

St. John's Senior School



Subject: PSHE
Teacher: Mrs Restivo

Form: 4th Form
Term: Autumn 2025

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

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

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