

Careers & PSHE Events						
	Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6
Whole School	Assembly Topics Planning for success Expectation for the year European Day of languages First Aid Awareness LGBTQ Awareness Reflection on the half term	Assembly Topics Armistice Children in Need Creative Arts Celebration PE Champion Week School Ethos: respect and Pride Reflection on the half term Christmas celebration	Assembly Topics Target setting Wellbeing week Holocaust memorial day Numeracy week Safer internet day Reflection on the half term	Assembly Topics World book day British science week Swimming gala launch National apprenticeship week Easter Celebration Reflection on the half term	Assembly Topics Volunteering week Teacher Appreciation week Prevent Amnesty International Reflection on the half term	Assembly Topics Learning disability week Eid Healthy Eating Sports celebration School Diversity Week Careers Festival Reflection on the half term
Careers	Content: 7,8,9,10,11 Into Uni Sessions 8 Saints Foundation Project 10 Work Experience Reminder 10 CV Writing 10 Work Experience application support 11 Careers 1:1 interviews 11 PSHE Day – see below	Content: 7 PSHE Day – see below 8 Poet Visits 8 One city no barriers conference 8 Saints Foundation Project 9 Lionheart Enterprise Challenge 10 Big Interview day 11 Careers 1:1 interviews All Post 16 careers fair	Content: 7,8,9,10,11 Into Uni Sessions 9 PSHE Day – see below 11 College Application support 11 Careers 1:1 interviews	Content: 8 PSHE Day – see below 8 Into University Day Visit 9&10 Choices Performance 10 Work Experience Week	Content: 10 Get inspired trip 10 Group based careers sessions 10 PSHE Day – see below	Content: 7,8,9,10 Careers festival – see below 9 Work Experience Intro 10 College Taster Days All “Your Futures” event
PSHE Focus Days	Year 11: Mental Health – Solent Mind Dangers of Pornography – Yellow Door Future Qualifications – Solent Uni Apprenticeships - Alphi Contraception & sexual Health – No Limits Pregnancy & Fertility – Science Team	Year 7: Fire Safety – Hampshire Fire Service Healthy Relationships – Yellow Door Sams Story – Solent Mind Anti-social behaviour Respect Healthy Bodies – Science Team	Year 9: First Aid – Pastoral Team Consent – Yellow Door Mental health – Solent Mind Healthy Eating – Food Team Drugs & Alcohol – No Limits Sex Education – No Limits	Year 8: Radicalisation/Safeguarding – Lead DSL Dangerous Relationships – Yellow Door Drugs & Alcohol – Science Team Mental Health – Yellow Door Arson – Hampshire Fire HBV/FGM - Yellow Door	Year 10: Sex Education – Pastoral Team Sexual Abuse – Yellow Door Apprenticeships - Alphi Mental Health – Solent Mind Employable You – Solent Uni Extremism – Lead DSL Forced Marriage – Yellow Door	
Careers Festival	Year 7: Employability skills – Flourish booklets Dragons den competitions Essential Skills Working life intro – Tin of beans	Year 8: GCSE tasters Samsung Solve challenge College & Apprentice Session Essential Skills	Year 9: Money Explorer – SUN Careers speed dating Job Mapping Essential Skills Work Experience Planning	Year 10: Training Providers Session Discover careers – SUN College & Apprentice Session Careers speed dating Medical mavericks Post 16 Research Session		

PSHE tutor time provision

	Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6
	Health & wellbeing	Living in the wider world	Relationships	Health & wellbeing	Relationships	Living in the wider world
7	Transition and safety Knowledge <ul style="list-style-type: none"> Personal Safety & First Aid Skills <ul style="list-style-type: none"> Identifying ways to keep safe 	Developing skills and aspirations Knowledge <ul style="list-style-type: none"> Careers, teamwork & enterprise Skills <ul style="list-style-type: none"> Improving their skills & aspirations 	Diversity Knowledge <ul style="list-style-type: none"> Prejudice & bullying Skills <ul style="list-style-type: none"> Awareness and discussion of the topics 	Health and puberty Knowledge <ul style="list-style-type: none"> Healthy, Puberty and unwanted contact (FGM) Skills <ul style="list-style-type: none"> Developing healthy routines 	Building relationships Knowledge <ul style="list-style-type: none"> Self worth, romance and friendships Skills <ul style="list-style-type: none"> Understanding relationship boundaries 	Financial decision making Knowledge <ul style="list-style-type: none"> Saving, borrowing & budgeting Skills <ul style="list-style-type: none"> Making effective financial decisions
8	Drugs and alcohol Knowledge <ul style="list-style-type: none"> Alcohol and drug misuse and pressures Skills <ul style="list-style-type: none"> Understanding ways to keep safe 	Community and careers Knowledge <ul style="list-style-type: none"> Careers & life choices Patterns of work Skills <ul style="list-style-type: none"> Investigating different ways of working 	Discrimination Knowledge <ul style="list-style-type: none"> Racism, religious, disability, sexism, homophobia, biphobia & transphobia Skills <ul style="list-style-type: none"> How to identify and challenge discrimination 	Emotional wellbeing Knowledge <ul style="list-style-type: none"> Mental health, wellbeing & body image Skills <ul style="list-style-type: none"> Developing their understanding and coping strategies 	Identity and relationships Knowledge <ul style="list-style-type: none"> Gender identity, sexual orientation & consent Intro to contraception Skills <ul style="list-style-type: none"> Develop their knowledge and understanding of the topics 	Digital literacy Knowledge <ul style="list-style-type: none"> Online Safety, media reliability, gambling hooks Skills <ul style="list-style-type: none"> Improve their knowledge of being a responsible digital citizen
9	Peer influence, substance use and gangs Knowledge <ul style="list-style-type: none"> Healthy/unhealthy relationships Assertiveness and exploitation Skills <ul style="list-style-type: none"> Improving assertiveness skills 	Setting goals Knowledge <ul style="list-style-type: none"> Career options and goal setting Skills <ul style="list-style-type: none"> Understanding their strengths ready for options 	Respectful relationships Knowledge <ul style="list-style-type: none"> Families & parenting, healthy relationships Skills <ul style="list-style-type: none"> Understanding conflict resolution and relationship changes 	Healthy lifestyle Knowledge <ul style="list-style-type: none"> Diet, exercise and lifestyle balance First Aid Skills <ul style="list-style-type: none"> Understanding the factors that can affect their lifestyle 	Intimate relationships Knowledge <ul style="list-style-type: none"> Consent, contraception, sexually transmitted infections and attitudes to pornography Skills <ul style="list-style-type: none"> Improving awareness of factors around sex education 	Employability skills Knowledge <ul style="list-style-type: none"> What makes someone employable Digital footprint Skills <ul style="list-style-type: none"> Reflecting on what they could offer an employer and how they could improve their employability
10	Mental health Knowledge <ul style="list-style-type: none"> Health stigmas during periods of transition/change Skills <ul style="list-style-type: none"> Improving awareness of these issues 	Work experience Knowledge <ul style="list-style-type: none"> Preparation for work experience Skills <ul style="list-style-type: none"> Developing employability skills Improve workplace expectation and standards 	Healthy relationships Knowledge <ul style="list-style-type: none"> Sex expectations, myths and challenges Impact of the media & pornography Skills <ul style="list-style-type: none"> Understanding the pressures around relationships 	Exploring influence Knowledge <ul style="list-style-type: none"> Role models, the media & gangs Skills <ul style="list-style-type: none"> Reviewing who they look up to, does it have a positive influence Skill to change their situation 	Extremism and radicalisation Knowledge <ul style="list-style-type: none"> Communities & belonging Skills <ul style="list-style-type: none"> Developing sense of belonging in society Challenging extremism 	Financial decision making Knowledge <ul style="list-style-type: none"> Financial decisions, gambling and impact of advertising Skills <ul style="list-style-type: none"> Making effective financial decisions
11	Building for the future Knowledge <ul style="list-style-type: none"> Stress management and future opportunities Skills <ul style="list-style-type: none"> Developing self management strategies, identifying when support is needed 	Next steps Knowledge <ul style="list-style-type: none"> Application processes for post 16 opportunities Skills <ul style="list-style-type: none"> Making the right choices for themselves Reflecting on what they need to do to get there 	Communication in relationships Knowledge <ul style="list-style-type: none"> Personal values, assertive communication, relationship changes and abuse Skills <ul style="list-style-type: none"> Developing assertive skills as part of a relationship 	Independence Knowledge <ul style="list-style-type: none"> Responsible health choices Becoming more independent Skills <ul style="list-style-type: none"> Making effective decisions Independence skills 	Families Knowledge <ul style="list-style-type: none"> Families and parental responsibilities Pregnancy, marriage and changing relationships Skills <ul style="list-style-type: none"> Understanding roles and responsibilities within the family 	