

## Personal, Social, Health and Economic (PSHE) Curriculum – Key Stage 3

UNIT	YEAR 7	YEAR 8	YEAR 9
1.1	Introduction – What is PSHE?	What is ‘risk’?	Relating to others
1.2	How do we keep healthy? Diet and Exercise	Managing risky situations	Skills for successful relationships
1.3		Being assertive and dealing with pressure	Parenting skills and family life
1.4	Maintaining Physical Health	Bullying / Gambling	Exploitation and abuse in relationships
1.5	Living a Happy and Healthy Life	Gangs and knife crime	Help and support in relationships
1.6		FGM	
2.1	What happens at puberty?	Who am I?	Consent
2.2	Menstrual well-being	What does ‘family’ mean?	Sexual relationships
2.3	Personal hygiene	How can I contribute to family life?	Sexual Health
2.4	Be kind to yourself	Gender identity	Pregnancy choices
2.5	Keeping Friendship Going	Stereotypes	Pornography
2.6		Faith and Values	
2.7		Rights and Responsibilities	
3.1	Relationships and values	Understanding our communities	Drugs
3.2	Good and difficult things about relationships	How do I feel about ‘difference’?	Attitudes to drugs
3.3	Communication in relationships	How can we value each other?	Alcohol
3.4	Coping with emotions	What makes a successful community?	Drugs and peer influence
3.5	Body Image (Every Mind Matters resources)	What can cause problems in communities?	Gangs
3.6	Gender	Hate crime and radicalisation, prejudice.	
4.1	Choices around sex	What are my aspirations?	Emotional wellbeing
4.2	Pornography and sexting	Strengths and Skills - Env Agency resources	Dealing with stress
4.3	Sex and the law	Working with others - Env Agency resources	Pressures and influences
4.4	Conception, pregnancy and birth	Goal setting - Env Agency resources	Facing challenges
4.5	What is contraception?	How do I plan for my future?	Work-life balance
4.6	What are STIs?		
5.1	Understanding Drugs	How do I save and how do I budget?	Dove Self Esteem Project 1. Appearance Ideals
5.2		What influences our spending?	2. Media Messages
5.3	Tobacco - risks and influences	How enterprising am I?	3. Confront Comparisons
5.4		Barclay Life Skills resources x 3 lessons	4. Banish Body Talk
5.5	Alcohol and Risk		5. Be the Change
5.6			6. Challenging Appearance, Discrimination
6.1	Attitudes to mental health	Trust me - Online Content	First Aid Allergies (St John Ambulance resources)
6.2	Promoting emotional wellbeing	Trust me - Propaganda	First Aid Asthma (St John Ambulance resources)
6.3	Digital resilience	Trust me - Online Contact	First Aid Basic Life Support (St John Ambulance resources)
6.4	Unhealthy coping strategies (self-harm and eating disorders)	What is online fraud?	First Aid Bleeding (St John Ambulance resources)
6.5	Healthy coping strategies	Where can online fraud occur?	First Aid Head Injuries (St John Ambulance resources)
6.6	Change, loss, grief	Review of Y8 PSHE Learning	Review of Y9 PSHE Learning