

## PSHE - KS3

### Overview

PSHE education is a school curriculum subject that helps children and young people to stay healthy, safe and prepared for life and work in modern Britain. When taught well, PSHE education also helps pupils to achieve their academic potential.

PSHE stands for personal, social, health and economic. Most of PSHE education became statutory in September 2020 under the Children and Social Work Act. The Act introduced compulsory Relationships and Sex Education in secondary schools. Health Education (both mental and physical) became statutory from key stages 1 to 4.

The Department for Education (DfE) calls PSHE education ‘an important and necessary part of all pupils’ education’ and that ‘all schools should teach PSHE, drawing on good practice’.

Our programme of study has been designed to cover the three core themes as outlined with the DfE statutory guidance - Health and Wellbeing, Living in the Wider World and Relationships.

The content of this document has been supported using PSHE Association and EC Publishing.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 7</b>	<ul style="list-style-type: none"> <li>- Consent.</li> <li>- Contraception.</li> <li>- The dangers of pornography.</li> </ul>	<ul style="list-style-type: none"> <li>- British values:tolerance.</li> <li>- Who are the radical groups.</li> </ul>	<ul style="list-style-type: none"> <li>- Prejudice and discrimination: religion.</li> <li>- Finance: Income and Expenditure.</li> </ul>	<ul style="list-style-type: none"> <li>- Career Skills: Communication Skills</li> <li>- Self confidence and goals.</li> </ul>	<ul style="list-style-type: none"> <li>- Emotional literacy: Self awareness.</li> <li>- Mindfulness.</li> <li>- Vaping, Nicotine and Addiction.</li> </ul>	<ul style="list-style-type: none"> <li>- Stereotypes and Prejudice: Disability.</li> <li>- Homophobia – LGBT discrimination around the world.</li> </ul>

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	<ul style="list-style-type: none"> <li>- Sexting and image share danger.</li> <li>- STI's.</li> <li>- Male body image.</li> <li>- Domestic conflict.</li> </ul>	<ul style="list-style-type: none"> <li>- Where does extremism come from?</li> <li>- How do leaders attract converts?</li> <li>- Extremism laws.</li> <li>- Preventing radicalisation and extremism.</li> </ul>	<ul style="list-style-type: none"> <li>- Finance: Tax and National Insurance.</li> <li>- How tax is spent – public money funding the UK.</li> <li>- Finance: Budgeting and Saving.</li> <li>- Careers Skills: Entrepreneurs.</li> <li>- Careers Skills: Teamwork.</li> </ul>	<ul style="list-style-type: none"> <li>- Personal development and target setting.</li> <li>- Managing my behaviour to achieve.</li> </ul>	<ul style="list-style-type: none"> <li>- Cancer awareness.</li> <li>- Personal safety and first aid.</li> <li>- Teenage pregnancy.</li> </ul>	<ul style="list-style-type: none"> <li>- Discrimination and Stereotypes: Teenagers.</li> <li>- How can we avoid online groomers?</li> <li>- Environmental Issues.</li> </ul>
<b>Year 8</b>	<ul style="list-style-type: none"> <li>- Eating disorder.</li> <li>- Body image.</li> <li>- Child sexual exploitation.</li> <li>- Abusive relationships.</li> <li>- Peer pressure.</li> </ul>	<ul style="list-style-type: none"> <li>- The LGBTQAI+ Community.</li> <li>- Alcohol awareness.</li> <li>- Drugs and the law.</li> <li>- Vaccinations, organ and blood donation stem cells and hygiene.</li> </ul>	<ul style="list-style-type: none"> <li>- Behaving to achieve – why do we have rules in the classroom?</li> <li>- Human rights: access to education.</li> <li>- Interpersonal skills.</li> </ul>	<ul style="list-style-type: none"> <li>- Selfie safety.</li> <li>- Taking control of my future.</li> <li>- Work skills, enterprise and the work environment.</li> <li>- What exactly is enterprise and what</li> </ul>	<ul style="list-style-type: none"> <li>- Enterprise and workplace skills and characteristics.</li> <li>- How can we keep financially savvy and avoid debt?</li> <li>- How can I successfully manage my money?</li> </ul>	<ul style="list-style-type: none"> <li>- Human rights: trafficking.</li> <li>- How and why does the UK help people in other countries?</li> <li>- What is sustainability and how can we personally</li> </ul>

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	<ul style="list-style-type: none"> <li>- British Community, Religion and Culture.</li> <li>- British Values: Identity.</li> </ul>	<ul style="list-style-type: none"> <li>- Acid attack.</li> <li>- Self harm.</li> </ul>	<ul style="list-style-type: none"> <li>- Discrimination and the Equality Act 2010.</li> <li>- Growth mindset.</li> <li>- Coping with stress.</li> <li>- Managing anxiety.</li> </ul>	<ul style="list-style-type: none"> <li>are enterprising skills and qualities?</li> </ul>	<ul style="list-style-type: none"> <li>- Consumers and the Law – what are my rights?</li> <li>- Employability – Applying and preparing for the world of work.</li> <li>- Who are UNICEF and how do they help around the world?</li> </ul>	<ul style="list-style-type: none"> <li>live in a more sustainable way?</li> <li>- How does the law deal with young offenders?</li> <li>- Why do teens get involved with knife crime and what are the consequences?</li> </ul>
<b>Year 9</b>	<ul style="list-style-type: none"> <li>- Consent.</li> <li>- Contraception.</li> <li>- The dangers of pornography.</li> <li>- Sexting and image share danger.</li> <li>- STI's.</li> <li>- Male body image.</li> </ul>	<ul style="list-style-type: none"> <li>- British values:tolerance.</li> <li>- Who are the radical groups.</li> <li>- Where does extremism come from?</li> <li>- How do leaders attract converts?</li> <li>- Extremism laws.</li> </ul>	<ul style="list-style-type: none"> <li>- Prejudice and discrimination: religion.</li> <li>- Finance: Income and Expenditure.</li> <li>- Finance: Tax and National Insurance.</li> <li>- How tax is spent – public money funding the UK.</li> </ul>	<ul style="list-style-type: none"> <li>- Career Skills: Communication Skills</li> <li>- Self confidence and goals.</li> <li>- Personal development and target setting.</li> <li>- Managing my behaviour to achieve.</li> </ul>	<ul style="list-style-type: none"> <li>- Emotional literacy: Self awareness.</li> <li>- Mindfulness.</li> <li>- Vaping, Nicotine and Addiction.</li> <li>- Cancer awareness.</li> <li>- Personal safety and first aid.</li> </ul>	<ul style="list-style-type: none"> <li>- Stereotypes and Prejudice: Disability.</li> <li>- Homophobia – LGBT discrimination around the world.</li> <li>- Discrimination and Stereotypes: Teenagers.</li> <li>- How can we avoid online groomers?</li> </ul>

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	- Domestic conflict.	- Preventing radicalisation and extremism.	- Finance: Budgeting and Saving.  - Careers Skills: Entrepreneurs.  - Careers Skills: Teamwork.		- Teenage pregnancy.	- Environmental Issues.