

The Constance Bridgeman Centre – PSHE / RSE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Healthy Choices, Mental Wellbeing and Independence	Hinduism and Sikhism	Navigating the Online World	Buddhism and Judaism	Diversity, Extremism and Managing Influence	Career, Financial Wellbeing and Preparation for Employment
Year 11	Lifelong Wellbeing, Exam Preparation & Future Aspirations	Islam and Christianity	Drugs, Personal Safety and Exploitation	Families, Relationships and Sexual Health	Preparing for Adulthood	