



S1 WEEK BY WEEK PSE PROGRAMME 2019 to 2020

Themes	Week	Topic	Lesson	Skills	Additional resources	Comments
Citizenship	1	Social Wellbeing	Welcome to GHS		Class jotters	
Relationships	2	Body Image	Body Image			
Relationships	3	Body Image	Body Confidence			
Relationships	4	Gender	Gender			
Relationships	5	Gender/ Stereotypes	Stereotypes			
Mental, Emotional and Social Wellbeing	6	Citizenship	Remembrance		Green paper, Red paper, Black pens, Scissors, Glue	
Mental, Emotional and Social Wellbeing	7	Building Resilience	Mean Girls (1)	Reflection	DVD	
Mental, Emotional and Social Wellbeing	8	Building Resilience	Mean Girls	Reflection	DVD	
Mental, Emotional and Social Wellbeing	9	Building Resilience	Bounce Back (2)	Emotional literacy	Mindfulness colouring materials	



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October - HOLIDAY WEEK

Substance Misuse	10	Drugs	What are drugs (Lesson 1) (Legal/Illegal drugs)	Thinking skills Communication Skills	Powerpoint in shared folder. Extension work available Health and Well-being book page	
Substance Misuse	11	Drugs	Types and effects of Illegal drugs (Lesson 2)	Co-operative learning - Group work Researching	Powepoint in shared folder. Internet access/class in a box/ ICT room Drugs books in F069 Health and Well-Being book Success Criteria is available in folder Possible Poster paper/pens required. Peer Evaluation sheets - collect from Pastoral base.	Each group research different drug. Possibilities: Cannabis/estaca y/Herion/legal highs? Cocaine etc
Substance Misuse	12	Drugs	Risks and Peer Pressure (Lesson 3)		Powerpoint in shared folder.	
Anti-Bullying Week	13		Make a noise about bullying!			
Mental and Emotional Wellbeing	14	Childline	Childline		Class sets of Childline quiz	



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Mental and Emotional Wellbeing	15	Childline	Worried? Need to talk?		Paper Colour pens/pencils	
Hate Crime	16	I am Me			Lesson in relationship folder, video on you tube	
Hate Crime	17	I am Me				
Hate Crime	18	I am Me				
Christmas & New Year Holiday						
Planning for Choices and Changes	19	Careers	SDS Advisor Talks	Skills for work		
Planning for Choices and Changes	20	Careers	Careers Education 1		Planning for Choices and Changes Handouts	
Planning for Choices and Changes	21	Careers	Careers Education 2			
Planning for Choices and Changes	22	Careers	Careers Education 2 and 3	Skills for work		
Relationships	23	Social Media				



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Relationships	24	How My Body Changes as I grow			Distribute S1 booklets	
Relationships	25	Menstration				
Relationships	26	Extra Time/flexibility				
Relationships	27	Extra Time/flexibility				
Hate Crime	28					
Anti-Social Behaviour Talks	29	Anti-Social Behaviour	Community Safety		Lisa Muir Community Safety Team	
Substance Misuse	30	Personal Safety	Road Safety		Matt's story - Collect DVD from Pastoral base and character sheet questions. Powerpoint in shared area in Personal Safety folder - Road safety	
EASTER HOLIDAY						



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Substance Misuse	31	Personal Safety	1 st on the scene		Powerpoint in shared area. Links to Matt's story (DVD from Pastoral Base)	SDS class talks.
Substance Misuse	32	Personal Safety	Water safety			
Substance Misuse	33	Personal Safety	Rail Safety	Group work	Powerpoint in shared folder. Links to Video clips	Open in Media Player
Substance Misuse	34	Smoking	Choices for life		www.choicesforlife.co.uk Liam's Story	
Substance Misuse	35	Alcohol Misuse				
Substance Misuse	36	Alcohol Misuse				
Course Evaluation	37	Quality Assurance	Pupil feedback		Pupil focus groups	

New timetable - 3 weeks built in for flexibility to complete S1 course accounting for holidays/in-services.

Additional Resources: Keeping Myself E-Safe DVD



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- *Monitoring and tracking (2)
- *Visit from Young Carers