



KS3 PSHE

	Content	
	Curriculum	Registration
Year 7 HT1	<u>Puberty</u> Students relook at the foundations learnt in primary school on the stages of puberty both boys and girls go through.	<u>Transitions</u> The first half term is all about students settling into secondary school. They are giving the opportunity to build friendship and get to know those students in their form group
Year 7 HT2	<u>Consent and Boundaries</u> We look at what is consent and when consent is needed. Students are taught how to set boundaries for themselves and how to install these boundaries in an assertive way.	<u>All about me</u> Students are taught about the importance of being able to switch off and have down time. The importance of sleep both on mental and physical health.
Year 7 HT3	<u>County Lines</u> This half term we focus on county lines, what is county lines and how we can protect each others from possible dangers.	<u>Building relationships</u> This unit is all about building friendships and why it is important to be kind to others. What makes and good friend and how to build positive relationships.
Year 7 HT4	<u>Staying Safe</u> We look at the dangers we can face online and how we can protect ourselves. We look at the positives and negatives of social media.	<u>Self Esteem</u> Exploring the range of emotions everyone can feel at different points in their life. How to celebrate personal strengths and how to embrace any weaknesses.
Year 7 HT5	<u>Drugs</u> Students develop their understanding on the dangers of caffeine and energy drinks. We start to look at vaping and the dangers associated with this .	<u>Looking after ourselves</u> We move on to explore how we can look after our physical health. This includes healthy eating, exercise and looking after our skin in the sun.
Year 7 HT6	<u>Drugs</u> Following on from the previous half term, we look at the dangers of smoking and drinking alcohol, looking at the impact is has on both physical and mental health .	<u>Identity and prejudice</u> This unit looks at what is prejudice and how we can begin to live in harmony with our peers regardless of our identity.
Year 8 HT1	<u>County lines</u> Developing on from knowledge leant in Year 7, we look at gang culture and who is at risk.	<u>Proud to be me</u> Celebrating successes, looking at setting goals and how we can use our time to be the best we can be.
Year 8 HT2	<u>Grooming:</u> How to stay safe both online and in the wider world. Where we can go for support and advice. What is abuse and the different types.	<u>Mental Health</u> How we can look after our mental and emotional well - being. What is stress and how to deal with this. Strategies on how to maintain a positive mental well being.
Year 8 HT3	<u>Relationships.</u> We look at positive relationships, what makes a healthy relationship. We start to explore what is love and an introduction into types of contraception, including abstinence.	<u>Social media</u> This half term we evaluate the advantages and disadvantages of social media. To understand the risks and how to manage them.
Year 8 HT4	<u>RSE</u> What is sexual gender identity and sexual orientation. We look at the difference between sex and gender. The challenges people face in today society with regard to identity.	<u>Health and Well-being</u> This unit focuses on body positivity, we look at what is a healthy diet and how important activities are for you physical and mental health.
Year 8 HT5	<u>LGBTQ+</u> What is LGBTQ+ and looking at the role models we have in British society. We explore the trust and understanding needed for those to “come out” and what support networks there are for the LGBTQ+ community	<u>Dealing with conflict</u> We look at where conflict may occur and the range of causes, with resolution methods. We explore the impact of bullying, where to seek to support and how to manage cyber bullying



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Year 8 HT6	<u>Transphobia</u> To understand the different types of discriminations people in the LGBTQ+ community face and how we can support them.	<u>Living in the wider world</u> To understand why people are racist and the effects of racism. To challenge unconscious bias and what is equal opportunities.
Year 9 HT1	<u>Living in the wider world</u> We define the terms stalking and harassment and explore the differences between flirting and sexual harassment. Students will understand the laws surrounding Stalking and Harassment. Explore what upskirting is and where it might take place Know what you can do if you're the victim / witness it and sources of help To understand how upskirting affects people.	<u>Looking after ourselves</u> Understand the vital importance of First Aid as a life saving skill how to perform first aid, including CPR, the use of defibrillators, choking and basic treatment for common injuries To understand how to put someone in the recovery position and when to contact emergency services.
Year 9 HT2	<u>Consent</u> To know the legal definition of consent and the law surrounding it. We look at the practicalities of consent and the importance of it, including understanding the consequences of sexual activity with no consent	<u>Mental well-being</u> We debate how photo editing and airbrushing are contributing to a false sense of beauty. We explore what it means to be body positive and body neutral and evaluate the impact advertisements are having on our self esteem
Year 9 HT3	<u>Delaying Sexual Activities</u> We discuss why delaying sexual activity is important. How they can be assertive in saying say no and respecting each other boundaries.	<u>Happiness</u> Explore what happiness might mean to different people and why it's OK for us to explore our own feelings and emotions. we discuss whether happiness truly exists Students define the term self esteem and explain how it impacts us. They explore why people do not necessarily respond in the same way to similar situations, and that different people may express their feelings in many different ways.
Year 9 HT4	<u>Contraception</u> We learn the block, suppress and disable methods to reducing the risk of pregnancy and explore which forms of contraception protect against pregnancy, STIs or both.	<u>Identity</u> Students develop an understanding on the difference between biological sex, gender identity and sexual orientation, they begin recognise that sexual attraction and sexuality are diverse. Understand what asexuality is and to know common myths and misconceptions and understand the difference between sex and gender, understand what gender stereotyping means and explored examples of gender stereotyping.
Year 9 HT5	<u>STIs</u> Students can describe the key symptoms and risks associated with a variety of different STIs and understand the importance of sexual Health Clinics (GUM) including why young people after unprotected sex should always get themselves checked out.	<u>Drugs</u> We define the term substance addiction and understand the different types of addictions that people can have To evaluate whether sugar is more addictive than cocaine.
Year 9 HT6	<u>HIV and AIDs</u> We learn the history of HIV and AIDS and understand the recent advances in HIV treatment and prevention. We explore how the cycle of prejudice and discrimination towards HIV and AIDS sufferers can be broken.	<u>Drugs</u> To learn more about a variety of Class A and B drugs and the impact these drugs have on society. We explore the physical and mental impact these drugs have on users and evaluate what support networks are available to help support those who use drugs as a coping mechanism or addicted to drugs.