

RSHE Form time Autumn 1 and Autumn 2 2023 – 2024

Wk	Year 12 <i>1 tutorial a week</i>	Year 13 <i>1 tutorial a week</i>	Special Days & Events <i>(ideas for assemblies and form time)</i>
1	VESPA Mindset Booklet Goal Setting	Researching Career Options - Where are you now?	04 – Zero Waste Week 05 – International Day of Charity 06 – National Read a Book Day 07 – International Day of Clean Air 08 – International Literacy Day 09 – Emergency Services Day 09 – World First Aid Day 10 – World Suicide Prevention Day
2	VESPA 5 elements to success	Researching Career Options - (1) Where do you want to get to? (2) What matters to you most in life?	13 – Roald Dahl Day 13 – World Sepsis Day 15 – Rosh Hashanah begins (Jewish) 15 – International Day of Democracy 15 – World Afro Day 16 – British Food Fortnight 16 – International Day for the Prevention of the Ozone Layer 17 – Guru Gobind Singh's birthday (Sikh)
3	VESPA: Vision	Researching Career Options - How are you going to get there?	18 – Jeans for Genes Day 18 – Organ Donation Week 18 – International Week of Happiness at Work 19 – Youth Mental Health Day 19 – National Coding Week 21 – UN International Day of Peace 21 – World Alzheimer's Day 21 – National Fitness Day 23 – Bi Visibility Day 23 – Autumn Equinox
4	VESPA: Effort: The three R's of Habit	Researching Career Options - University life – what is important to you?	26 – European Day of Languages 26/7 – Prophet Muhammad's (PBUH) Birth (Muslim) 27 – World Tourism Day 28 – Anant Chaturdashi (Hindu) 29 – Sukkot begins (Jewish) 29 – National Teaching Assistants' Day 29 – MacMillan's World's Biggest Coffee Morning 29 – World Heart Day 30 – International Translation Day
5	VESPA: Systems: Eisenhower Matrix	Writing an Effective Personal Statement - (1) What is an Admissions Tutor? (2) What must you do to get an offer from an Admissions Tutor? (3) What does a reasonable personal statement look like?	01 – Black History Month 01 – National Breast Cancer Awareness Month 01 – ADHD Awareness Month 01 – International Day of Older Persons 01 – Health Literacy Month 01 – World Vegetarian Day 01 – Menopause Awareness Month 02 – National Hygiene Week 02 – National Day of Non-Violence 02 – Grandparent's Day 02 – Challenge Poverty Week 02 – World Dyslexia Awareness Day 02 – Bike to School Week 02 – #PinkWeek 04 – World Animal Day 04 – World Space Week 05 – National Poetry Day 07 – World Smile Day 07 – World Teacher Day 07 – National Bookshop Weekend

6	VESPA: Practice The Leitner Box Blooms Taxonomy	Writing an Effective Personal Statement - (1) What can go wrong with a personal statement? (2) Advice from Admissions tutors	10 – Sexual Health Week 10 – World Mental Health Day 11 – International Day of the Girl 12 – World Sight Day 14 – National Hate Crime Awareness Week 15 – Navratri begins (Hindu) 15 – Global Handwashing Day 16 – Birth of the Bab (Baha’i) 16 – Recycle Week 16 – World Food Day 16 – Restart a Heart Day
7	VESPA: Attitude: Kill your critic and falling forwards	Writing an Effective Personal Statement - Personal Statement Action Plan	18 – Anti-Slavery Day 19 – World Values Day 20 – Conflict Resolution Day 22 – International Stammering Awareness Day
8	VESPA: Reaching the Summit		24 – Dussehra (Hindu) 24 – United Nations Day 27 – National Mentoring Day 28 – International Brain Tumour Awareness Week
Half Term Break			
9	Forced Marriage	Payment methods used in the UK	06 – Parliament Week 09 – Social Media Kindness Day 10 – World Science Day for Peace & Development 11 – Armistice Day 12 – Diwali (Hindu/Sikh/Jain) 12 – Bandi Chhor Divas (Sikh) 12 – World Pneumonia Day 12 – Interfaith Week 12 – Remembrance Sunday
10	Honour-Based Violence	Managing a household budget game	13– World Kindness Day 13 – Global Education Week 13 – Anti-Bullying Week 14 – World Diabetes Day 16 – International Day of Tolerance 16 – Disability History Month 16 – World Philosophy Day 17 – Children in Need 18 – European Week for Waste Reduction 19 – International Men’s Day 19 – Road Safety Week 19 – International Restorative Justice Week
11	Healthy Relationships	Borrowing money and the risks	20 – Transgender Awareness Week 20 – Transgender Day of Remembrance 20 – UN World Children’s Day 21 – World Television Day 24 – Buy Nothing Day 25 – White Ribbon Day 25 – International Day for the Elimination of Violence against Women 26 – National Tree Week
12	Consent	Value for money and Making more of it	27 – Guru Nanak’s Birthday (Sikh) 28 – Giving Tuesday 30 – Remembrance Day for Lost Species 30 – St Andrew’s Day (Christian) 01 – World AIDS Day 02 – International Day for the Abolition of Slavery 03 – Advent begins (Christian) 03 – International Day for Persons with Disabilities
13	STIs & Contraception	Going abroad and understanding foreign currency	05 – International Volunteer’s Day 05 – UN World Soil Day 06 – St Nicholas’ Day (Christian) 07 – Hanukkah begins (Jewish) 07 – Christian Jumper Day 08 – Bodhi Day (Buddhist)

			09 – International Anti-Corruption Day 10 – International Human Rights Day 10 – International Animal Rights Day
14	Pregnancy	Inflation and our pockets	11 – International Mountain Day
15	Alcohol, parties and choices	Calculating foreign exchange rates	18 – International Migrant’s Day 20 – International Human Solidarity UN Day 20 – Winter Solstice 22 – Gita Jayanti (Hindu) 24 – Christmas Eve (Christian)
Christmas Holidays			