



# PSHE Plan Year 12

## 2025-2026

Session	Topic
<b>Autumn</b> 1.1	Self-screening as an adult
1.2	Relationships with food
1.3	Vaccines and giving blood
1.4	Healthy routines
<b>Autumn</b> 2.1	Negative relationships and pressure
2.2	Unrealistic sex expectations
2.3	Supporting those around you
<b>Spring</b> 1.1	Social media and the law
1.2	The criminal justice system
1.3	Sending nudes/semi nudes
<b>Spring</b> 2.1	Protected characteristics
2.2	Celebrating difference
2.3	<b>Go Drive</b> Safer Driving
<b>Summer</b> 1.1	Contraception
1.2	STIs
1.3	Date rape
<b>Summer</b> 2.1	Budgeting
2.2	Lessons in life
2.3	Careers spotlight
2.4	CVs/emails/interviews



# PSHE Plan Year 13

2025-2026

Date	Topic
<b>Autumn</b> 1.1	Pregnancy Options
1.2	Pregnancy Outcomes
1.3	Menopause
1.4	Andropause
<b>Autumn</b> 2.1	Mortgages Part 1
2.2	Mortgages Part 2
2.3	Savings and Debt
<b>Spring</b> 1.1	Consent
1.2	Alcohol Safety
1.3	Substance Abuse
<b>Spring</b> 2.1	Toxic Relationships
2.2	Toxic Masculinity
2.3	<b>GO DRIVE</b> – Safer driving
<b>Summer</b> 1.1	Exam Stress
1.2	Leaving Home