

Outwood Post 16 Centre – PSHE Programme – 2022-2023 Academic Year

PSHE at Key Stage 5 is the final stage of their PSHE programme and aims to ensure students have the knowledge, understanding, strategies and skills they need to prepare them for Post-18 life. The 3 key areas are :-

Health and Wellbeing

Relationships

Living in the wider World

The PSHE programme will be delivered as part of our Guidance programme and will build on the skills and knowledge delivered at Key Stage 3 and 4.

Our programme aims to:-

- ✓ Build on KS3/4 knowledge and understanding
- ✓ Provide students with an understanding of their responsibilities post-18
- ✓ Ensure students have understanding and attributes that they need for independent living.
- ✓ Develop personal, social and independent learning skills
- ✓ Ensure students learn and appreciate their rights and responsibilities within a wide range of situations, such as health and wellbeing, appropriate relationships and age of consent, sex education and living in the wider World

Programme of Activities

Below outlines the Key Stage 5 programme of activities for each year group, by term. Please note that this programme is subject to change. Students will be notified, through the Guidance Programme, digital signage, texts, emails and website, of events throughout the academic year.

Term	Year 12	Year 13		
Autumn Term	<u>HEALTH AND WELLBEING</u> Self-concept <ul style="list-style-type: none"> Worksheet in guidance where students identify their strengths, weaknesses and long term goal, with a statement of how this can be achieved. Wellbeing and Resilience activity and worksheet. 	H1 H1 H4 / H6 / H7	<u>HEALTH AND WELLBEING</u> Self-concept <ul style="list-style-type: none"> Advice and guidance on 'Wider Reading and Awareness' in preparation for post-18 destination (Supra Curricular) 	H1 H4 / H6 / H7
	Mental Health and Emotional Wellbeing <ul style="list-style-type: none"> Networking event on 28.09.22 – employers and charities attending P16 to promote volunteering opportunities. Mental Health and Wellbeing organisations also present to provide 1:1 support, information, advice and guidance including Talkzone, LGBT+ Services Nottinghamshire and Hope Community Services 	H4 / H6 / H7	Mental Health and Emotional Wellbeing <ul style="list-style-type: none"> Networking event on 28.09.22 – employers and charities attending P16 to promote volunteering opportunities. Mental Health and Wellbeing organisations also present to provide 1:1 support, information, advice and guidance including Talkzone, LGBT+ Services Nottinghamshire and Hope Community Services 	H4 / H6 / H7
	Healthy Lifestyles <ul style="list-style-type: none"> Promote, through guidance, opportunities to join local community clubs such as the local Triathlon Club. Promote secondary school PE lessons for students to access before/after school or during their on-site study sessions Post 16 student only sessions provides by BPL leisure. 	H13 H13 H13	Healthy Lifestyles <ul style="list-style-type: none"> Promote, through guidance, opportunities to join local community clubs such as the local Triathlon Club. Promote secondary school PE lessons for students to access before/after school or during their on-site study sessions Post 16 student only sessions provides by BPL leisure. 	H13 H13 H13
	Managing Risk and Personal Safety <ul style="list-style-type: none"> Young Driver and Passenger Safety Education – Braking Point – Performance in Education. Community First Aid for Students (ProTrainings.uk) 	H15 H17	Managing Risk and Personal Safety <ul style="list-style-type: none"> Young Driver and Passenger Safety Education – Braking Point – Performance in Education. Community First Aid for Students (ProTrainings.uk) 	H15 H17
	Sexual Health <ul style="list-style-type: none"> C-Card approved Centre 	H17	Sexual Health <ul style="list-style-type: none"> C-Card approved Centre 	H18
	Drugs, Alcohol and Tobacco <ul style="list-style-type: none"> Young Driver and Passenger Safety Education – Braking Point – Performance in Education 	H18	Drugs, Alcohol and Tobacco <ul style="list-style-type: none"> Young Driver and Passenger Safety Education – Braking Point – Performance in Education 	H24
	<u>LIVING IN THE WIDER WORLD</u> <ul style="list-style-type: none"> Unifrog – CV writing tool / teacher led session Department for Work & Pensions Presentation; Identifying skills and building resilience & Employability Skills – 28.11.2022 	H24 L6 L2 / L5 / L7	<u>LIVING IN THE WIDER WORLD</u> <ul style="list-style-type: none"> Department for Work & Pensions Presentation; Employability Skills / Pre- employment skill development / Next Steps after School / Social media and employment – 28.11.2022 Interview preparation sessions and Mock Interviews 	L2 / L3 / L5 / L10 / L20 / L22 / L23 / L24 L6

Term	Year 12		Year 13	
Spring Term	<p><u>RELATIONSHIPS</u> Relationship Values / Forming and Maintaining Respectful Relationships / Consent / Contraception and Parenthood, Bullying, Abuse and Discrimination</p> <ul style="list-style-type: none"> • C-Card approved Centre • 5 week programme including:- British Values at Outwood Post 16 Centre Safeguarding 'Online Safety' Mental Health Healthy v Unhealthy Relationships Exploitation Review Session including Quiz of Knowledge & Understanding 		<p><u>RELATIONSHIPS</u> Relationship Values / Forming and Maintaining Respectful Relationships / Consent / Contraception and Parenthood, Bullying, Abuse and Discrimination</p> <ul style="list-style-type: none"> • C-Card approved Centre • 5 week programme including:- British Values at Outwood Post 16 Centre Safeguarding 'Online Safety' Mental Health Healthy v Unhealthy Relationships Exploitation Review Session including Quiz of Knowledge & Understanding 	L6

Term	Year 12		Year 13	
Summer Term				

