

PSHE Curriculum 2022-2023 – Key Stage 3

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 7	Transition and Friendships: Successfully managing transition, building resilience, confidence and healthy friendships.	Online Safeguarding. How to safely engage in the online world, identify inappropriate behaviour and understand how to report unsafe activity.	Healthy Lifestyle Principles of healthy lifestyles, healthy eating and the connection between positive mental health.	Sex and Relationship Education: Hygiene and independence. Exploring and preparing for puberty.	Personal Safety: Dangers of alcohol and tobacco. Making positive choices and avoiding dangerous situations. Where to access help.	First Aid Basic first aid and lifesaving techniques including CPR.
Year 8	Healthy Relationships: Respectful, stable and diverse relationships. Consent, respect and boundaries.	Online Safeguarding: Managing online issues, malicious content, filtering and blocking. Managing our online time appropriately.	Mental Health and Healthy Lifestyle Good Quality Sleep. Recognising signs of poor mental health and accessing help.	Sex and Relationship Education: Signs of puberty and key definitions. Hygiene and the menstrual cycle.	Personal Safety: How to safeguard ourselves and where to access support. Alcohol and drugs, exploitation and domestic abuse.	Careers Education: I explore – exploring career options, goals, targets, skills and strengths.
Year 9	Healthy Relationships: Recognising safe relationships, understanding consent and the law. Diversity and bullying.	Online Safeguarding: Risks of unknown people, exploring the CEOP platform and reporting concerns.	Mental Health and Healthy Lifestyle: Impact of unhealthy lifestyles. Recognising and accessing support for anxiety, depression and poor mental health.	Sex and Relationship Education: Intimate relationships and sexual health.	Personal Safety: Grooming, exploitation and serious violent crime. Equipped and armed to say no.	Careers Education: I focus – goals, plans, progress and self development.

PSHE Curriculum 2022-2023 – Key Stage 4

	Half Term 1 Day 1	Half Term 2 Day 2	Half Term 3 Day 3	Half Term 4 Day 4	Half Term 5 Day 5	Half Term 6 Day 6
Year 10	<p>Sex and relationship education – personal safety/risks</p> <p>Serious violence and knife crime – Police case studies</p> <p>Mental Health – Signs, symptoms and management</p> <p>Prevent/exploitation</p>	<p>Sex and relationship education – relationships and equality</p> <p>Internet Safety and harms</p> <p>Drugs and Alcohol</p>	<p>Sex and relationship education – Pregnancy choices, parenting</p> <p>Post 16 preparation</p>	<p>Sex and relationship education – Online presence</p> <p>Financial capability</p> <p>Mental Health: Issues with School and managing negative thinking</p>	<p>Online Safety – Dangers of viewing explicit material</p> <p>Careers session</p>	<p>Domestic abuse and controlling behaviour</p> <p>Health: Self care and awareness</p>
Year 11	<p>Mental Health and managing exam stress</p> <p>Serious violence and contributing to a safer community</p> <p>Prevent/exploitation</p>	<p>Careers education and work-related learning</p>	<p>Honour based violence and forced marriage/FGM</p> <p>Personal safety and informed consent</p> <p>Positive mental health, confidence and self belief</p> <p>County Lines, gang crime</p>	<p>Intimate relationships and the impact of alcohol and drugs</p> <p>Financial capability</p> <p>Online risks and gambling</p>		