

PHSE Overview

Year	Workshop	Sessions
7	Respectful relationships (bullying)	A. Reactions to bullying B. Cyberbullying C. Why does someone bully?
	Effective learning	A. Managing exam stress B. R&R strategies 1 C. R&R strategies 2
	Online safety	A. Think before you post B. Staying safe online C. Personal data
	Self Care	A. First Aid B. Hygiene C. Global Health Challenges (incl. FGM) D. Physical Health
	Responsible Citizens	A. Fighting discrimination: sexism B. Fighting discrimination: racism C. Fighting discrimination: religion
	Considering My Future	A. Careers B. Politics C. LGBTQ+
8	Sexting and Social Media	A. Sexting B. Online 'literacy'
	Mental Health	A. Stress B. Depression C. Unhealthy coping strategies
	Drugs, Alcohol, Gambling	A. Alcohol B. Drugs C. Gambling
	Sexual Harassment, relationships and keeping healthy	A. Sexual harassment and assault B. Relationships and marriage
	Global Citizenship and Democracy	A. Volunteering and charity work B. Global politics
	Self Esteem	A. Eating disorders B. Gendered Self Image C. Body Image D. Keeping yourself healthy
9	Online Safety and Media Awareness	A. Media and relationships B. Pornography
	Healthy Relationships	A. Consent B. Healthy relationships C. Reproduction
	Conflict and Loss	A. Serious youth crime B. Domestic violence C. Loss

	Addiction	A. Alcohol B. Drugs
	Careers	A. Changing patterns of employment B. Workplace discrimination C. Understanding different post-16 pathways
10	Mental Health: Self Image	A. Eating disorders B. Cosmetic and aesthetic procedures C. Gender-identity
	Safer Sex	A. Safe sex and consent B. Pornography C. Pregnancy
	Finance: budgeting and bank accounts	A. Bank accounts B. Budgeting and saving C. Money at work
11	Safer Sex	A. The law and sex B. Sex and the media C. Safe sex - contraception D. Physical Health
	Finance: preparing for the future	A. How to rent a home B. University student loans C. Understanding debt