



Subject: PSHE

Year Group: YEAR 11

Rationale: The PSHE course for OIC Brighton is based around our well-being principles: **Relate, Observe, Care, Keep Learning and Stay Active**. The majority of lessons are part of the Thoughtbox programme of resources; some are drawn from or adapted for the PSHE Association resources, while others are unique to the ethos and focus of OIC Brighton. We have developed this curriculum with full awareness of the RSE statutory guidance from the DFE, and we are working in alignment with the “Social and Emotional Learning: CASEL Framework” and the CASEL wheel of competencies.

Term	Week Beginning	Topic
Autumn Term 1 (Self Care)	08.09.25	Identity – Who Am I
	15.09.25	Identity – Peeling Back the Labels
	22.09.25	Identity – My Best Self
	29.09.25	Identity – Love the Skin I'm In
	06.10.25	Project Lesson
	13.10.25	Project Lesson
Autumn Term 2 (People Care)	20.10.25	Homelessness – What is Home
	03.11.25	Homelessness – Living on the Edge
	10.11.25	Homelessness – We are all Human
	17.11.25	A Hand Up
	24.11.25	Project Lesson
	01.12.25	Project Lesson