

# PSHEE

A bitesize overview of the curriculum.

---

## YEAR 1

Compulsory programme of study taught across weekly lessons, as well as visiting lectures and workshops.

Focused on giving you knowledge and understanding of issues in life and the wider world.

Topic areas include:

- Diversity and anti-racism
- Life skills
- Online Safety
- Physical health
- Relationships, family and friends
- Sexuality, gender and sexual health
- Wellbeing and mental health
- British and international values and society
- Careers and futures

## YEAR 2

In U6 you are not taught weekly lessons as we want you to be able to focus as much as possible on your A Levels.

Instead, there are a series of five twilight sessions, adding to the previous year of topics and preparing you for leaving Sherborne Girls and taking the next steps in your future.

Topic areas include:

- Staying safe: transport and travel
- Mental health: accessing support
- Consent matters
- Leaving home: building a healthy lifestyle
- Respectful relationships: meeting new people