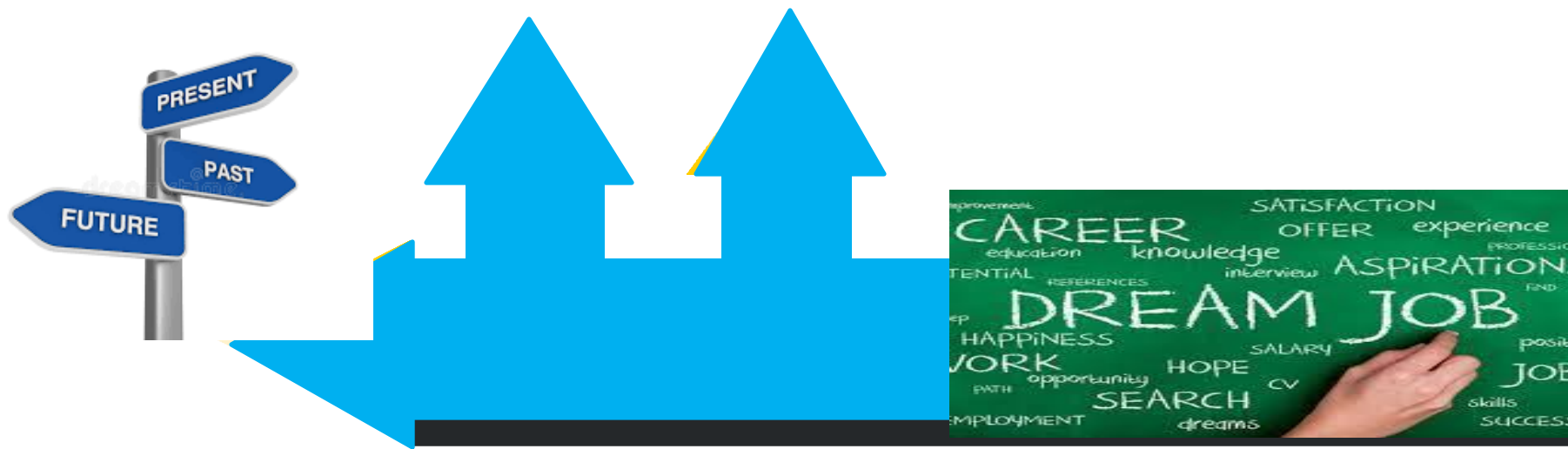


Kirkwall Grammar School PSE: S1 – S6



Preparing for the Future. Mental Well Being. Money Matters. Budgeting
 Respectful Personal Relationships. Pregnancy and Young Parenthood. Birth Plans. Child Protection. Alcohol Misuse.
 Managing Exam Stress. Taking a Gap Year. Healthy Eating on a Budget. Managing Challenging Relationships at Work.
 Preparing to Live Independently. Young Adult Illnesses. Financial education.



Staying Motivated. Keeping Healthy whilst Studying. Common Mental Health Issues. Suicide Prevention.
 Budgeting. Respectful and Assertive Communication. Gender Diversity. Managing Emotions.
 Ending Intimate Relationships Safely. Sexual Relationships. Substances and Risky Sexual Behaviours.
 My Career Ambitions. Work or Study? Marketing Yourself. Goal setting and Contingency Planning.
 Resilience. Safe Driving.



Developing Resilience. Managing my Online Profile. Substances. Reputation and Future Life Choices. Relationships.
 Being Lesbian, Gay or Bisexual. Pregnancy Choices. Young Parenting. Equality. Sexual harassment.
 Going out and keeping safe.
 Study Planning. Course choice. My Education Ambitions. Work Choices at 16. Changing Job Markets.
 Applying for a Job. CVs. Interviews. Standing Out in a Good Way.



Study Skills. Behaving Differently Online. Sending Nude Pictures. Bullying and Mental Health. Career Support.
 Family Diversity. Communication Skills. Contraception. STIs. Pornography. Unintended Pregnancy. Medicine
 Safety. Substance Misuse and Emergency Aid. Illegal Drugs and the Law. Support for Mental Health. Managing
 Peer Approval. Sleep and Relaxation. The LGBTQ Community. Working Part time – My Rights and Responsibilities.
 Being in Debt.



Active Learning. Managing Misunderstandings. Unhealthy Comparisons. Keeping Safe Online. Accepting Responsibility.
 The Impact of Prejudice and Discrimination. Romantic Relationships. Sexual Relationships. Contraception. LGBTQ Equality.
 Consent. Substance Misuse. Positive Self Talk. Taking Responsibility for My Health. What are Employers looking for?
 Anxiety and Depression. Managing Feelings. Promoting Inclusion. Challenging Unfair Expectations. Gang Culture. Gambling.



Learning Differences. Protected Characteristics. Being Unique. Careers. Travel Safety. A Welcoming and
 Inclusive school. Difference and Diversity in the Community. Body Changes. Gender. Relationships.
 Online Privacy. Social Media. Grooming. Alcohol, Tobacco, Vaping and Cannabis. Personal Hygiene.
 Feelings. Behaviour. Boosting my Mood. Respect. Teamwork. Managing Conflict. Confidence Building.
 Friendship. Peer Influences. Managing Money

