

PSHE in Sixth Form

Teaching will take place across Y12 and 13 covering the following topic areas.

Developing positive habits	Study skills, independent learning, resilience, revision and note taking, critical thinking, media literacy and reading habits.
Mental Health and Well being.	Anxiety, depression and low mood, sleep hygiene, self-care, looking after others, drugs and alcohol, independent living, personal safety, festivals and drugs, knife crime, AI and young driver safety.
Consent and Relationships	Healthy and unhealthy relationships, consent, communication, responsibilities and consequences.
Life as a Young Adult	Banking and finance, budgeting, student finance, taxation and government spending.
Preparing for the future	Post-18 pathways, the UCAS process, CVs, applications and personal statements. Tailored support for university, apprenticeships, employment and meeting key deadlines. Revision strategies, stress management and wellbeing during examinations.