



## PSHE Curriculum Overview - Year 13

	Unit	Details
Spring One	<b>Health &amp; wellbeing</b>	Students initially explore a range of health-related topics including blood, organ and stem cell donation before discussing strategies to deal with stress and anxiety, specifically when related to exams. Pupils also receive CPR training.
	<b>Relationships</b>	Lessons within the 'Relationships' topic focus on unhealthy behaviour within relationships with specific discussion of online blackmail and inappropriate behaviours.
Spring Two	<b>Living In The Wider World</b>	Lessons with the 'Living In The Wider World' topic initially cover drink driving before a series of detailed lessons exploring personal finance issues which students will need to be aware of as they move into adulthood.

N.B. All sessions to be delivered in Spring term as part of weekly Study & Guidance lessons