



# Term 1 PSHE



This term in PSHE, students will be exploring the following key themes below. We know that learning is most powerful when conversations continue at home. To support this, we've included a small selection of suggested discussion questions that parents and carers may find helpful. These are designed to encourage open, supportive dialogue and give students the chance to reflect on what they've learned in class.

## Year 7 -Transition and Safety

### Topics:

- Introduction to PSHCE and Organisation
- Getting to Know Yourself
- Road and Online Safety

### Possible questions to pose to students:

- *What do you think are your best qualities, and how do they help you at school or with friends?*
- *If you ever felt pressured to do something you weren't comfortable with, what could you say or do to stay true to yourself?*

## Year 8 -Drugs and Alcohol

### Topics:

- Alcohol
- Smoking
- Vaping
- Drugs

### Possible questions to pose to students:

- *What do you think influences young people to try alcohol, cigarettes, vapes or drugs, and how do you think those choices could affect them in the short and long term?*
- *If you were ever in a situation where friends were using alcohol, vapes or drugs, what strategies could help you stay confident in your own decisions?*

### Year 9 -Peer Influence

#### Topics:

- Healthy and Unhealthy relationships
- Managing Risk and Influence
- Gangs and Knife Crime
- Drugs and Alcohol

#### Possible questions to pose to students:

- *When you're faced with a risky situation, what steps help you make a safe and confident decision?*
- *What do you think are the short- and long-term effects of drugs and alcohol on young people's health, choices and future?*

### Year 10 – Positive Mental Health

#### Topics:

- New challenges
- Reframing from Negative Thinking
- Mental Health

#### Possible questions to pose to students:

- *When you face a new challenge at school or in life, what thoughts usually come up for you, and how do you decide whether those thoughts are helpful or unhelpful?*
- *What strategies help you look after your mental health when things feel stressful, and who do you feel comfortable talking to if you need support?*

### Year 11 – Next Steps

#### Topics:

- SMART Targets
- How to Revise
- Applications, CVs & Interviews
- Employability, Rights & Responsibilities

#### Possible questions to pose to students:

- *What goals are you working towards this year, and how do you use revision strategies or SMART targets to help you stay on track?*
- *When you think about applying for college, apprenticeships or jobs, what skills or qualities do you feel most confident about, and which ones would you like to develop further?*