PSHE KS5 Formal pathway

Skills
Health and wellbeing
Relationships
Living in the wider world

Year C

- How can I manage my mental health and emotional wellbeing?
- What are potential risks of online relationships and how can I stay safe?
- What is 'fake news' and how can I keep my information safe online?
- What are the legal consequences of risks?
- How can I resist peer pressure and make the right decision?
- What are my strengths and skills?

Year B

- What are my next steps and what choices do I have?
- How do I make informed choices about contraception and parenthood
- What is sexual health and fertility?
- Where can I find help to support my health?
- How can I manage my relationships in a respectful way?
- How does change affect my mental health?

Year A

- How does change affect my mental health
- What is bullying, abuse and discrimination and how can I get help?
- What decisions can I make for my body for positive health and to help others?
- How do substances impact on mental health, physical health, individuals and communities?
- What is a positive, healthy relationship?
- What are my rights and responsibilities?