

**Y7-11 PSPE PROGRAMME**

**Philosophy of PSPE programme:**

- Promote empowerment, self-worth, self-esteem and self-respect.
- Outline potential outcomes of positive choices.
- Outline potential outcomes of negative choices.
- To utilize expert advice and opinions, where possible.

	<b>YEAR 7: FRIENDSHIPS</b>	<b>YEAR 8: RELATIONSHIPS</b>	<b>YEAR 9: RISKY BEHAVIOR</b>	<b>YEAR 10: RISKY BEHAVIOR</b>	<b>YEAR 11: LEGAL &amp; ILLEGAL DRUGS</b>
<b>TOPICS TO BE COVERED</b>	<ul style="list-style-type: none"> <li>• LISTENING TO OTHERS</li> <li>• RESPONSIBILITY TOWARDS FRIENDS</li> <li>• GIRL/BOYFRIENDS</li> </ul>	<ul style="list-style-type: none"> <li>• ACCEPTANCE OF OTHERS</li> <li>• DIFFERENT FORMS OF BULLYING</li> </ul>	<ul style="list-style-type: none"> <li>• PEER PRESSURE</li> <li>• LEGAL DRUGS</li> </ul>	<ul style="list-style-type: none"> <li>• SEX EDUCATION</li> <li>• WHAT IS CONSENT</li> <li>• WHAT IS RESPECT</li> <li>• HOW DO WE MAKE RESPECTFUL CHOICES</li> </ul>	<ul style="list-style-type: none"> <li>• MAKING INFORMED CHOICES</li> <li>• EFFECTS OF GOOD/BAD CHOICES</li> </ul>
<b>SESSION 1</b>	Introduction	Introduction	Introduction	Introduction	Introduction: Drugs, why take them and what are the dangers?
<b>SESSION 2</b>	Friendship	Responsibilities as we grow up	Alcohol	Identifying the problem: disrespectful sexual behaviour and their impacts.	Drug use and abuse
<b>SESSION 3</b>	Growing up, and responsibility	Sexism	Cigarettes/E-Cigarettes	Respect: what is it? Consent: What is it? What is it not?	Drug use and abuse
<b>SESSION 4</b>	Boyfriends, girlfriends and feelings	Verbal Bullying	Shisha	Solutions, empowerment and respect:	Drug use and abuse
<b>SESSION 5</b>	Promotion of empowerment, self-worth, self-esteem and self-respect through listening and respecting others. (Led by School Counsellor).	Promotion of empowerment, self-worth, self-esteem and self-respect through acceptance of others. (Led by School Counsellor).	Promotion of empowerment, self-worth, self-esteem and self-respect through developing strategies to avoid risky behavior and cope with peer pressure. (Led by School Counsellor).	Researching and presenting ways in which the opposite sex can and should be treated respectfully, in relation to sexual behaviour.	Promotion of empowerment, self-worth, self-esteem and self-respect through learning how to make informed choices. (Led by School Counsellor).
<b>SESSION 6</b>	Promotion of empowerment, self-worth, self-esteem and self-respect through listening and respecting others.	Promotion of empowerment, self-worth, self-esteem and self-respect through acceptance of others.	Promotion of empowerment, self-worth, self-esteem and self-respect through developing strategies to avoid risky behavior and cope with peer pressure.		Promotion of empowerment, self-worth, self-esteem and self-respect through learning how to make informed choices.