



S4 WEEK BY WEEK PSE PROGRAMME 2024 to 2025

| Theme | Topic | Lesson | Resources | Completed |
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| Mental, Emotional and Social Wellbeing | Citizenship | Welcome to GHS | Class jotters | |
| Relationships & Sexual Health | Qualities of a partner and talking about relationships | Qualities of a partner and talking about relationships | https://rshp.scot/third-fourth-level Click on powerpoint | |
| Relationships & Sexual Health | Relationships | Misogyny | https://sway.office.com/Dka0ZNgvpeYPQWsk | |
| Relationships & Sexual Health | Being A Parent | Would having a baby change my life? What do parents/carers need? | https://rshp.scot/third-fourth-level Click on powerpoint | |
| Relationships & Sexual Health | Being A Parent | Connecting with and nurturing your child | https://rshp.scot/third-fourth-level Click on powerpoint | |
| Relationships & Sexual Health | Being A Parent | The importance of Play/The Babybox | https://rshp.scot/third-fourth-level Click on powerpoint | |
| Relationships | Care Experienced | | https://www.whocaresscotland.org/schools/ | |



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| Mental & Social Wellbeing | Mental Health | Is Your Social Media Watching You Back? | Before teaching these lessons, you must register for access https://www.learningtoolkit.co.uk/login/index.php?tenanttheme=headstrongbrand | |
| Mental & Social Wellbeing | Mental Health | Putting your real face on | https://www.learningtoolkit.co.uk/login/index.php?tenanttheme=headstrongbrand | |
| Mental & Social Wellbeing | Mental Health | Understanding why we mask | https://www.learningtoolkit.co.uk/login/index.php?tenanttheme=headstrongbrand | |
| Mental & Social Wellbeing | Mental Health | Becoming Yourself | https://www.learningtoolkit.co.uk/login/index.php?tenanttheme=headstrongbrand | |
| Mental & Social Wellbeing | Mental Health | Are you a good person | https://www.learningtoolkit.co.uk/login/index.php?tenanttheme=headstrongbrand | |
| Mental & Social Wellbeing | Mental Health | Who is the best? | https://www.learningtoolkit.co.uk/login/index.php?tenanttheme=headstrongbrand | |
| Mental & Social Wellbeing | Mental Health | Whats the best bit? | https://www.learningtoolkit.co.uk/login/index.php?tenanttheme=headstrongbrand | |
| Substance Misuse | Alcohol & Substance Awareness Education | Lesson 1: Cannabis. The Facts | Before teaching these lessons, you must register for access https://iammescotlandeducation.org.uk/register/ https://iammescotlandeducation.org.uk/i-am-me-online-resources/s4-lesson-2023-updated/ | |
| Substance Misuse | Alcohol & Substance Awareness Education | Lesson 2: Risky Situations | https://iammescotlandeducation.org.uk/i-am-me-online-resources/s4-lesson-2023-updated/ | |



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| Substance Misuse | Alcohol & Substance Awareness Education | Lesson 3: Keeping Safe | https://iammescotlandeducation.org.uk/i-am-me-online-resources/s4-lesson-2023-updated/ | |
| Substance Misuse | Alcohol & Substance Awareness Education | Lesson 4: Social Implications of Misusing Alcohol & Drugs | https://iammescotlandeducation.org.uk/i-am-me-online-resources/s4-lesson-2023-updated/ | |
| Planning For Choices & Changes | Study Skills | Study Skills Lesson 1 | Powerpoint in S4 PSE Folder on Server (Planning for Choices and Changes) | |
| Planning For Choices & Changes | Study Skills | Study Skills Lesson 2 | Powerpoint in S4 PSE Folder on Server (Planning for Choices and Changes) | |
| Planning For Choices & Changes | Study Skills | Study Skills Lesson 3 | Powerpoint in S4 PSE Folder on Server (Planning for Choices and Changes) | |
| Planning For Choices & Changes | Study Skills | Study Skills Lesson 4 | Powerpoint in S4 PSE Folder on Server (Planning for Choices and Changes) | |
| Relationships & Sexual Health | Make It Good/Relationships | The Relationship I want | https://rshp.scot/senior-phase/Click on powerpoint | |
| Relationships & Sexual Health | Make It Good/Relationships | Ending a relationship | https://rshp.scot/senior-phase/Click on powerpoint | |



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| Relationships & Sexual Health | Make It Good/Relationships | How do you know you are ready for sex | https://rshp.scot/senior-phase/ Click on powerpoint | |
| Relationships & Sexual Health | Gender Equality | Relationships | https://rshp.scot/senior-phase/ Click on powerpoint | |
| Relationships & Sexual Health | Gender Equality | Equality and the Law | https://rshp.scot/senior-phase/ Click on powerpoint | |
| Relationships & Sexual Health | Pornography | What is pornography and what is it doing to us? | https://rshp.scot/senior-phase/ Click on powerpoint | |
| Relationships & Sexual Health | Sex (drugs and alcohol) | Sex (drugs and alcohol) | https://rshp.scot/senior-phase/ Click on powerpoint | |
| Planning For Choices & Changes | CV | Creating a personal statement for a CV | https://www.myworldofwork.co.uk/activity/creating-personal-statement-cv | |
| Planning For Choices & Changes | Work Placements | Work Placements | https://www.myworldofwork.co.uk/activity/work-placements | |
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| Substance Misuse | Alcohol & Substance Awareness Education | Lesson 2: Risky Situations | https://iammescotlandeducation.org.uk/i-am-me-online-resources/s4-lesson-2023-updated/ | |
| Substance Misuse | Alcohol & Substance Awareness Education | Lesson 3: Keeping Safe | https://iammescotlandeducation.org.uk/i-am-me-online-resources/s4-lesson-2023-updated/ | |
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