

# St. John's Senior School



**Subject: PSHCE**  
**Teacher: Miss McManus**  
**2022**

**Form: 4<sup>th</sup>**  
**Term: Autumn**

<b>WEEK</b>	<b>WEEK BEGINNING</b>	<b>TOPIC: Health &amp; wellbeing - Mental health</b>
1	5 <sup>th</sup> September	How to manage challenges during adolescence
2	12 <sup>th</sup> September	Reframing negative thinking and strategies to promote emotional wellbeing
3	19 <sup>th</sup> September	The signs of emotional or mental ill-health
4	26 <sup>th</sup> September	<b>Harvest Festival</b> Treatment for mental ill-health and how to access support and treatment
5	3 <sup>rd</sup> October	<b>Black History Month and Mini- Test Week</b>
6	10 <sup>th</sup> October	The portrayal of mental health in the media
7	17 <sup>th</sup> October	<b>Diwali</b> How to challenge stigma, stereotypes and misinformation
<b>HALF - TERM</b>		
<b>WEEK</b>	<b>WEEK BEGINNING</b>	<b>TOPIC: Living in the wider world - Financial decision making</b>
8	31 <sup>st</sup> October	Budgeting and saving
9	7 <sup>th</sup> November	Debt, credit ratings and payday lending
10	14 <sup>th</sup> November	<b>Anti-bullying week and End of Term Examinations</b>
11	21 <sup>st</sup> November	How data is generated, collected and shared; the influence of targeted advertising
12	28 <sup>th</sup> November	The relationship between gambling and debt
13	5 <sup>th</sup> December	<b>Hanukkah</b> The law and illegal financial activities, including fraud and cybercrime

## St. John's Senior School



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**Form: 4<sup>th</sup>**  
**Term: Spring 2023**

WEEK	WEEK BEGINNING	TOPIC: Relationships - Healthy relationships
1	4 <sup>th</sup> January (Wednesday)	Sex, gender and relationships
2	9 <sup>th</sup> January	Asexuality, abstinence and celibacy
3	16 <sup>th</sup> January	<b>Chinese New Year</b> Online relationships - focusing on image sharing and pornography
4	23 <sup>rd</sup> January	<b>Mini-Test Week</b>
5	30 <sup>th</sup> January	Consent, including manipulation, coercion, and capacity to consent
6	6 <sup>th</sup> February	Recognising and challenging victim blaming
<b>HALF - TERM</b>		
WEEK	WEEK BEGINNING	TOPIC: Health & wellbeing - Peer influence, substance use and gangs
7	20 <sup>th</sup> February	The impact of drugs and alcohol
8	27 <sup>th</sup> February	How to keep yourself and others safe in situations that involve substance use
9	6 <sup>th</sup> March	Positive and negative role models
10	13 <sup>th</sup> March	The media's impact on perceptions of gang culture
11	20 <sup>th</sup> March	How to manage peer influence and exit strategies for pressurised or dangerous situations



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**Term: Summer 2023**

<b>WEEK</b>	<b>WEEK BEGINNING</b>	<b>TOPIC: Relationships - Addressing extremism and radicalisation</b>
1	18 <sup>th</sup> April (Tuesday)	<b>Eid al-Fitr</b> Communities, inclusion, respect and belonging
2	24 <sup>th</sup> April	The Equality Act, diversity and British values
3	1 <sup>st</sup> May	Social media - targeted information and spotting fake news
4	8 <sup>th</sup> May	<b>Mental Health Awareness Week</b> How to manage conflicting views and misleading information
5	15 <sup>th</sup> May	How to safely challenge discrimination, including online
6	22 <sup>nd</sup> May	How to recognise and respond to extremism and radicalisation
<b>HALF - TERM</b>		
<b>WEEK</b>	<b>WEEK BEGINNING</b>	<b>TOPIC: Living in the wider world - Readiness for work</b>
7	5 <sup>th</sup> June	<b>End of Year Examinations</b>
8	12 <sup>th</sup> June	Evaluating strengths and interests in relation to career development
9	19 <sup>th</sup> June	Opportunities in learning and work and strategies for overcoming challenges
10	26 <sup>th</sup> June	How to apply for work experience
11	3 <sup>rd</sup> July	Responsibilities in the workplace

