

RECEPTION

Welcome to the QPHS PSHE Centre.  
Explore the centre and the rooms  
available by clicking on one of the  
posters...

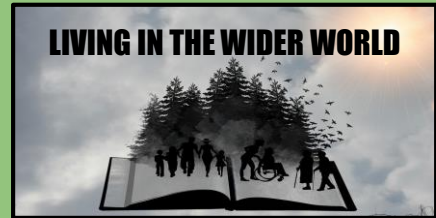


Click on the  
phone for  
support and  
contacts! ...

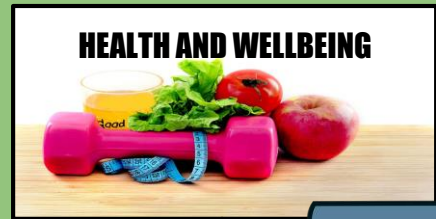
RELATIONSHIPS (RSE)



LIVING IN THE WIDER WORLD

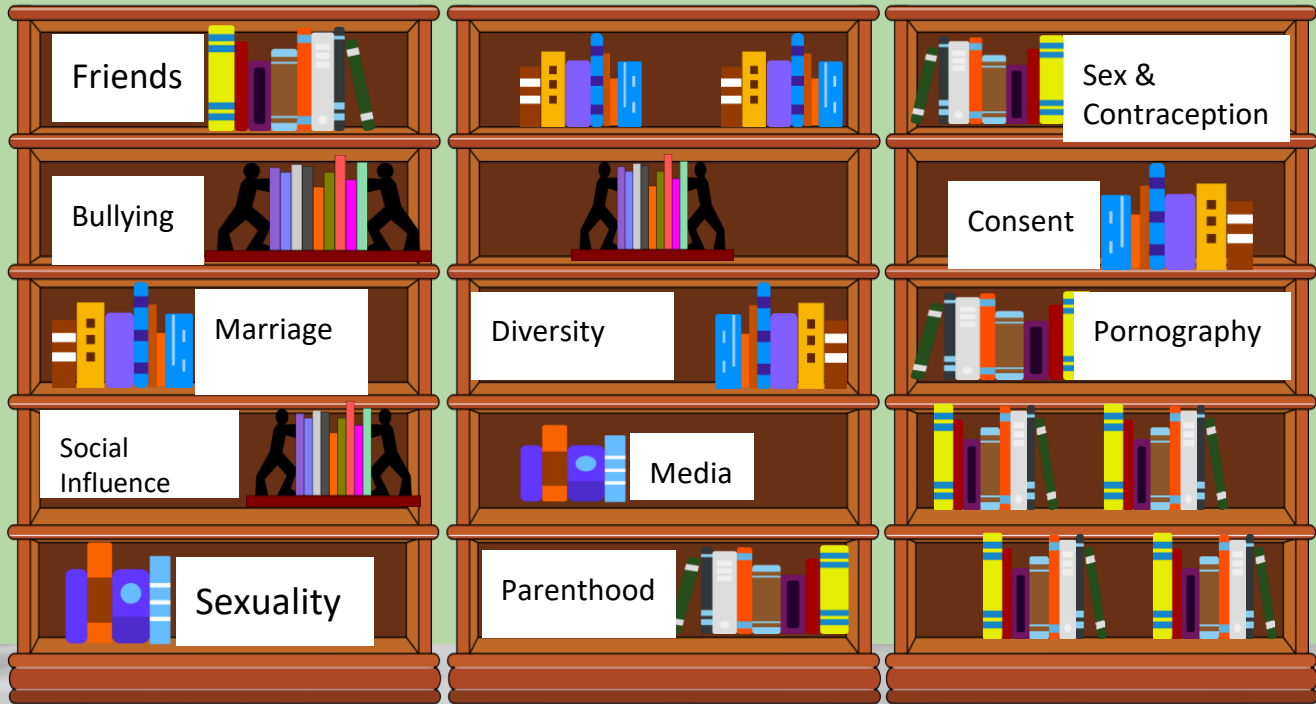


HEALTH AND WELLBEING





# RELATIONSHIPS (RSE) LIBRARY



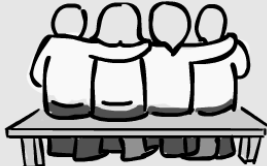
**Welcome to the relationship library. Navigate the room by clicking on the different objects in the bookcase.**





# Friendships

(Click on the coloured dots under the topic to gain further information)



Trust and qualities of a friend



Gender, sexual orientation, sexuality



Media portrayal



Diversity in relationships



# Marriage

(Click on the coloured dots under the topic to gain further information)



Laws of marriage and types of partnerships



Seperation, divorce and bereavement



Types of relationships



Laws and legal rights





# Sex and Consent

(Click on the coloured dots under the topic to gain further information)



Puberty and body image



Consent and the Law



Sex and intimacy

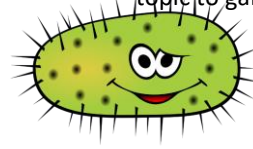


Pornography



# Contraception

(Click on the coloured dots under the topic to gain further information)



Unprotected sex and STI



Types of contraception



Adoption/ fostering



Parenthood



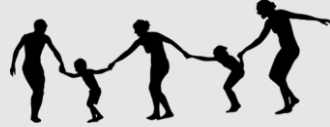


## Social Influence

(Click on the coloured dots under the topic to gain further information)



Media portrayal of relationships



Family and friends involvement



Peer pressure and approval



Diversity in relationships



## Bullying

(Click on the coloured dots under the topic to gain further information)



Types of bullying



...



Laws

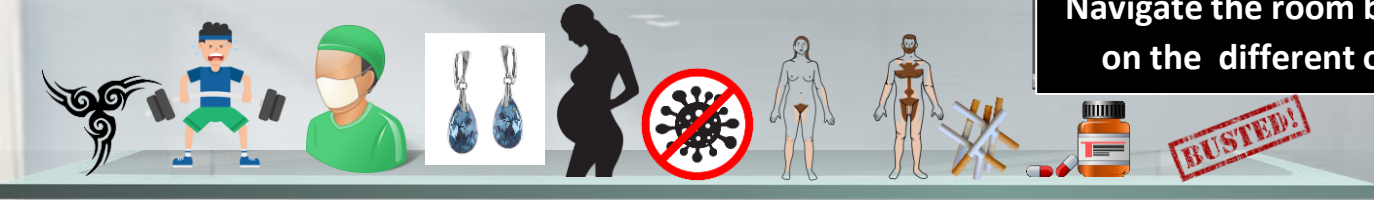


Challenging Bullying





**Welcome to the  
Health & Wellbeing  
room.**  
Navigate the room by clicking  
on the different objects.



# Self concept



Resilience



Mental health support



Stress and anxiety



Emotions

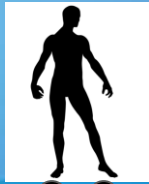
There are lots of different aspects to the topic you have chosen. Click on the dots/picture to gain further information.



## Cosmetic and beauty enhancements



Cosmetic surgery



Body Image



Piercing



Sunbeds



Tattoo

There are lots of different aspects to the topic you have chosen. Click on the dots/picture to gain further information.





## Healthy lifestyle



Hygiene



Healthy eating



Female Genital Mutilation (FGM)



Sleep



Exercise



Healthy Balance

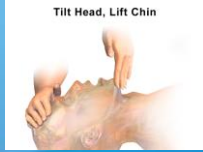
There are lots of different aspects to the topic you have chosen. Click on the dots/picture to gain further information.



## Personal safety



Basic first aid



CPR



Travelling  
abroad



Staying safe  
online



Gambling



Staying safe  
whilst travelling



Cycle safety



Taxi safety

There are lots of different aspects to the topic you have chosen. Click on the dots/picture to gain further information.



# Contraception and pregnancy



Issues with pregnancies



Types of contraceptives



Pregnancy



Healthy pregnancies

There are lots of different aspects to the topic you have chosen. Click on the dots/picture to gain further information.



# Puberty, Sex and STIs



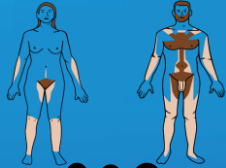
Types of intimacy



Puberty and mental changes



Testing



Puberty and physical changes



What is an STI



Laws

There are lots of different aspects to the topic you have chosen. Click on the dots/picture to gain further information.



# Drugs, alcohol and tobacco



● ●  
Nicotine



Types of drugs



● ●  
Alcohol



Peer pressure



Addiction



Myths



● ●  
Laws

There are lots of different aspects to the topic you have chosen. Click on the dots/picture to gain further information.



Teen Health Smart  
Information on exercise, drugs, bullying,  
stress, body image and relationships

Shout  
24/7 text service, free on all major mobile  
networks, for anyone in crisis anytime,  
anywhere. It's a place to go if you're  
struggling to cope and you need immediate  
help. Text 85258

Kooth  
Online mental wellbeing community

[QPHS website provides information and  
support in all areas](#)

### Childline

Childline is a free, private and confidential service that you  
can access online and on the phone. They can provide help  
and support for people up to their 19th birthday

### NHS Choices

To get urgent medical help, use the NHS 111  
online service, or call 111 if you're unable to get  
help online. For life-threatening emergencies, call  
999 for an ambulance

### Teenage helpline

"To provide all young people with a safe space to  
work together to achieve their own best potential"

### Samaritans

You can access confidential emotional support at  
any time from Samaritans either by calling 116  
123 or emailing [jo@samaritans.org](mailto:jo@samaritans.org)

### Diana award

24/7 crisis support across the UK. If you are  
a young person in crisis, you can text DA to  
85258.

Talk to Frank  
Information and support related to  
drugs and alcohol





Click on the pictures or dots for further information



# Learning skills



Targets and goals



Memory



Enterprise



GCSE Pod



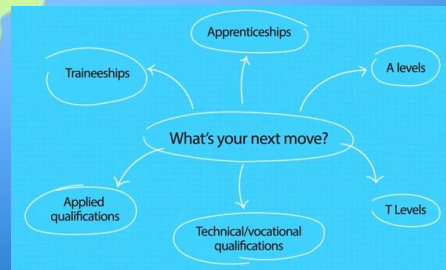


Click on the pictures or dots for further information

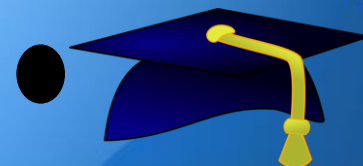
# Choices and pathways



Options and pathways KS3 → KS4



Options and pathways after GCSE (Post 16 Animation)



University & College



Careers advice



Apprenticeships



Gap Year



Sixth form



# Work and Careers

Click on the pictures or dots for further information



Type and patterns of employment



Work Experience

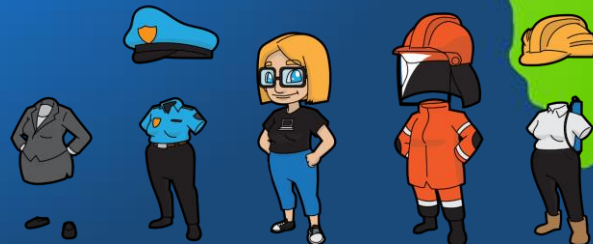


Curriculum Vitae (CV)

Labour Market Information (LMI)



Interviews



Work roles and careers



Click on the pictures or dots for further information



# Employee rights & responsibilities



Rights and responsibilities



Harassment and bullying in the workplace



Health & safety at work



Trade Unions



Click on the pictures or dots for further information

# Financial Choices



Tax and National Insurance



Budgeting



Debt



Click on the pictures or dots for further information



Media content

# Media literacy & digital resilience

reputation

Personal Data generated & shared

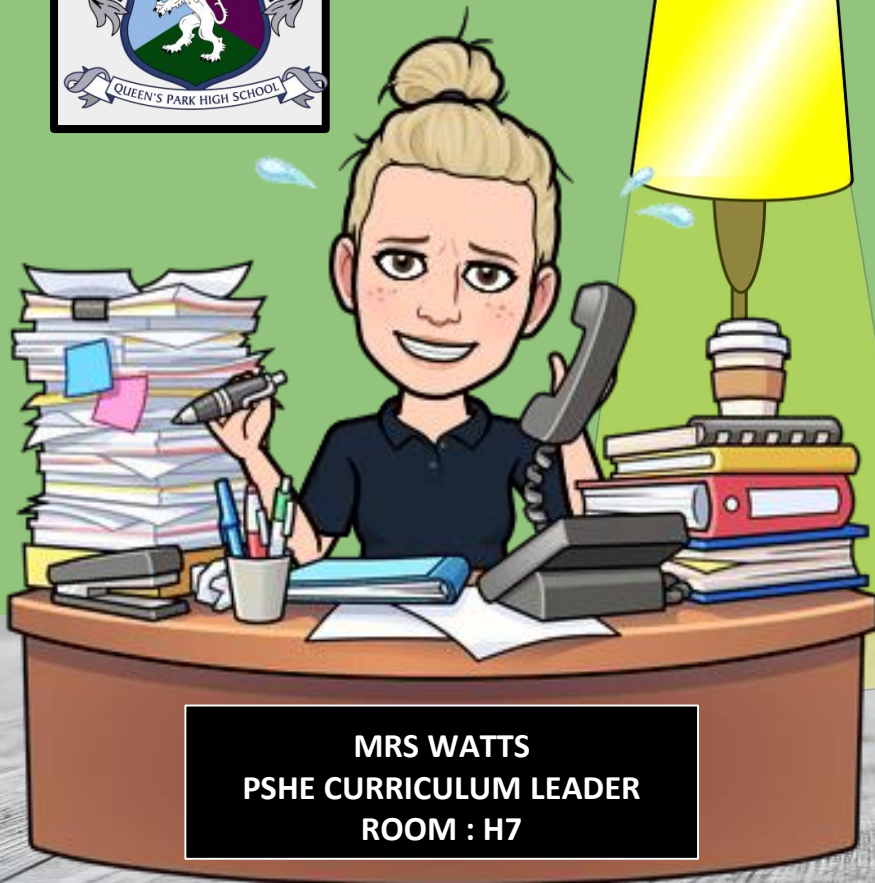


E- Safety



Reporting online

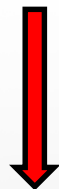




**MRS WATTS  
PSHE CURRICULUM LEADER  
ROOM : H7**

**If you have any questions or require further information on any of the PSHE topics please get in touch with Mrs Watts or your Group Tutor.**

**You can also click on the telephone to access further information**



**[a.watts@qphs.co.uk](mailto:a.watts@qphs.co.uk)**

