Our PSHE curriculum aims to support students to:

-Identify and develop their personal qualities, attitudes, skills, attributes and achievements as well as what influences these.

- Promote their spiritual, moral, social and cultural development.

- Equip them with the knowledge and skills they need to stay safe and be able to communicate when they do not feel safe.

- Apply academic skills such as critical thinking and resilience, to their approach to study PSHE.

- Consider their options beyond school, by providing them with expert, independent and up-to-date careers guidance that helps them progress to further education, training and employment.

PSHE at Bodmin College promotes personal development by supporting all students to access a curriculum which builds their confidence, resilience and self-esteem, and supports them to identify and manage risk, make informed choices and understand what influences their decisions.

These tools consist of knowledge gained, behaviours learned and skills mastered and it is our job to ensure that all Bodmin College students, irrespective of home circumstance, have an equitable opportunity to develop these attributes through their school experience.

Week beginning	Autumn 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Autumn 2 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Spring 1	Spring 2 Summer 1	Summer 2
Year 7 (Once per fortnight PSHE lesson)	Health and Wellbeing- Transition and Safety Transition to secondary school, secondary school challenges and frienship, personal safety in and outside school including road safety, beach safety and basic first aid.	Relationships Diversity Relationships, diversity, prejudice, discrimation and bullying	Relationships - Building Relationships Self-worth, romance and friendships (including ordine) and relationship boundaries	Health and Wellbeing- Health and Puberly Healthy routines, influences on health, puberly, unwanted contact, and FGM Living in the Wider World- Developing Skills and Aspirations Carees, enterprise and teamwork skills + risking aspirations	Living in the Wider World- Finances Saving, borrowing, budgeting and making financial choices
Week beginning	045ep 11.5ep 0.45ep 0.65ep 0.6	30-Cc1 13-MoV 20-MoV 04-De C 27-MoV 11-De C 11	22-Jan 22-Jan 05-teb	19-Feb 26-Mag 18-Mag 18	17-Jun 16-Jun 18-Jun 18-Jun 18-Jun
Year 8 Tutor Time	Relationships- diversity, prejudice, discrimination	n, appropriate language, stereolupes, healthy relationships			
Year 8 Lesson (Once per fortnight PSHE lesson)	Health and Wellbeing- Drugs and Alcohol	Relationships- Discrimination Discrimination in all its forms, including racism, retigious discrimination, disobility, discrimination, sexism, hormophobia, biphobia and transphobia	Relationships-Relationships and Me Healthy relationships, introduction to consent, relationship boundaries, online safety, relationships online	Health and Wellbeing- Emolional Wellbeing Mental health and emolional wellbeing, including body image and coping strategies Strategies	Uving In the Wider World- Digital Literacy Online safety, digital literacy, media reliability, and gambling hooks
Week beginning	04-58-p 11-38-p 02-0-ct	30-O-ct 30-Nov 30-Nov 30-Nov 11-Dec	08-Jan 15-Jan 05-Feb	19-Feb 26-Mar 11-Mar 11	24-Jun 10-Jun 16-Ju 16-Jun 22-Jul 22-Jul
Year 9 Tutor Time (Twice pe week after Christmas)	Healthy and unhealthy friendships assertiveness substance misuse and gangs	Relationships- Respectful Relationships Gender Stereotypes, Healthy relationships, conflict resolution, consent, online safety.	Relationships - Relationships and Me Relationships and sex education including pressure, consent, contraception and the risks of STs.	Health and Wellbeing- Healthy Lifestyle Diet. exercise. Mastyle balance and healthy choices, and first aid Learning strengths, career options and god setting as part of the GCSE options process	Living in the Wider World- Employability Skills Employability and online presence
Week beginning	26.5ep 26.5ep 36.5ep 36.5ep	30-Cc1 113-Mov 20-Mov 20-Mov 20-Mov 111-Dec	29-Jan 29	11-Mar 11-Mar 15-Apr 25-Mar 15-Apr 26-Mary 39-Apr 39-Apr	03-Jun 10-Jun 10
Year 10 Tutor Time (Twice pe week after Christmas)	Health and Wellbeing-Mental Health Mental health and ill health, sigma, safeguading health, including during periods of transition or change	Relationships- Healthy Relationships Relationships and sex expectations, myths, pleasure and challenges	Relationships - Healthy Relationships Relationships and see education including consent, fiskly behaviours in relationships, contraception choices, the risks of Stils, and attitudes to pomography including revenge porm.	Health and Wellbeing- Exploring Influence The influence and impact of drugs, gargs, role models and the media The impact of financial decisions, debt, gambing and the impact of advertising on financial choices	Living in the Wider World- Employability Skills Employability and online presence including Business Enterprise/Work Experience
Week beginning	04.5ep 11.5ep 02.0ct	30-Oct 138Nov 20-Nov 04-Dec	00-Jan 15-Jan 22-Jan 29-Jan	11-Acr 16-Acr 18-Acr 18	10-bm 10-bm 115-bm 115-bm
Year 11 (Once per week)		Relationships - Communication in Relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Relationships- Preparing for Adulthood Protected characteristics, infinate and sexual relationships including STIs, consent, abortion. Responsible health choices including self-checking.	Health and Wellbeing- Developing Independence Responsible health choices, and safety in independent contexts Relationships- Families Different families and parental responsibilities, pregnancy, maniage and facced maniage and changing relationships	GCSE Exams
Week beginning	11.5ep 11.5ep 25.5ep 09-Oct	30-Oct 13-Hov 20-Hov 27-Hov 11-Dec	22-Jan 22-Jan 23-Jan 23	19-Feb 26-Mag 11-Mag 11-Mag 12-Apr 22-Apr 22	24-hm 24-hm 16-10 hd10 hd10 hd10 hd10 hd22 hd2
Year 12 (once per week in addition to careers session	Health and Wellbeing-Sexuality Gender identify, sexual health, consent, assertive communication, positive relationships, strategies for managing dangerous situations or relationships	Retationships- Family and triends Positive relationships (triendships and intimate retationships), signs of abuse, coping strategies, living in a diverse society	Health and Wellbeing- Mental Health and Emolinal Wellbeing Managing stress, body image, healthy coping strategies	Health and Wellbeing- Physical Health Personal safety, responsible health choices Independance and keeping safe, travel, first aid, impact of substance abuse	Relationships- Diversity and Discrimation Racism, Living in a diverse society, challenging prejudice and discrimation
Week beginning	11.5ep 25.5ep 09.Oct1	000000000000000000000000000000000000000	29-Jan (6-feb (6-feb)(6-feb (6-feb (6-feb (6-feb (6-feb)(6-feb (6-feb)(6-feb)(6-feb (6-feb)(6	19-Feb 26-Mary 11-Mary 15-Apy 22-Apy 22-Apy 11-Mary 11	03-Jun 16-Jun 17-Jun 16-Jun 18-Jul 18
Year 13 (once per week in addition to careers session	te Health and Wellbeing - Sexuality Gender identity, sexual health, personal values in relation to contraception and sexual health	Relationships- Family and triends Positive relationships (triendships and intimate relationships), signs of abuse, coping strategies, living in a diverse society	Health and Wellbeing- Mental health Managing stress in relation to mental health, supporting ill mental health of peers, health coping strategies	Health and Wellbeing: Physical Health Peronal safety, responsible health choices, developing independence, applying for GP, dentist etc. Living in the Wider World- Managing Stress Managing stress in relation to exams, maintaining a positive professional identity	A-Level Exams