



S1 WEEK BY WEEK PSE PROGRAMME 2024 to 2025

Theme	Topic	Lesson	Resources	Completed
Mental, Emotional and Social Wellbeing	Citizenship	Welcome to GHS	Class jotters PowerPoint lesson on Server S1 - Metal Emotional and Social wellbeing Folder- Introductory Lessons	
Mental, Emotional and Social Wellbeing	SHANARI	Safeguarding and CP	PowerPoint lesson on Server S1 - Metal Emotional and Social wellbeing Folder- Introductory Lessons	
Mental, Emotional and Social Wellbeing	Mental Health	Everybody's changing	Before teaching these lessons, you must register for access https://www.learningtoolkit.co.uk/login/index.php?tenanttheme=headstrongbrand	
Mental, Emotional and Social Wellbeing	Mental Health	Friendship Trees (Part 1)	https://www.learningtoolkit.co.uk/login/index.php?tenanttheme=headstrongbrand	
Mental, Emotional and Social Wellbeing	Mental Health	Friendship Trees (Part 2)	https://www.learningtoolkit.co.uk/login/index.php?tenanttheme=headstrongbrand	
Mental, Emotional and Social Wellbeing	Mental Health	Peer pressure & Peer Power	https://www.learningtoolkit.co.uk/login/index.php?tenanttheme=headstrongbrand	
Relationships	Care Experienced		https://www.whocaresscotland.org/schools/ .	
Relationships	Body Image	The Influence of Culture	https://rshp.scot/third-fourth-level Click on powerpoint	



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Relationships	Body Image	My real body/body confidence	https://rshp.scot/third-fourth-level Click on powerpoint	
Relationships	Boys, Girls and Stereotypes	Stereotypes and Equality	https://rshp.scot/third-fourth-level Click on powerpoint	
Relationships	Gender/ Stereotypes	More About Gender	https://rshp.scot/third-fourth-level Click on powerpoint	
Relationships	MVP		Delivered by S6 MVP pupil	
Substance Misuse	Alcohol & Substance Awareness Education	Smoking and Vaping	Before teaching these lessons, you must register for access https://iammescotlandeducation.org.uk/register/ https://iammescotlandeducation.org.uk/i-am-me-online-resources/s1-lesson-final-2023-updated/	
Substance Misuse	Alcohol & Substance Awareness Education	Lesson 1:What is a drug?	https://iammescotlandeducation.org.uk/i-am-me-online-resources/s1-lesson-final-2023-updated/	
Substance Misuse	Alcohol & Substance Awareness Education	Lesson 2: Why do people use drugs?	https://iammescotlandeducation.org.uk/i-am-me-online-resources/s1-lesson-final-2023-updated/	
Substance Misuse	Alcohol & Substance Awareness Education	Lesson 3:Peer Pressure	https://iammescotlandeducation.org.uk/i-am-me-online-resources/s1-lesson-final-2023-updated/	
Anti Bullying Week	Theme TBC	TBC	TBC	
Mental, Emotional and	Mental Health	Words Have Power – Trolling and Being Kind	https://www.learningtoolkit.co.uk/login/index.php?tenanttheme=headstrongbrand	



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Social Wellbeing				
Mental, Emotional and Social Wellbeing	Mental Health	Do you know how you make other people feel	https://www.learningtoolkit.co.uk/login/index.php?tenanttheme=headstrongbrand	
Mental, Emotional and Social Wellbeing	Mental Health	Saying What You Mean	https://www.learningtoolkit.co.uk/login/index.php?tenanttheme=headstrongbrand	
Mental, Emotional and Social Wellbeing	Mental Health	Asking For Help	https://www.learningtoolkit.co.uk/login/index.php?tenanttheme=headstrongbrand	
Relationships	Social Media	Me Online/How we use social media	https://rshp.scot/third-fourth-level Click on powerpoint	
Relationships	Social Media	Netiquette	https://rshp.scot/third-fourth-level Click on powerpoint	
Relationships	Disability Awareness	I am Me Lesson 1	Before teaching these lessons, you must register for access https://iammescotlandeducation.org.uk/register/ https://iammescotlandeducation.org.uk/i_am_me_cat/disability-awareness/	
Relationships	Disability Awareness	I am Me Lesson 2	https://iammescotlandeducation.org.uk/i_am_me_cat/disability-awareness/	
Relationships	Disability Awareness	I am Me Lesson 3	https://iammescotlandeducation.org.uk/i_am_me_cat/disability-awareness/	
Relationships	Disability Awareness	I am Me Lesson 4	https://iammescotlandeducation.org.uk/i_am_me_cat/disability-awareness/	
Relationships	MVP		Delivered by S6 MVP pupil	



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Planning for Choices and Changes	Careers	SDS Careers Advisers Talks with class	Date TBC	
Planning for Choices and Changes	Careers	Lesson 1	Powerpoint in S1 PSE Folder on Server	
Planning for Choices and Changes	Careers	Lesson 2	Powerpoint in S1 PSE Folder on Server	
Planning for Choices and Changes	Careers	Lesson 3	Powerpoint in S1 PSE Folder on Server	
Relationships	My Body Now	Names of parts of my body	https://rshp.scot/third-fourth-level Click on powerpoint	
Relationships	My Body Now	How my body changes as I grow	https://rshp.scot/third-fourth-level Click on powerpoint	
Relationships	My Body Now	Menstruation	https://rshp.scot/third-fourth-level Click on powerpoint	
Physical Wellbeing	Personal Safety	Road Safety	"Your Call" tile through GLOW where all resources can be found. https://roadsafety.scot/children-and-educators/third-and-fourth/your-call/	
Physical Wellbeing	Personal Safety	Water Safety	Powerpoint in S1 PSE Folder on Server	
Physical Wellbeing	Personal Safety	Rail Safety - Live Wire Presentation	Powerpoint in S1 PSE Folder on Server	
Physical Wellbeing	Personal Safety	Rail Safety	Powerpoint in S1 PSE Folder on Server	

