



## Year 13 Life Skills (PSHCEE) - 2023/24

<b>Health and Wellbeing</b>	<b>Relationships and Sex Education (RSE)</b>	<b>Living in the wider world</b>	<b>Religious Education</b>
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Autumn Term	Spring Term	Summer Term
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### 13.1 Next steps

1. Setting career goals
2. VESPA Recap (1)
3. VESPA Recap (2)

### 13.2 Promoting positive health

1. Monitoring personal health
2. Common illnesses
3. Healthy diet
4. Mental health and suicide awareness

### 13.3 Parenthood

1. Routes to parenthood
2. Being a parent: roles & responsibilities

### 13.4 Moving on: staying safe

1. Staying safe: setting boundaries online
2. Staying safe: protecting your finances

### 13.5 Moving on: respectful relationships

1. Respectful relationships: meeting new people
2. Respectful relationships: trust and intimacy

### 13.6 RE

1. Diversity of belief in the UK
2. Is religion good for society?
3. Abortion debate

### 13.7 Moving on: managing money

1. Planning expenditure and budgeting
2. Savings and investments
3. Managing financial contracts
4. Financial gains and risks

### 13.8 Moving on: managing change

1. Leaving home: building a healthy lifestyle
2. Wellbeing: work-life balance
3. Coping with changes: Moving away to University

**Exam Leave**

If you have a question or a worry about a topic, speak to your PSHE teacher or Head of Year. If you want to find out more or access additional support, visit:

<https://learn.beaumont.school/support>

