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, young driver safety, body image and the risks associated with cosmetic procedures and sunbed use.
Consent and Relationships	Healthy and unhealthy relationships, consent, communication, responsibilities and consequences. Understanding and challenging misogyny and harmful attitudes towards relationships.
Life as a Young Adult	Banking and finance, budgeting, saving, ISAs, mortgages, student finance, payslips, taxation, government spending and online financial safety.
Preparing for the future	Post-18 pathways, the UCAS process, CVs, applications and personal statements. Tailored support for university, apprenticeships and employment. Independent living, personal safety, travelling safely, online media literacy and assessing the reliability of online information. Revision strategies, stress management and wellbeing during examinations.