

PSHE SCHEMA for S1 – S6

Wellbeing	Mental & Emotional Well Being	Social Wellbeing (Citizenship)	Physical Wellbeing	Food & Health	Substance Misuse	Planning for Choices & Change	Study Skills
	<ul style="list-style-type: none"> - Thinking Adventures - Friendship - Emotions - Self Esteem - Stress, Anxiety - Self Harm - Coping Skills - Support Offered - Youth Counsellor 	<ul style="list-style-type: none"> - Peer Awards - Rights & Responsibilities - Law - Crime - Disability Equality - Young Carers - Government - Money - Pupil Consultations 	<ul style="list-style-type: none"> - Assess & Manage Risk - Protect Self & Others - Child Protection - Anti Bullying - Safety at Work - Road Safety - Internet Safety - Gang Violence - Domestic Abuse 	<ul style="list-style-type: none"> - Nutrition - Healthy Eating - Body Image - Keeping Active 	<ul style="list-style-type: none"> - Drugs - Substances & Effects - Alcohol - Binge Drinking - Smoking - Peer Pressure 	<ul style="list-style-type: none"> - UCAS - Careers - Options Programme - Work Experience - Personal Statements - Interview Preparation - Preparing a CV 	<ul style="list-style-type: none"> - Use of Planner - Target Setting - Time Management - Organisation - Study Techniques - Study Plan - Exam Preparation - SQA Arrangements
		- OSCARS					