

# St. John's Senior School



**Subject:** PSHE  
**Teacher:** Mrs Restivo

**Form:** 4<sup>th</sup> Form  
**Term:** Autumn 2025

WEEK	WEEK BEGINNING	Autumn 1
<b>Health &amp; Wellbeing</b>		<b>Mental Health</b>
1	8 <sup>th</sup> September	<ul style="list-style-type: none"> <li>Guest Speaker – Finance</li> </ul>
2	15 <sup>th</sup> September	<ul style="list-style-type: none"> <li>Understanding Mental Health</li> </ul>
3	22 <sup>nd</sup> September	<ul style="list-style-type: none"> <li>Types of Mental Ill Health</li> </ul>
4	29 <sup>th</sup> September	<ul style="list-style-type: none"> <li>Stigma &amp; Stereotypes</li> </ul>
5	6 <sup>th</sup> October	<ul style="list-style-type: none"> <li>Healthy Coping &amp; Self-Care</li> </ul>
6	13 <sup>th</sup> October	<ul style="list-style-type: none"> <li>Safeguarding Wellbeing in Times of Change</li> </ul>
7	20 <sup>th</sup> October	<ul style="list-style-type: none"> <li>Help-Seeking &amp; Supporting Others</li> </ul>
<b>Autumn 2</b>		
<b>Living in the Wider World</b>		<b>Financial Decision Making</b>
8	3 <sup>rd</sup> November	<ul style="list-style-type: none"> <li>How to effectively budget and evaluate savings options</li> <li>How to prevent debt – understanding ratings</li> </ul>
9	10 <sup>th</sup> November	<ul style="list-style-type: none"> <li>How data is generated, collected and shared</li> </ul>
10	17 <sup>th</sup> November	<ul style="list-style-type: none"> <li>How thinking errors i.e. gambler's fallacy, can increase susceptibility to gambling.</li> </ul>
11	24 <sup>th</sup> November	<ul style="list-style-type: none"> <li>Strategies on managing influences related to gambling</li> <li>Gambling online and debt.</li> </ul>
12	1 <sup>st</sup> December	<ul style="list-style-type: none"> <li>Law and illegal financial activities - cybercrime</li> </ul>
13	8 <sup>th</sup> December	<ul style="list-style-type: none"> <li>How to manage risk in relation to financial activities.</li> </ul>

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WEEK	WEEK BEGINNING	Spring 1
<b>Relationships</b>		<b>Healthy Relationships</b>
1	6 <sup>th</sup> January	<ul style="list-style-type: none"> <li>Relationship values and the role of pleasure in relationships</li> </ul>
2	12 <sup>th</sup> January	<ul style="list-style-type: none"> <li>Assumptions, misconceptions and social norms about sex, gender and relationships.</li> </ul>
3	19 <sup>th</sup> January	<ul style="list-style-type: none"> <li>Opportunities and risks of forming and conducting relationships online.</li> </ul>
4	26 <sup>th</sup> January	<ul style="list-style-type: none"> <li>How to manage the impact and legal implications in relation to consent, including manipulation, coercion and capacity to consent</li> </ul>
5	2 <sup>nd</sup> February	<ul style="list-style-type: none"> <li>Ethical and legal implications in relationship consent</li> </ul>
6	9 <sup>th</sup> February	<ul style="list-style-type: none"> <li>How to recognise and challenge victim blaming.</li> </ul>
<b>Spring 2</b>		
<b>Healthy Relationships</b>		<b>Exploring Influence</b>
7	23 <sup>rd</sup> February	<ul style="list-style-type: none"> <li>Exploring British values</li> </ul>
8	2 <sup>nd</sup> March	<ul style="list-style-type: none"> <li>Gaslighting</li> </ul>
9	9 <sup>th</sup> March	<ul style="list-style-type: none"> <li>Choosing your GCSE Options</li> </ul>
10	16 <sup>th</sup> March	<ul style="list-style-type: none"> <li>How well do you know about the world of money?</li> </ul>
11	23 <sup>rd</sup> March	<ul style="list-style-type: none"> <li>Easter Quiz</li> </ul>

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WEEK	WEEK BEGINNING	Summer 1
1	20 <sup>th</sup> April	<ul style="list-style-type: none"> <li>How to revise effectively</li> </ul>
2	27 <sup>th</sup> April	<ul style="list-style-type: none"> <li>Consequences of casual relationships</li> </ul>
3	5 <sup>th</sup> May (Tuesday)	<ul style="list-style-type: none"> <li>Peer on peer/child on child abuse- safeguarding</li> </ul>
4	11 <sup>th</sup> May	<ul style="list-style-type: none"> <li>The impact of vaping</li> </ul>
5	18 <sup>th</sup> May	<ul style="list-style-type: none"> <li>Having good character</li> </ul>
Summer 2		
6	1 <sup>st</sup> June	<ul style="list-style-type: none"> <li>The impact of economic recession</li> </ul>
7	8 <sup>th</sup> June	<ul style="list-style-type: none"> <li>Being a creative problem solver</li> </ul>
8	15 <sup>th</sup> June	<ul style="list-style-type: none"> <li>How does the law deal with young offenders?</li> </ul>
9	22 <sup>nd</sup> June	<ul style="list-style-type: none"> <li>Aspirations and getting ready for KS4</li> </ul>
10	29 <sup>th</sup> June	<ul style="list-style-type: none"> <li>The great summer debate</li> </ul>
11	6 <sup>th</sup> July	<ul style="list-style-type: none"> <li>Summer Quiz</li> </ul>