

PROGRAMME OF STUDY

KS3 YEARS 7, 8 & 9 PSHE 2024/2025



Key (three core themes of the Programme of Study):

Relationships

Health and Wellbeing

Living in the Wider World

YEAR	TERM 1 (Autumn)	TERM 2 (Spring)	TERM 3 (Summer)
YEAR 7	<ul style="list-style-type: none"> ● Managing Change: <ul style="list-style-type: none"> – What is PSHE? – Getting to Know People – What is a Community? – Keeping safe in our area: Youth Engagement Officer – Sleep and Relaxation – Transition Points in Your Life ● Friends, Respect and Relationships: <ul style="list-style-type: none"> – Consent and Boundaries – Respect and Relationships – What Makes a Good Friend – Friendships & Online Relationships – Being Positive – Pressure, Influence and Friends 	<ul style="list-style-type: none"> ● Puberty and Body Development: <ul style="list-style-type: none"> – Introduction to Puberty – Girls Puberty & Periods – Boys Puberty – Personal Hygiene – Growing Up – Self-Esteem – Tooth Decay & Dental Health ● Staying Safe Online and Offline: <ul style="list-style-type: none"> – Staying Safe Online – Online Gaming, Grooming & Addiction – Alcohol and Risk – Energy Drinks and Caffeine – Knife Crime and Safety – Avoiding Gangs & Criminal Behaviour 	<ul style="list-style-type: none"> ● Celebrating Differences: <ul style="list-style-type: none"> – What is your Identity? – Multicultural Britain – Importance of Being Kind – Breaking Down Stereotypes – Learning Disabilities – Prejudice and Discrimination ● Politics and Parliament: <ul style="list-style-type: none"> – Why is Politics Important? – How is our Country Run? – The Role of the Prime Minister – The Monarchy and King Charles III – Politics, Debates and Parliament – Elections and Campaigning – Creating a Political Party
YEAR 8	<ul style="list-style-type: none"> ● Physical Health and Mental Wellbeing: <ul style="list-style-type: none"> – What is Mental Health? – Positive Body Image – Types of Bullying 	<ul style="list-style-type: none"> ● Identity, Relationships and Sex Education: <ul style="list-style-type: none"> – Being Yourself & Self-Love – Healthy Respectful Relationships – What is Love? 	<ul style="list-style-type: none"> ● Equality and Diversity Explored: <ul style="list-style-type: none"> – Equality Act 2010 – LGBTQ+: What is it? – LGBTQ+: Rights Across the World – Gender Equality

	<ul style="list-style-type: none"> - Healthy Eating - Stress Management • Proud to be Me: <ul style="list-style-type: none"> - Proud to be Me - Careers and Aspirations - Self-Esteem and the Media - The Importance of Happiness - What Makes Me Angry? - Exploring Careers - Employability & Enterprise Skills 	<ul style="list-style-type: none"> - Dealing with Conflict - Introduction to Contraception • Society Online and Offline: <ul style="list-style-type: none"> - County Lines – What is It? - County Lines – Who is at Risk? - Cyberbullying - Online Grooming - Child Exploitation & Online Protection 	<ul style="list-style-type: none"> - Ableism and Disability Discrimination - Racism & Discrimination in Society • Law, Crime and Society: <ul style="list-style-type: none"> - Desert Island Project: living, building a community, making decisions, law & society - How are Laws Made? - Prisons, Reform & Punishment
YEAR 9	<ul style="list-style-type: none"> • Body Confidence: <ul style="list-style-type: none"> - Self-Esteem - Media and Airbrushing - Bullying in all its forms - Dealing with Grief and Loss - Healthy Lifestyles • Life Skills: <ul style="list-style-type: none"> - Goal setting (as part of GCSE options process) - From Failure to Success - Assertiveness - Social Media & Online Stress - Finance, Budgeting and Employment 	<ul style="list-style-type: none"> • Contraception and STIs: <ul style="list-style-type: none"> - What are STIs? - Treating STIs and the Clinic - Contraception Explored - HIV and AIDS Prejudice and Discrimination • Substances: <ul style="list-style-type: none"> - What is a Drug? - Different Types of Addictions - Party Drugs & Illegal Drugs - The War on Drugs - Volatile Substance Abuse 	<ul style="list-style-type: none"> • Sex, the Law and Consent: <ul style="list-style-type: none"> - Sexual Consent and the Law - FGM and the Law - Relationships and Partners - Domestic Abuse and Domestic Violence - Sexual Harassment and Stalking • Extremism and Terrorism: <ul style="list-style-type: none"> - Conspiracies Theories & Narratives - Forms of Extremism - What is Terrorism? - War & Conflict - The Radicalisation Process - How Does Counter Terrorism Work? <p>*Note that Year 9 will receive First Aid training as part of their Duke of Edinburgh Bronze award.</p>

