

Whole School PSHE, including RSE Sessions – 2025/26

Colour Coding:

Introduction to PSHE (Relationships)	Life Skills (Living in Our Wider World)	Healthy Lifestyles (Health and Wellbeing)	Careers Education Information Advice and Guidance (Living in Our Wider World)	RSE (Relationships and Sex Education)	British Values (Living in Our Wider World)
--------------------------------------	---	---	---	---------------------------------------	--

PSHE Sessions 2025/26:

Date (WB)	Year 7	Year 8	Year 9	Year 10	Year 11
1st Half Term, from week 1 beginning:					
Sept 1st	SJCS PSHE Introduction: What kind of pupils do we want at St Joseph's?	Positive Mental Health 1: What are attitudes to mental health?	FLIC Session 1 ¹ : Mobile Phones	Healthy Lifestyle: Positive Mental Health 1	CEIAG Lesson 1 – Post-16 Options; what do I need to consider?
Sept 15th	Healthy Start: Lifestyle and Healthy Eating	PMH2: What is emotional wellbeing and resilience?	FLIC Session 2: Cryptocurrency	Healthy Lifestyle: Positive Mental Health 2	CEIAG 2: Which option is best for me?

¹ FLIC for Year 9 financial literacy focusses on issues that they may come across in their lives going forward. It's the ideal year to do this in. FLIC stands for the Financial Literacy and Inclusion Campaign, resources supported by the Financial Times, hereafter FLIC

Sept 29th	Healthy Start: Why is a good night's sleep important?	PMH3: What is digital resilience?	FLIC Session 3: Financial Exploitation	Positive Mental Health 3	CEIAG 3: Intended Destinations (Round 1)
Oct 13th	Healthy Start: Strategies for healthy sleep	PHM4: Healthy coping strategies	FLIC Session 4: Online Gaming	Drugs Education 1: Talk About Drugs Influences and Choices ²	FLIC 1: ³ Take Home Pay
2nd Half Term					
Nov 10th	Healthy Start: Dental Health Yay!	What is a Healthy Lifestyle? What are the blockers to a Healthy Lifestyle?	Belonging and Community Lesson 1: Identity and Community	Drugs Education 2: Talk About Cannabis	FLIC 2: Budgeting
Nov 24th	Financial Literacy and Inclusion Campaign ⁴ 1: Spending decisions	Alcohol Awareness 1: Why do some choose to drink?	B and C Lesson 2: Lesson 2: Bias and Stereotypes	Drugs Education 3: Talk About Vaping	FLIC 3: Savings accounts
Dec 8th	FLIC 2: Budgeting	AA2: How many units?	B and C Lesson 3: Discrimination and the Protected Characteristics	Drugs Education 4: Talk About Drugs: Where's the Harm?	Study Skills: Active Revision
3rd Half Term					

² The Talk About Trust are an award winning charity that works across the UK to ensure young people make safer choices around alcohol and other substances such as vaping and cannabis. St Joseph's have used their alcohol education resources with great effect in Year 8 for many years.

Tuesday Jan 6th	FLIC 3: The Critical Consumer	AA3: What are the physical and social effects of drinking?	RSE1: The search for love ⁵	CEIAG 1: Skills and Qualities	Mocks – active revision if not in exam
Jan 19th	CEIAG: What is CEIAG?	AA4: Alcohol and the Law	CEAIG 1: Options Introduction (Hall)	CEIAG 2: Work Experience introduction	RSE 1: Addiction
Feb 2nd	My Skills and Qualities – and Bob's Jobs! ⁶	AA5: The effects of drinking too much	RSE 2: Love people use things	CEIAG 3: Mock Interview Prep: Covering Letters	RSE 2: Control (Eating Disorder)
4th Half Term					
Feb 23rd	RSE 1: Who am i?	RSE 1: Appreciating difference	RSE 3: Fertility and contraception	RSE 1: Self image	RSE 3: Commitment and Contraception
March 9th	RSE 2: Changing bodies	RSE 2: Feelings	RSE 4: Commitment and marriage	RSE 2: Beliefs values and attitudes	RSE 4: Freedom and Choice (alongside Cinema In Education)
March 23rd	RSE 3: Healthy Inside and Out	RSE 3: Before I was born	RSE 5: Understanding consent	RSE 3: Parenthood	RSE 5: The Promise of Fun (STIs)
5th Half Term					
April 20th	RSE 4: Where do i come from?	RSE 4: Tough Relationships (including protected characteristics)	Gambling Awareness 1:How can we manage risk?	RSE 4: Pregnancy and abortion	RSE 6: Looking for Love (Coercive Control)

⁵ All RSE will now be delivered within PSHE as opposed to RE. We will continue to use TenTen resources which have been proved to be very effective in the past, and all parents/carers will retain the right to access the TenTen Parent Portal.

⁶ Year 7 will also have a tutor time session with Ms Gale, Lead Careers Professional regarding CareerPilot and how to use it.

May 5th	RSE 5- My life on screen	RSE 5: Think before you share	Gambling Awareness 2: : How can we manage impulsive behaviour?	RSE 5: Healthy and Unhealthy Relationships 1	Belonging and Community: Lesson 1; Valuing Diversity
May 18th	Introduction to British Values	British Values: The Rule of Law 1	Gambling Awareness 3: How can we help people who have developed problems with gambling?	RSE 5: Healthy and Unhealthy Relationships 2	B&C Lesson 2: Understanding and preventing extremism
6th Half Term					
June 8th	British Values: Democracy	British Values: The Criminal Justice System	Gambling Awareness 4: How can we challenge the gambling industry?	WEX final prep	Active revision
June 22nd	British Values: Tolerance	CEIAG 1: Careers Exploration and Options Log	British Values: Democracy revisited	British Values Revisited	No longer in school
July 6th	Staying Safe: Road and Rail Safety this summer!	CEIAG 2: The Buzz Test	BV2 : How does democracy work in the UK?	British Values Mutual Respect and Tolerance	No longer in school
July 20th	Year 7 PSHE audit	Year 8 PSHE Audit	Year 9 PSHE audit	Year 10 PSHE/WEX Audit	No longer in school