



St Ninian's High School

S2 PSHE Programme

2019 - 2020

AUGUST - OCTOBER WEEK	PSHE Lesson	Health and Wellbeing Experiences and Outcomes	Health and Wellbeing Benchmarks
1.	Induction Slides and Pupil Wifi Responsible user agreement	I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life. HWB 3-20a	Explores a range of learning opportunities and career pathways.
2.	Body Image	I understand my own body's uniqueness, my developing sexuality, and that of others. HWB 3-47a	Describes how positive and negative feelings about body image can affect health, self-worth and behaviour, for example, confidence, self-harm, eating disorders. Recognises the impact of puberty and developing sexuality.
3.	Healthy Eating	I can explain the links between the energy I use while being physically active, the food I eat, and my health and wellbeing. HWB 3-28a	Explains the impact of an energy imbalance on health and wellbeing, for example, becoming overweight, lethargy.

4.	Internet Safety	I know that popular culture, the media and peer pressure can influence how I feel about myself and the impact this may have on my actions. HWB3-46b	Identifies and explains influence/impact of media, including social media on self-esteem and decision making.
5.	Child Protection	I know where to get support and help with situations involving abuse and I understand that there are laws which protect me from different kinds of abuse. HWB3-49b	Identifies how to take action in a situation involving abusive or inappropriate sexual behaviour, for example, ending unhealthy relationships, local support, police.
6.	The impact of bullying	I recognise that power can exist within relationships and can be used positively as well as negatively. HWB 3-45a	Explains the impact an imbalance of power can have on relationships, including responsibility for actions and decisions.
7.	Online Social Media Profiles – What not to do	I know that popular culture, the media and peer pressure can influence how I feel about myself and the impact this may have on my actions. HWB3-46b	Demonstrates the skills needed to challenge stereotypical images in the media, including social media, for example, confidence, judgement.
8.	Hunting the Cyber Bullies	I know how to manage situations concerning my sexual health and wellbeing and am learning to understand what appropriate sexual behaviour is. HWB 3-49a	Knows how to access confidential information, guidance and help.
OCTOBER - DECEMBER	PSHE Lesson	Health and Wellbeing Experiences and Outcomes	Health and Wellbeing Benchmarks
1.	Target Setting following interim report	I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life. HWB 3-20a	Identifies own interests, strengths and skills and uses them to support subject choice. Manages personal profile evidencing own skills, and behaviours required, which link to the world of work. Explores a range of learning opportunities and career pathways.

2.	YPI – PSHE Lesson 1	Youth Philanthropy Initiative. I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life. HWB 3-20a	Identifies own interests, strengths and skills.
3.	YPI – PSHE Lesson 2		Pupils identify a local cause and in teams they will look to put together a presentation over the coming weeks to win a donation towards that cause.
4.	YPI – PSHE Lesson 3		Pupils continue to show citizenship and understanding of issues that exist in their local area.
5.	Registration lesson from S4 My WoW ambassadors	I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life. HWB 3-20a	Explores a range of learning opportunities and career pathways.
6.	Anti-Bullying Week – Lesson carried out by S6 pupils & YPI – PSHE Lesson 5	I recognise that power can exist within relationships and can be used positively as well as negatively. HWB 3-45a	Explains the impact an imbalance of power can have on relationships, including sexual relationships, for example, consent, coercion, responsibility for actions and decisions.
7.	Road Safety Week 19 – 25 November	I know the action I should take in the management of incidents and emergencies related to substance misuse. HWB 3-42a	Know actions to be taken in an emergency relating to substance misuse.
8. Food and Health	What foods help develop the body	I can explain the links between the energy I use while being physically active, the food I eat, and my health and wellbeing. HWB 3-28a	Explains the impact of an energy imbalance on health and wellbeing, for example, becoming overweight, lethargy.

9.	Healthy Lifestyle	I am experiencing enjoyment and achievement on a daily basis by taking part in different kinds of energetic physical activities of my choosing, including sport and opportunities for outdoor learning, available at my place of learning and in the wider community. HWB 3-25a	Sustains daily moderate to vigorous physical activity.
10.	PSHE booklet completion for end of Term 2	I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life. HWB 3-20a	Identifies own interests, strengths and skills and uses them to support subject choice. Manages personal profile evidencing own skills, and behaviours required, which link to the world of work. Explores a range of learning opportunities and career pathways.
JANUARY- EASTER	PSHE Lesson	Health and Wellbeing Experiences and Outcomes	Health and Wellbeing Benchmarks
1.	Factors Affecting Food Choice	I can demonstrate strategies for making informed choices to maintain and improve my health and wellbeing. HWB 3-40a	Identifies and selects the skills / qualities required to make positive choices in challenging situations, for example, confidence, resilience, assertiveness.
2. Social Wellbeing	S2 Peer Awards		Pupils will nominate their peers for awards in the following areas: Successful Learner Confident Individual Responsible Citizen Effective Contributor
3.	Mindfulness - Breathing Space	I know how to access information and support for substance-related issues. HWB 3-40b	Knows how to access local support services.

4.	Celebrating Success		Pupils will celebrate their own success and that of their peers. This will then be recorded in their PSHE booklets.
5.	Prejudice and Discrimination	I reflect on how my attitudes, beliefs, values and morality can influence my decisions about friendships and relationships. HWB 3-46a	Identifies and demonstrates the skills required to make positive choices in challenging situations, for example, assertiveness, empathy.
6.	Human Rights - Click View Human Rights	I am aware of my rights in relation to confidentiality, and my responsibilities, including those under the law. HWB 3-48a	Knows how to access confidential information, guidance and help.
7. Mental and Emotional Wellbeing	Mental Health – Awareness	Using what I have learned I am able to make informed decisions and choices that promote and protect my own and others' health and wellbeing. HWB 3-47b	Pupils will look at the different aspects related with mental health such as misconceptions, different types of mental health and different methods of ensuring good mental health.
8.	Mental Health – Eating Disorders	I understand my own body's uniqueness, my developing sexuality, and that of others. HWB 3-47a	Describes how positive and negative feelings about body image can affect health, self-worth and behaviour, for example, confidence, self-harm, eating disorders.
9.	Lesson on Careers convention S4 My WoW ambassadors	I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life. HWB 3-20a	Explores a range of learning opportunities and career pathways.
10.	Healthy Relationships	I understand and can explain the importance of, and need for, commitment, trust and respect in loving and sexual relationships. I understand the different	Demonstrates respect and understanding of the diversity of loving and sexual relationships, for example, LGBTI relationships, marriage, living together, co-parenting.

		contexts of such relationships including marriage. HWB 3-44c	
11.	Stressed out	I can demonstrate strategies for making informed choices to maintain and improve my health and wellbeing and can apply these in situations that may be stressful or challenging, or involve peer pressure. HWB 3-40a	Gives examples of positive coping strategies when dealing with stressful and challenging situations, for example, walk away, talk to friend / adult, physical activity.
12.	PSHE Booklet Completion for end of term	I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life. HWB 3-20a	Identifies own interests, strengths and skills and uses them to support subject choice. ☑ Manages personal profile evidencing own skills, and behaviours required, which link to the world of work. ☑ Explores a range of learning opportunities and career pathways.
APRIL- JUNE	PSHE Lesson	Health and Wellbeing Experiences and Outcomes	Health and Wellbeing Benchmarks
1.	Getting the lowdown Scotland	Understand the positive effects that some substances can have on the mind and body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances. HWB 3-38a	Explains the benefits of substances in supporting good health, for example, prescribed medication. Gives examples of current laws and advice in relation to substance use, for example, units of alcohol, tobacco sales.
2.	Stressed out	I recognise that power can exist within relationships and can be used positively as well as negatively. HWB 3-45a	Explains the impact an imbalance of power can have on relationships, including sexual relationships, for example, consent, coercion, responsibility for actions and decisions.
3.	Friends and friendship	I reflect on how my attitudes, beliefs, values and morality can influence my decisions about friendships, relationships. HWB 3-46a	Identifies and demonstrates the skills required to make positive choices in challenging situations, for example, assertiveness, empathy.

4	Self Esteem	I understand my own body's uniqueness, my developing sexuality, and that of others. HWB 3-47a	Identifies and explains influence/impact of media, including social media and pornography on self-esteem and decision making.
5.	Self-Harm	I recognise that power can exist within relationships and can be used positively as well as negatively.	Describes how positive and negative feelings about body image can affect health, self-worth and behaviour, for example, confidence, self-harm, eating disorders.
6. Substance Misuse Unit	Drugs – introduction, Types of Drugs	I know that the use of alcohol and drugs can affect behaviour and the decisions that people make about relationships. HWB 3-41b	Explains how substance misuse can affect judgement and impair ability to make responsible decisions.
7.	Drugs Scenario	I know the action I should take in the management of incidents and emergencies related to substance misuse. HWB 3-42a	Know actions to be taken in an emergency relating to substance misuse.
8.	Alcohol	Understand the positive effects that some substances can have on the mind and body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances. HWB 3-38a	Gives examples of current laws and advice in relation to substance use, for example, units of alcohol, tobacco sales.
9.	Achieving a Healthy Lifestyle	I can explain why I need to be active on a daily basis to maintain good health and try to achieve a good balance of sleep, rest and physical activity. HWB 3-27a	Evaluates own lifestyle in respect of daily physical activity, diet, rest and sleep and impact on health and wellbeing.
10.	PSHE Booklet Completion for end of term	I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the	Identifies own interests, strengths and skills and uses them to support subject choice. Manages personal profile evidencing own skills, and behaviours required, which link to the world of work.

		relevance of my learning, skills and interests to my future life. HWB 3-20a	Explores a range of learning opportunities and career pathways.
11.	Keeping safe in the local area - Holidays	I know the action I should take in the management of incidents and emergencies related to substance misuse. HWB 3-42a	Know actions to be taken in an emergency relating to substance misuse.

On-going throughout the year:

Procurator Fiscal Talks/Medics Against Violence Talks/Campus Cop visit/Attendance Rev/Celebrating Success/other visiting speakers eg Fire Officer