

# St. John's Senior School



**Subject: P.S.H.C.E.**  
**Teacher: Miss McManus**

**Form: 2<sup>nd</sup>**  
**Term: Autumn 2022**

| <b>WEEK</b>        | <b>WEEK BEGINNING</b>      | <b>TOPIC: Health &amp; wellbeing - Emotional wellbeing</b>   |
|--------------------|----------------------------|--|
| 1                  | 5 <sup>th</sup> September  | Introducing mental health and emotional wellbeing  |
| 2                  | 12 <sup>th</sup> September | Attitudes towards mental health  |
| 3                  | 19 <sup>th</sup> September | How to challenge myths and stigma around mental il-health  |
| 4                  | 26 <sup>th</sup> September | <b>Harvest Festival</b><br>Daily wellbeing: how to manage emotions and developing digital resilience |
| 5                  | 3 <sup>rd</sup> October    | <b>Black History Month and Mini- Test Week</b>   |
| 6                  | 10 <sup>th</sup> October   | Unhealthy coping strategies (e.g. self-harm and eating disorders)                                    |
| 7                  | 17 <sup>th</sup> October   | <b>Diwali</b><br>Healthy coping strategies   |
| <b>HALF - TERM</b> |                            |  |
| <b>WEEK</b>        | <b>WEEK BEGINNING</b>      | <b>TOPIC: Living in the wider world - Community and careers</b>                                      |
| 8                  | 31 <sup>st</sup> October   | Equality of opportunity in life and work   |
| 9                  | 7 <sup>th</sup> November   | How to challenge stereotypes and discrimination in relation to work and pay                          |
| 10                 | 14 <sup>th</sup> November  | <b>Anti-bullying week and End of Term Examinations</b>   |
| 11                 | 21 <sup>st</sup> November  | Employment, self-employment and voluntary work   |
| 12                 | 28 <sup>th</sup> November  | How to set aspirational goals for future careers   |
| 13                 |                            | <b>Hanukkah</b>  |

**St. John's Senior School****Subject: P.S.H.C.E.****Form: 2<sup>nd</sup>****Teacher: Miss McManus****Term: Spring 2023**

| <b>WEEK</b>        | <b>WEEK BEGINNING</b>                  | <b>TOPIC: Relationships: Discrimination</b>                                       |
|--------------------|--|---|
| 1                  | 4 <sup>th</sup> January<br>(Wednesday) | How to manage influences on beliefs and decisions                                 |
| 2                  | 9 <sup>th</sup> January                | Group-think and persuasion  |
| 3                  | 16 <sup>th</sup> January               | Chinese New Year<br>Gender identity, trans phobia and gender-based discrimination |
| 4                  | 23 <sup>rd</sup> January               | <b>Mini-Test Week</b>   |
| 5                  | 30 <sup>th</sup> January               | How to recognise and challenge homophobia and biphobia                            |
| 6                  | 6 <sup>th</sup> February               | How to recognise and challenge racism and religious discrimination                |
| <b>HALF - TERM</b> |  |   |
| <b>WEEK</b>        | <b>WEEK BEGINNING</b>                  | <b>TOPIC: Health &amp; wellbeing - Drugs and alcohol</b>                          |
| 7                  | 20 <sup>th</sup> February              | Medicinal and recreational drugs  |
| 8                  | 27 <sup>th</sup> February              | The over-consumption of energy drinks   |
| 9                  | 6 <sup>th</sup> March                  | The risks of alcohol and the relationship between habit and dependence            |
| 10                 | 13 <sup>th</sup> March                 | The risks of tobacco, nicotine and e-cigarettes                                   |
| 11                 | 20 <sup>th</sup> March                 | What influences substance use?  |

# St. John's Senior School



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**Term: Summer 2023**

| <b>WEEK</b>        | <b>WEEK BEGINNING</b>               | <b>TOPIC: Relationships - Identity and relationships</b>                              |
|--------------------|-------------------------------------|---|
| 1                  | 18 <sup>th</sup> April<br>(Tuesday) | <b>Eid al-Fitr</b><br>The qualities of positive, healthy relationships                |
| 2                  | 24 <sup>th</sup> April              | Gender identity and sexual orientation  |
| 3                  | 1 <sup>st</sup> May                 | The law in relation to sex, consent and communicating consent                         |
| 4                  | 8 <sup>th</sup> May                 | <b>Mental Health Awareness Week</b><br>The risks of 'sexting'                         |
| 5                  | 15 <sup>th</sup> May                | <b>Optional Trips Abroad</b><br>Forming new partnerships and developing relationships |
| 6                  | 22 <sup>nd</sup> May                | Basic forms of contraception, e.g. condom and pill                                    |
| <b>HALF - TERM</b> |                                     |   |
| <b>WEEK</b>        | <b>WEEK BEGINNING</b>               | <b>TOPIC: Living in the wider world - Digital literacy</b>                            |
| 7                  | 5 <sup>th</sup> June                | <b>End of Year Examinations</b>   |
| 8                  | 12 <sup>th</sup> June               | Online communication  |
| 9                  | 19 <sup>th</sup> June               | Online grooming   |
| 10                 | 26 <sup>th</sup> June               | Media sources and spotting fake news  |
| 11                 | 3 <sup>rd</sup> July                | Reflections on 2nd Year and planning for 3rd Year                                     |