What will I learn in PSHE?

Our Lady's
Catholic High School

Year 11

Relationships

Achieving Future Success

Economic wellbeing

Career pathways

Reviewing online safety topic

Being safe: FGM

Planning for the next steps

Reviewing relationships topic

Year 10

Faith and Justice Day

Healthy coping strategies

British values

Great generation

Mental Wellbeing

Eating disorders

Self esteem

Self harm

Anxiety and depression

Emotions

Spoitting the signs

Year 9

Be Healthy

Health and prevention

Drugs alocohol and tobacco

Respectful relationships and friendships

Equality and diversity: LGBT

Faith in action

Being safe

Year 8

Relationships

Faith and Justice Day

Families

Intimate relationships and sexual health

Online and media

Changing adolescent body

Healthy eating

Physical health and fitness

Year 7

Online Safety

Be Healthy

Internet safety and harms