



Key Stage 3 Curriculum Overview – PSHE



	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 7	<p><u>Health and Wellbeing</u></p> <p>Transition – Where do I start? Why is PSHE important? What is a healthy lifestyle? How can I keep healthy? How do I eat responsibly? What are the consequences of not eating healthily? Why is exercise important? What's the danger with energy drinks? What are the dangers of cigarettes and alcohol?</p>	<p><u>Health and Wellbeing</u></p> <p>Puberty – what happens, when and why? Periods – what happens, when and why? FGM – what is this and why is it so dangerous? What are drugs (class A, B and C)? Why are drugs dangerous? What are mental health issues? – depression focus How can we manage our anger?</p>	<p><u>Living in the Wider World</u></p> <p>What does it mean to be an aspirational student? Why is self-esteem important? What are wants and needs and why do we need to know the difference? How can we enjoy social media safely? What is stereotyping and prejudice?- racism focus</p>	<p><u>Living in the Wider World</u></p> <p>How can we budget our money? How can I create a personal budget plan? What are savings, loans and interest? What are the different types of financial transactions? What are the different types of financial products? How can we shop ethically?</p>	<p><u>Relationships (RSE)</u></p> <p>How do I keep good friendships going and avoid toxic ones? Family relationships – what are the different types? Why do families not always get along? Loving relationships – what does it mean to fall in love? How do we deal with new feelings? What is my personal identity and why is diversity important?</p>	<p><u>Relationships (RSE)</u></p> <p>Bullying or banter – what is the difference? Why do people bully others and how can we stop it? What is cyber-bullying and why do people bully online? How do we keep safe and keep positive relationships online? Extremism – why does radicalisation happen and how does it challenge our values?</p>
Year 8	<p><u>Living in the Wider World</u></p> <p>Why is our environment changing? How can we care for our environment? Stereotyping, discrimination and prejudice – how are things portrayed in the media? How are teenagers portrayed in the media? LGBT focus – what is homophobia? Internet safety – what is online grooming?</p>	<p><u>Living in the Wider World</u></p> <p>Careers – how can we develop our communication skills? Careers – how can we develop our teamwork skills? How can we become entrepreneurs? What are income and expenditure? What are budgeting and saving? What are national insurance and income tax? Why do we pay tax?</p>	<p><u>Health and Wellbeing</u></p> <p>Target setting – how can I improve my behaviour and skills? How can self-confidence boost our achievement? How can I manage my behaviour to achieve targets and goals? What is mindfulness and how can it aid positive mental health? Why is self-awareness in our actions towards others important?</p>	<p><u>Health and Wellbeing</u></p> <p>How can we look after ourselves and others in an emergency? – first aid and personal safety What is vaping and is it as bad as smoking? What is disability stereotyping, discrimination and prejudice? Why do teenage parents have it so tough? How can we avoid teenage pregnancy?</p>	<p><u>Relationships (RSE)</u></p> <p>How does the media impact body image?- focus on boys What is pornography and why can it be dangerous? What is sexting and why is it so risky to send personal images? What is consent and why is it important? How do we have safe sex and use contraception? How do we avoid STIs? Domestic conflict – what is it?</p>	<p><u>Relationships (RSE)</u></p> <p>What is religious stereotyping, discrimination and prejudice? Where does extremism come from? Who are the extremist groups? How do religious extremists attract converts? Islamophobia – do Muslims really want Sharia law in Britain? How can we prevent extremism? How can British Values teach us tolerance and respect?</p>
Year 9	<p><u>Living in the Wider World</u></p> <p>How does Knife crime impact our communities? Why do teens carry knives and what are the consequences? How does the law deal with young offenders? How can extreme views lead to human rights abuses? How do charities like UNICEF help across the world? Should we send aid abroad? What is sustainability and why is this essential to the environment?</p>	<p><u>Living in the Wider World</u></p> <p>How can we be self-disciplined to achieve school and world aims? What are employability skills? What other skills do we need for the work environment? What does it mean to be “enterprising”? How do I navigate accounts, saving loans and financial institutions? What rights do shoppers have? How can I stay financially savvy and avoid debt?</p>	<p><u>Health and Wellbeing</u></p> <p>Why do we need to keep rules in order to succeed? How do I foster a growth mindset? How can I develop inter-personal skills? How can I manage school and exam stress? What is self-harm and why do people do it? How can I deal with, and manage, anxiety attacks? Why can't some people access education?</p>	<p><u>Health and Wellbeing</u></p> <p>Acid attacks – why are they on the increase? How are we protected from prejudice and harm? Why do people take illegal drugs and what does the law say? What are the consequences of excess alcohol drinking? Why do people become “selfie” obsessed and what are the consequences?</p>	<p><u>Relationships (RSE)</u></p> <p>What is peer-peer pressure – why is it so powerful and how can we overcome it? CSE – how are children lured into dangerous relationships? What are domestic violence and abusive relationships? What are health and unhealthy relationships? Who are the LGBT+ community and what would they like us to know?</p>	<p><u>Relationships (RSE)</u></p> <p>How does the media impact body image? – focus on girls Does the media contribute to eating disorders? Why are British communities so diverse? – immigration focus Can we respect and celebrate British values and the religion and culture of our choice?</p>