



Rothesay Academy – S1 PSHE

PSHE Content
See Me – Safe space
See Me – Iceberg theory
See Me – What matters to you
See Me – Mine sweep
See Me – Activity 5 - Which famous people lived or are living with a mental health condition
Heads up – Promoting Well-Being
Heads Up - Mental Health Awareness and Challenging Stigma
Heads up – Looking After Yourself
Heads Up – Supporting your Friends
Heads Up – Reaching Out
Heads Up – Drugs, Alcohol and Mental Health
Heads Up – Self-Harm
RSHP –1 Names of Body Parts
RSHP –2 How My Body Changes
RSHP –3 Female Reproduction
RSHP – 4 Me Online
RSHP – 5 Netiquette
RSHP – 6 Being a Parent
RSHP – 7 What Babies Need
RSHP – 8 If I were a parent or carer
RSHP – 9 Body Image - Popular culture
RSHP – 10 Body Image -My real body
RSHP – 11 Boys, Girls and Stereotypes
RSHP – 12 What is gender?
Careers 1 - My World of Work - What Can I do in this industry
Careers 2 - What is their job and how did they get there?
Careers 3 - Pathways
Careers 4 Subject skills and careers
Citizenship – Rights & Responsibilities - The Human Rights Story
Respect Me – Self Reflection Lesson 1 - My Iceberg Identity Lesson 2 – Circles of Influence
Respect Me – Self Reflection Lesson 3 – Acceptable or Unacceptable Lesson 4 – Ripple Effect
Drugs, alcohol, tobacco etc
S1 NHS - Substance Misuse Activity 1
S1 NHS - Substance Misuse Activity 2
S1 NHS - Substance Misuse Activity 3 Vaping
S1 NHS - Substance Misuse Activity 4