

PSE Information

Personal and Social Education is an entitlement for every young person in Scotland. It helps young people to develop the knowledge, skills and attitudes needed to manage their lives, stay health and safe, and achieve their potential. In Lenzie Academy, this is delivered by class Guidance Teachers, one period a week.

There are four key themes that the national curriculum requires pupils to study, in addition to a variety of other topics that help to support their learning and development.

Teachers draw on a range of approaches to meet the needs of students through carefully planned and well paced learning experiences. Guidance Teachers know their classes well and the range of needs of the young people they are working with.

Partnership working with external agencies is particularly important to provide a high quality learning experience.

Below are the four key areas for each year group, with a brief summary of the types of lessons at this age and stage. This is by no means an exhaustive list but gives an indication of the types of topics that pupils will be learning about in class.

If you have any further questions, you should contact your child's guidance teacher via the school office.

Year Group	Mental, Emotional, Social and Physical Wellbeing	Planning for Choices and Changes	Substance Misuse	Relationships and Sexual Health	Other
S1	Intro to Lenzie Academy; School Values; Getting to know each other Young Carers Sleep Mentors in Violence Prevention/Bullying Prevention Children's Mental Health	Groupwork with Skills Development Scotland Logging into My World of Work My Skills and Strengths	What is a drug? Peer Pressure Alcohol School Policy on Drugs	Body Parts Body Image Human Sexuality and Sexual Rights Consent	Firework Safety HeartStart – First Aid Qualification
S2	Adolescence Wellbeing Ambassadors Tolerance & Diversity Anti-Racism Self Harm	Choices & Changes for S3 Boys, Girls & Stereotypes	Names, Laws and Reasons why Vaping	Emotional Literacy Romantic and Loving Relationships Equality and Sexual Harassment Grooming	Online Safety

S3	Teamwork and Communication Lifestyle Diseases Mental Health Sleep	My World of Work Subject Choice/Moving into the Senior Phase Routes into Employment	Alcohol – What’s in a unit? Cannabis New Psychoactive Substances Vaping	Why, consent and the law Sexual Intercourse/Getting Pregnant STIs, BBVs and HIV Choices about Contraception Condoms Pornography	Online Safety Mobile Phone Use Study Skills
S4	Settling into Senior Phase The Teen Brain Caring for your mental health/managing study and exam stress	Choices and Changes for the Senior Phase	Spice Awareness Story of a Night Out Staying Safe/First Aid Social Implications	The Relationship I Want How and Why to End a Relationship Being a Parent/Carer Domestic Abuse	Hate Crime Legislation Personal Support Study Skills
S5	Gambling and Gaming Sleep Hygiene	Routes to Employment Creating a Personal Statement	Drug Criminalisation Alcohol		Reflecting on Exam Performance Study Skills

	Resilience Health/Cancer Awareness	Mock Interviews Bullying & Discrimination in the Workplace College Applications Financial Education – Budgeting and Borrowing	Ecstasy		Political Literacy
S6		UCAS Applications College Applications SAAS Funding Talks Financial Education – Identity Fraud		Meeting and Dating Online The Perfect Partner	S1 Buddy Sessions Travel and Holidays/Safety Political Literacy