

PSHE Curriculum – Key Stage 3

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

PSHE Curriculum – 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	<ul style="list-style-type: none"> - Prevent - Managing wellbeing - Careers - Physical and mental health 	<ul style="list-style-type: none"> - Gambling – impacts and addiction - Calling it out (sexual harassment) 	<ul style="list-style-type: none"> - Exploitation - Mental Health and Wellbeing - Drugs and alcohol 	Careers education and work-related learning	<ul style="list-style-type: none"> - Pregnancy, choices and parenting - Online presence 	<ul style="list-style-type: none"> - Online safety – dangers of viewing inappropriate material - Domestic abuse and controlling behaviour
Year 11	<ul style="list-style-type: none"> - Prevent - Exploitation - Positive mental health 	<ul style="list-style-type: none"> - Mental health – controlling everyday stress triggers - Financial Literacy – what is the best way to look after money? 	Careers education and work-related learning	Honour-based violent FGM Intimate relationships and the impact of alcohol and drugs	NA	NA