



CASTLE DOUGLAS

HIGH SCHOOL

PSE IN BGE: S4-S6

PREPARING OUR YOUNG PEOPLE FOR LIFE.



Our Personal, Social and Emotional Education (PSE) programme in S4-S6 helps our young people build knowledge, skills and confidence to make positive choices and become respectful, responsible and resilient individuals.



S4

BUILDING KNOWLEDGE, MAKING INFORMED CHOICES



CONSENT



BODY
IMAGE



CONTRACEPTION



SEXUALLY
TRANSMITTED
INFECTIONS



STUDY
SKILLS



DOMESTIC
ABUSE



PATHWAYS



MVP –
PARTY
LESSON



FINANCE



LGBTQ+



ATTAINMENT – SELF-REFLECTION ON PROGRESS IN SCHOOL

S5

DEVELOPING SKILLS FOR INDEPENDENCE AND ADULTHOOD



STRESS AND
RESILIENCE



POSITIVE
HABITS



DIGITAL
RELATIONSHIPS
AND ONLINE
EXPECTATIONS



HEALTHY
RELATIONSHIPS
AND
PARENTHOOD



PREGNANCY
CHOICES



ONLINE SAFETY
& DIGITAL CITIZENSHIP
(EXPLOITATION,
SEXTORTION, DIGITAL
FOOTPRINT, ONLINE
REPUTATION, CYBER-
BULLYING)



LGBTQ+ AWARENESS,
RACISM, SEXISM,
DISABILITY RIGHTS,
INTERSECTIONALITY



BUDGETING, CREDIT
AND DEBT, BANKING,
STUDENT LOANS,
COST OF LIVING



TIME MANAGEMENT,
COOKING BASICS,
TENANCY RIGHTS,
VOTING AND
POLITICAL LITERACY



ATTAINMENT – SELF-REFLECTION ON
PROGRESS IN SCHOOL

S6

PREPARING FOR FUTURE PATHWAYS AND LIFE BEYOND SCHOOL



PREPARING FOR
FUTURE
PATHWAYS



UCAS AND
COLLEGE
APPLICATIONS



UPDATING CVS
USING 'MY WORLD
OF WORK'



PROGRAMME OF
OUTSIDE
SPEAKERS



ATTAINMENT –
SELF-REFLECTION ON
PROGRESS IN SCHOOL

THE AIMS OF PSE ARE TO:



- ✓ Develop learners' self-esteem and a sense of personal responsibility
- ✓ Promote self-respect, respect and tolerance for others and to recognise and celebrate diversity

- ✓ Provide access to information and opportunities that will help learners develop knowledge, skills and attitudes that will support them to make informed decisions that will lead to them living safe, healthy lives.

- ✓ Prepare learners for the choices and opportunities of lifelong learning and provide regular reviews of progress in learning, and personal and social developments

- ✓ Underpin the school values of honesty, ambition, community and kindness whilst promoting respect and providing learners with the skills to be resilient



HONESTY



AMBITION



COMMUNITY



KINDNESS

MOVING FORWARD TOGETHER