

Year 12 PSHE

Term One

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Long term career goals and planning	Decision fatigue	How AI can help in my career journey	Work life balance	Career challenges and set backs	Career journeys

Term Two

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Sleep hygiene and mental health	Dealing with stress	Dealing with anxiety	Dealing with depression	Resilience and growing up	Coercion and controlling behaviour

Term Three

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Porn	Misogyny and masculinity	Alcohol and bad choices	Importance of sexual health	Contraception	STI's

Term Four

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Building relationships	Family and friends	Toxic friendships	Emotional intimacy	Power differences	Breaking up

Term Five

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Financial resilience	How to pick a bank	Saving options	How to use credit cards	Mortgage Deals	Debt Spirals

Term Six

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Abortion	Euthanasia	Animal rights	Environment	Origins of the universe	Crime and punishment