



Year 13 Life Skills (PSHCEE) - 2025/26

Health and Wellbeing

Relationships and Sex Education (RSE)

Living in the wider world

Religious Education

Autumn Term

Spring Term

Summer Term

13.1 Next steps

1. Setting career goals
2. VESPA Recap
3. Aiming high (proactivity)

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: money and wellbeing

13.5 Moving on: respectful relationships

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

13.6 RE

1. Who decides what happens with your body? (medical ethics)
2. Gender in religion
3. An exploration of religious festivals

13.7 Moving on: managing money

1. Planning expenditure and budgeting
2. Savings, investments and sustainability
3. Financial management and negotiation
4. Borrowing and debt

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>

