

Health and Wellbeing	
Year 12	Year 13
Road Safety: Driving safety <ul style="list-style-type: none"> • <i>Driving lessons and cost</i> • <i>Mistakes whilst driving and the law</i> • <i>Local case study and the impacts of not driving safely</i> 	Road Safety: Driving safety <ul style="list-style-type: none"> • <i>New drivers</i> • <i>Attitudes to driving and the law</i> • <i>Alcohol, drug use and use of mobile phones</i> • <i>Strategies to stay safe in car</i>
Mental health: Managing our mental health and exam stress <ul style="list-style-type: none"> • <i>Understanding the pressures of sixth form and independent learning</i> • <i>Identifying mental health in yourself and others and how to help</i> • <i>Grounding methods and strategies to promote mental well-being</i> • <i>Learning positive study habits and managing work-load</i> • <i>VESPA and the 'A Level mindset'</i> 	Mental health: Managing our mental health and exam stress <ul style="list-style-type: none"> • <i>Coping with the stress of sixth form and life post-18</i> • <i>Grounding methods and strategies to promote mental well-being</i> • <i>Managing work-load and effective time management</i> • <i>Developing positive study habits</i> • <i>Coping with exam stress and how to manage anxiety</i>
Cancer awareness: <ul style="list-style-type: none"> • <i>Understand what cancer is and how it develops.</i> • <i>Identify common types of cancer affecting different age groups.</i> • <i>Recognize risk factors and lifestyle choices related to cancer.</i> • <i>Appreciate the importance of early detection and regular health checks.</i> • <i>Reflect on how cancer affects individuals, families, and society.</i> • <i>Understanding how to check yourself for breast and testicular cancer</i> 	Healthy lifestyles: <ul style="list-style-type: none"> • <i>Understanding what makes a balanced diet</i> • <i>How to budget and create a healthy meal plan for independent living</i> • <i>The dangers of vaping and smoking</i> • <i>Staying safe when living independently</i> • <i>Alcohol and drugs</i>
Basic first aid: <ul style="list-style-type: none"> • <i>Refresh students understanding on basic first aid, including the recovery position and DRABC</i> • <i>Emergency first aid after a stabbing and bleed kits</i> 	Basic CPR training: <ul style="list-style-type: none"> • <i>British heart foundation re-start a heart course</i> • <i>How to make a 999 call and simulation of the same</i> • <i>How to use a defibrillator and locations of the same</i>

Living in the Wider World

Year 12	Year 13
British values: <ul style="list-style-type: none"> • <i>Democracy: what it is and how it works</i> • <i>General elections and politics</i> • <i>Your right to vote and how this works</i> 	British values: <ul style="list-style-type: none"> • <i>Respect and tolerance of other faiths and beliefs</i> • <i>Speed dating to share culture, religions and challenge misconceptions</i> • <i>Local demographics and pluralism</i>
E-safety ‘Social Media and You’ <ul style="list-style-type: none"> • <i>What are the positives and negatives of life in the digital age?</i> • <i>How do I manage my use of digital media?</i> • <i>Staying safe online</i> • <i>E-safety and the law</i> • <i>Revenge porn</i> 	Online marketing and Linked In: <ul style="list-style-type: none"> • <i>Digital footprint and employment</i> • <i>How to stand out to an employer</i> • <i>Marketing yourself online</i> • <i>How social media can be used to create a portfolio of your work</i> • <i>How to create a successful Linked In profile</i> • <i>Online professionalism</i>
Knife crime: <ul style="list-style-type: none"> • <i>The impacts of knife crime</i> • <i>Local statistics and factors contributing to knife crime</i> • <i>How to stay safe and be a positive role model/citizen</i> • <i>Bleed kits and knife amnesty</i> 	
	Budgeting <ul style="list-style-type: none"> • <i>Managing your finances when living independently</i> • <i>Shopping on a budget at university / post-18</i> <i>How to save money</i>
Post-18 destinations: <ul style="list-style-type: none"> • <i>Gap year options: what makes a successful gap year?</i> • <i>Degree apprenticeships</i> • <i>Work</i> • <i>UCAS guidance, applications and personal statement advice and guidance</i> 	UCAS and funding: <ul style="list-style-type: none"> • <i>UCAS track</i> • <i>UCAS extra</i> • <i>What happens on results day</i> • <i>Clearing and deferrals</i> • <i>Student finance: how to apply</i>

Relationship and Sex Education

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Sexual Health: <ul style="list-style-type: none"> Sexually transmitted infections: types, signs, symptoms and treatment Practicing safe sex Different types of relationships and sex Chlamydia screening Teenage pregnancy 	
The Prejudice Game: <ul style="list-style-type: none"> What is prejudice? Prejudicial behaviours Tolerance and respect of others 	Conflict: <ul style="list-style-type: none"> Managing conflict Maintaining healthy relationships Forgiveness and acceptance How to respect differences Tolerance and respect of others
Consent: <ul style="list-style-type: none"> What is consent? Consensual sexual activity and the law Healthy relationships Intoxication and its impact on behaviour Staying safe at parties and university Influence and impact of drugs Impact on victims of sexual abuse 	Toxic Masculinity and Positive Masculinity: <ul style="list-style-type: none"> What is toxic masculinity? Online behaviours Exposure to behaviours How to identify the signs and support Behaviour and speech

PSHEE at Wrenn School

Links to SMSC

Specific Aims

At Wrenn School the learning aims for our students within SMSC curriculum provision are:

Spiritual Development

- Sustain their self-esteem in their learning experience.
- Develop their capacity for critical and independent thought.
- Foster their emotional life and express their feelings.
- Experience moments of stillness and reflection.
- Discuss their beliefs, feelings, values and responses to personal experiences.
- Form and maintain worthwhile and satisfying relationships.
- Reflect on, consider and celebrate the wonders and mysteries of life.
- Imagination and creativity in lessons.

Moral Development

- Recognise the unique value of each individual.
- Listen and respond appropriately to the views of others.
- Gain the confidence to cope with setbacks and learn from mistakes.
- Take initiative and act responsibly with consideration for others.
- Distinguish between right and wrong and apply this to their own lives whilst developing respect for civil and criminal law.
- Show respect for the environment.
- Make informed and independent judgements.

Social

- Take action for justice
- Develop an understanding of their individual and group identity.
- Helping others in the Academy and wider community.
- Acceptance and engagement with fundamental British values.

Cultural

- Explore and improve knowledge and understanding of the value and richness of cultural diversity in modern Britain.
- Understand the values and meaning of being British
- Appreciate fundamental values of democracy, rule of law, liberty, respect and tolerance
- Develop an understanding of the UK's local, national, European, Commonwealth and global dimensions.