

Year	Term	Session topic	Learning objectives	Statutory outcomes	Resources and teaching guidance	Assessment evidence
Year 13	Autumn 1	Healthy relationships	<ul style="list-style-type: none"> • What attachment styles are • How attachment styles impact our relationships • How to spot an unhealthy relationship 	Relationships; Mental wellbeing	Healthy relationships lesson	PSHE reflection diary, teacher observation.
		Black History Month	TBC		Teaching race RWS guidance	
		Resilience during exam season	<ul style="list-style-type: none"> • What resilience is • How to practice resilience • Strategies that help us to remain resilient 	Mental wellbeing; Safeguarding	Resilience during exam season lesson	
	Autumn 2	AI and parasocial relationships	<ul style="list-style-type: none"> • What AI is • How people can become over reliant on AI • How to avoid over reliance on AI 	Online safety; Relationships	AI and parasocial relationships lesson	PSHE reflection diary, teacher observation.
		Preparing for future transitions	<ul style="list-style-type: none"> • What transitions are • What options are available after Sixth Form • How to make the best choice for ourselves 	Careers education	Preparing for future transitions lesson	
		Dangers of drug use	<ul style="list-style-type: none"> • What the effect and risks of drugs are • How these can be shown through case studies • How to make positive choices around drugs 	Physical wellbeing; Safeguarding	Dangers of drug use lesson	
		Sexual violence	<ul style="list-style-type: none"> • What sexual violence is • Why sexual violence happens • How to set and respect sexual boundaries 	Relationships; Safeguarding; Wellbeing	Sexual violence lesson	
	Spring 1	Social media and dangerous content	<ul style="list-style-type: none"> • What online content is dangerous • How to avoid dangerous online content • The risk of engaging with dangerous online content 	Online safety; Relationships; Wellbeing	Dangerous online content lesson	PSHE reflection diary, teacher observation.
		Safer Internet Day PSHE	Theme changes depending on year	Online safety	Safety Internet Day archive	
	Spring 2	Careers	TBC	Careers education	Unifrog teacher resources	PSHE reflection diary, teacher observation.
		Preparing to leave school	<ul style="list-style-type: none"> • How can I be prepared for leaving school • How to make this transition easier now • How to improve self-management and professionalism 	Mental wellbeing; Safeguarding; Living in the wider world	Preparing to leave school lesson	
	Summer 1			Exam season		PSHE reflection diary, teacher observation.