



## UIV PSHE Overview 2009-2010

### UIV PSHE Michaelmas 2009

1	Introduction to PSHE: group agreement, ground rules, programme
2	Growing up: adolescence
3	Growing up: Emotions and communicating in appropriate ways
4	Growing up: relationship with parents
5	Growing up: teenager under construction (DVD)
6	Looking after yourself: personal hygiene
7	1. Sexual health - contraception kit
8	2. Sexual health - contraception kit
9	Sexual health: STIs
10	Sexual health: STIs and postbox
A	Keeping myself safe: In public and at parties (DVD)

### UIV PSHE Lent 2010

1	Careers: skills and decisions
2	Careers: GCSE choices
3	Careers: a taste for the future
4	Careers: Through the glass ceiling
5	Economic Wellbeing: Introduction to personal finances
6	Economic Wellbeing: Financial planning (budgeting)
7	Healthy eating: Maintaining a healthy weight
8	Healthy eating: Nutrition myths and facts (DVD)
9	Healthy eating: Nutritional analysis
10	Healthy eating: Issues and body image (DVD?)
Workshop	Grooming, deportment and social skills' with Belinder Alexander

### UIV PSHE Summer 2010

1	The nature of intelligence: Know yourself as a learner
2	Application of learning
3	Stress management and relaxation
4	Managing risk: Alcohol
5	Managing risk: drugs (DVD)
6	1. A-Z of drugs (DVD)
7	2. A-Z of drugs (DVD)
8	3. A-Z of drugs (DVD)
A	Drugs discussion and evaluation (post box)