

# PSHE KS3 and 4

**PSHE has 3 key themes:**

- Health and Wellbeing
- Relationships
- Living in the wider world

	SUMMER ½ TERM (June - July)	AUTUMN TERM	SPRING TERM	SUMMER TERM ½ Term (Easter - May)
Year 7		<p><b>Health &amp; Wellbeing – Transition and safety</b></p> <p>Transition to secondary school and personal safety in and outside of school, including first aid and road safety.</p> <p><b>Living in the wider world – Developing skills and aspirations</b></p> <p>Careers and teamwork and enterprise skills and raising aspirations</p>	<p><b>Relationships – Diversity</b></p> <p>Diversity, prejudice and bullying. Looking at different types of bullying e.g. physical, emotional, online</p> <p><b>Health &amp; Wellbeing – Health and Puberty</b></p> <p>Healthy routines, influences on health, puberty, unwanted contact and FGM</p>	<p><b>Relationships – Building Relationships</b></p> <p>Self-worth, romance and friendships (including online) and relationship boundaries.</p>
Year 8	<p><b>Living in the wider world - Financial decision makers</b></p> <p>Saving, borrowing, budgeting and making financial choices</p>	<p><b>Health &amp; Wellbeing – Drugs and alcohol</b></p> <p>Alcohol and drug misuse and pressures relating to drug use</p> <p><b>Living in the wider world – Community and careers</b></p> <p>Equality of opportunity in careers and life choices, and different types and patterns of work</p>	<p><b>Relationships – Discrimination</b></p> <p>Discrimination in all its forms, including: racism, religious discrimination, disability discrimination, sexism homophobia, biphobia and transphobia</p> <p><b>Health &amp; Wellbeing – Emotional Wellbeing</b></p> <p>Mental health and emotional wellbeing, including body image and coping strategies</p>	<p><b>Relationships – Identity and relationships</b></p> <p>Gender identity, sexual orientation, consent, ‘sexting’ and an introduction to contraception</p>

<p>Year 9</p>	<p><b>Living in the wider world – Digital literacy</b></p> <p>Online safety, digital literacy, media reliability and gambling hooks</p>	<p><b>Health and Wellbeing – Peer influence substance use and gangs</b></p> <p>Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation</p> <p><b>Living in the wider world- Setting goals</b></p> <p>Learning strengths, career options and goal setting as part of the GCSE options process</p>	<p><b>Relationships – Respectful relationships</b></p> <p>Families and parenting, healthy relationships, conflict resolution and relationship changes</p> <p><b>Health and Wellbeing Healthy lifestyle</b></p> <p>Diet, exercise, lifestyle balance and healthy choices and first aid</p>	<p><b>Relationships – Intimate relationships</b></p> <p>Relationships and sex education including consent, contraception, the risks of STIs and attitudes to pornography</p>
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Year 10	<p><b>Health &amp; Wellbeing – Mental Health</b></p> <p>Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p>	<p><b>Living in the wider world – Financial decision making</b></p> <p>The impact of financial decisions, debt, gambling and the impact of advertising on financial choices.</p> <p><b>Health &amp; Wellbeing - Exploring influence</b> The influence and impact of drugs, gangs, role models and the media</p>	<p><b>Relationships – Healthy Relationships</b></p> <p>Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography</p> <p><b>Addressing extremism and radicalization</b></p> <p>Communities, belonging and challenging extremism</p>	<p><b>Living in the wider world – Employability skills</b></p> <p>Employability and online presence</p>
Year 11	<p><b>Health &amp; Wellbeing – Building for the future</b></p> <p>Self-efficacy, stress management and future opportunities</p>	<p><b>Living in the wider world – Next steps</b></p> <p>Application processes and skills for further education, employment and career progression</p> <p><b>Relationships Communication in relationships</b></p> <p>Personal values, assertive communication (including in relation to contraception and sexual health) relationship challenges and abuse</p>	<p><b>Health and Wellbeing - Independence</b></p> <p>Relationship health choices and safety in independent contexts</p> <p><b>Relationships Families</b></p> <p>Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p>	<p><b>Revision skills</b></p> <p>Revision skills and time to revise</p>