build resilience and improve overall wellbeing. The focus of the spring term is financial education, during which students will take part in a range of activities designed to help them look after their financial wellbeing as they begin to gain increased independence. These lessons will help students to develop their financial literacy and understand how to manage their money wisely, avoid debt and understand risk. Relationships and Sex Education is delivered during the latter part of the spring term and the first half of the summer term. Topics covered during this RSE unit include consent, readiness for intimacy, media influences, gender identity and sexuality, sexual health and contraception. RSE classes provide a safe and inclusive space for students to learn about and discuss these important issues and all lessons will include signposting to local and national sources of advice, information and support.

Moving into Year 11, the Autumn term is focused on preparing students for the future. Students will research a range of Post-16 options for further study, apprenticeships or employment with training and will be supported in gaining the knowledge and skills necessary for making successful applications. Students will also be encouraged to consider Post-18 opportunities in preparation for making the right choices after GCSEs. During the second half of the autumn term we will concentrate on supporting students in the run-up to the examination period with a particular focus on mental health and emotional wellbeing. This will include a focus on time and stress management techniques. During the spring term we will deliver Relationships and Sex Education with a particular emphasis on equipping students to develop healthy relationships and to recognise and manage potentially unhealthy or coercive behaviour. Topics such as consent, sexual and reproductive health, teenage pregnancy, marriage and parenthood will also be covered in this unit. In line with Government regulations, any student who has been withdrawn from lessons during previous years may choose to receive Sex Education lessons from up to three terms before their 16th birthday. Managing Risk is the title of our final unit in Year 11, in which we revisit issues such as online safety, extremism and radicalisation, gaming and gambling, drugs, alcohol and smoking.