



Downe House

#### U4 PSHE Michaelmas 2016

1	Introduction to PSHE and Adolescence
2	Mindfulness: Making your own happiness
3	Emotions
4	Relationships and Conflict Resolution
5	Teenager under Construction
6	Cyber safety
7	Cyber safety continued
8	Body Image: Self- Esteem
9	Body Image: The Power of the Press
10	Body Image: The Power of the Press continued
11	Keeping myself safe: In public and at parties
	Evaluation

#### U4 PSHE Lent 2017

1	Careers: skills and decisions
2	Fast tomato research for careers
3	Careers: I/GCSE choices
4	Careers: a taste for the future
5	Sexual health: Healthy Relationships
6	Sexual health: Sexting and Pornography
7	Sexual health: Contraception (MC)
8	Sexual health: Condoms (MC)
9	Sexual health: STIs & Postbox (MC)
A	Evaluation

#### U4 PSHE Summer 2017

1	The nature of intelligence: Multiple Intelligences
2	The nature of intelligence: Revision Strategies
3	The nature of intelligence: Know yourself as a learner (VAK)
4	Managing risk: Alcohol
5	Managing risk: Personal Safety talk by PC Emery
6	Managing risk: To drink or not to drink?
7	Managing risk: Illegal Drugs & Legal Highs
8	Managing risk: Effects of drug misuse, post box & evaluation
A	Managing risk: A-Z of drugs 1