What will I learn in CPSHE?

Our Lady's
Catholic High School

Year 11

Growing up: Health care

Wellbeing: Mental health

Online safety: Online support, responding to harassment

Relationships: Parenting, pregnancy

Growing up: Sun safety, water safety

Wellbeing: Chronic illness

Wellbeing: Stress, anxiety and OCD

Online safety: Online relationships, seeking support

Relationships: Risky sexual behaviour, consent

Relationships: Unhealthy relationships

Relationships: Separation, loss and grief

Year 10

Online Safety: Online relationships, trolls and harassment

Wellbeing: Sleep routines

Wellbeing: Drugs and their risks

Wellbeing: Basic First Aid

Wellbeing: Knife crime

Growing up: Puberty

Communities: Equality & support

Online safety: Social media

Year 9

Online Safety: Gambling

Relationships: Sex, STIs

Relationships: Healthy relationships, marriage, civil partnerships

Communities: Equality & Diversity

Growing up: FGM

Growing up: Looking after oursevles

Wellbeing: Alcohol and the law

Wellbeing: Talking about mental health

Wellbeing: Staying active

Year 8

Wellbeing: Diet and exercise, feeling unwell, dental hygiene

Wellbeing: Smoking and Vaping

Growing up: Menstruation

Community: Faith and culture, Inclusivity, Kindness

Relationships: Bullying

Online Safety: Protecting myself online, How I spend my time online

Online Safety: Harmful sexual behaviour

Year 7

Online safety: Safer online communities

Online safety: Harmful online content, Reporting concerns

Relationships: Conflict, Listening skills

Relationships: Understanding my feelings

Relationships: Friendships, Positive relationships

Our community: Disability and Impairment, The Paralympic Games