



Subject: PSHE

Year Group: YEAR 13

Rationale: The PSHE course for OIC Brighton is based around our well-being principles: **R**elate, **O**bserve, **C**are, **K**eeP Learning and **S**tay 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 OICBrighton. 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	Happiness – What is Happiness
	15.09.25	Happiness – Feeling Whole
	22.09.25	Happiness – Money Can't Buy
	29.09.25	Happiness – Emotional Health
	06.10.25	Happiness Film
	13.10.25	Film Screenings
Autumn Term 2 (People Care)	20.10.25	Love and Relationships – Zara McDermott: Revenge Porn
	03.11.25	RSE Reflection
	10.11.25	Love and Relationships – Zara McDermott: Rape Culture
	17.11.25	RSE Reflection
	24.11.25	Love and Relationships – Zara McDermott: Disordered Eating
	01.12.25	RSE Reflection