



PSE at Keith Grammar School



Every pupil at KGS has one PSE lesson per week from S1 to S6. PSE stands for Personal and Social Education.

Each year group follows a specially designed PSE programme developed in line with the Curriculum for Excellence experiences, outcomes and benchmarks. A variety of teaching and learning methods/resources are used as well as a variety of visiting speakers where appropriate.

S1 PSE

- Getting to know you
- Anti-bullying/positive relationships
- Substance misuse
- Puberty and sexual health
- Keeping myself safe
- Smoking
- Loss and change
- Foot health/oral health

S2 PSE

- Mental health
- Sexting
- Pathway planning
- Risk taking behaviour
- SHARE—sexual health and relationships
- Foetal Alcohol Syndrome
- Bereavement
- Body image

S3 PSE

- SHARE—sexual health and relationships (contraception and STIs)
- Career management skills/pathway planning
- Troubled minds—mental health
- The impact of drugs on society
- Personal safety
- LGBT—prejudice and discrimination
- SQA Employability Award

S4 PSE

- Employability
- Stress management
- Self harm
- Abusive relationships
- Study skills
- LGBT and equality
- Interview skills
- SHARE—parenting
- SQA Employability Award

S5 PSE

- Finance and budgeting
- Bills, debt and help
- SQA Wellbeing Award
- Driving safety
- Rape and consent
- Stress, time management and revision
- Festival/party safety
- First aid

S6 PSE

- UCAS applications/college research, CV updates
- Mental health—anxiety
- Finance while studying
- Moving away—life skills e.g. cooking
- Sexual harassment
- Interview technique
- Pornography
- Blood/organ donation

Visiting Speakers

- Skills Development Scotland—CMS, pathway planning and careers
- Police Scotland Liaison—drugs, knife crime, internet safety, social media, domestic abuse, sex and the law, road safety
- NHS Podiatry—foot health
- Stewart Ivory—student finance
- The Loft/Health Hub - contraception
- Teenage Cancer Trust
- NHS Dental — oral health
- The Samaritans
- UHI—applying to university/college



Getting Involved

If you feel there is a relevant issue that is not covered in the current PSE programmes, or if you feel you could contribute to our PSE lessons in some way, please contact a member of the Guidance team.

We welcome any feedback or suggestions that you may have.

