



CPSHE @ ST THOMAS MORE



GREATER MANCHESTER HIGHER



Revision strategies

Creating a revision timetable



Managing stress



YEAR 11



Step into the future

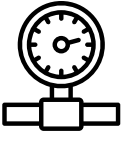


Social media and resilience



Trigger warnings and content online

Managing exam pressures



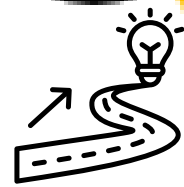
Writing my CV



Interview Skills



Post-16 Pathways



Levels of qualifications



Labour Market Information



Writing a personal statement



Homelessness: UK

Healthy eating on a budget



AI and Fake News



Harassment and stalking



Illegal drugs



Avoiding debt



Endometriosis



Periods



PCOS

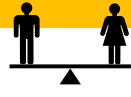


Income tax and NI

Drug classifications



HIV and AIDS



Healthy lifestyles



Defibrillators



Saving money; Gambling; Investing



County Lines and criminal gangs



Knife Crime and the Law; Stop-and-Search



British Values: Democracy; Rule of Law; Individual Liberty; Mutual Respect; Tolerance



Puberty



First Aid



Body Image & Self-esteem



Challenging Homophobia



Understanding stigma



Anxiety



How to lose a country



Stereotypes



Mental Health in Modern Britain



The Equality Act (2010)



Alcohol



FGM



Cancer Awareness



Smoking and Vaping



Law and Rights



All about careers



Consent and boundaries



What is CPSHE?



The UN

Rights and Responsibilities



YEAR 7



Welcome

The Purpose of Law



The STAR Method

Respectful relationships



Sagas: Your next chapter and beyond



This curriculum arrows contains some of the key elements of the CPSHE curriculum.

Rights, Responsibilities and British Values (RRBV)

Celebrating Diversity & Equality (CDE)

Relationships and Sex Education (RSE)

Staying Safe: Online and Offline (SS/OO)

Health & Well-being (HaW)

Life Beyond School (LBS)