

PROGRAMME OF STUDY

KS3 YEARS 7, 8 & 9 PSHE 2023/2024



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? - Careers and Your Future - Sleep and Relaxation - Financial Education - 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 ● What Does it Mean to be a Man Today? 	<ul style="list-style-type: none"> ● Puberty and Body Development: <ul style="list-style-type: none"> - Introduction to Puberty - Girls Puberty & Periods (Double Lesson) - Boys Puberty - Personal Hygiene - Growing Up - Self-Esteem - Tooth Decay & Dental Health ● Staying Safe Online and Offline: <ul style="list-style-type: none"> - Avoiding Gangs & Criminal Behaviour - Staying Safe Online - Online Gaming, Grooming & Addiction - Alcohol and Risk - Nicotine and Smoking - E-Cigs, Vaping and Shisha - Energy Drinks and Caffeine - Knife Crime and Safety 	<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 - Challenging Islamophobia ● 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 	<ul style="list-style-type: none"> ● Identity, Relationships and Sex Education: <ul style="list-style-type: none"> - Being Yourself & Self-Love - Healthy Respectful Relationships 	<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

	<ul style="list-style-type: none"> - Child Abuse - Types of Bullying - Healthy Eating and Cholesterol - Stress Management <ul style="list-style-type: none"> ● Proud to be Me: - Employability & Enterprise Skills - Proud to be Me - Careers and Aspirations - Self-Esteem and the Media - The Importance of Happiness - What Makes Me Angry? - Exploring Careers 	<ul style="list-style-type: none"> - What is Love? - Dealing with Conflict - Periods and Menstrual Cycle - Introduction to Contraception - Sexual Orientation <ul style="list-style-type: none"> ● Dangerous Society Online and Offline: - County Lines – What is It? - County Lines – Who is at Risk? - Substance Misuse - Cyberbullying - Online Grooming - Alcohol Safety - Child Exploitation & Online Protection 	<ul style="list-style-type: none"> - Gender Equality - Ableism and Disability Discrimination - Removing the Barriers, Equality for All - Racism & Discrimination in Society <ul style="list-style-type: none"> ● Law, Crime and Society: - Desert Island – Living - Desert Island - Building a Community - Desert Island – Making Decisions - Desert Island - Criminals Law & Society - How are Laws Made? - Prisons, Reform & Punishment
YEAR 9	<ul style="list-style-type: none"> ● Body Confidence: - How Self-Esteem Changes - Bullying in all its forms - Dealing with Grief and Loss - Media and Airbrushing - Cancer Prevention and Healthy Lifestyles <ul style="list-style-type: none"> ● Essential Life Skills: - From Failure to Success - Assertiveness - First Aid - Saving and Managing Money - Labour Market Information - Finance, Budgeting and Employment - Social Media & Online Stress 	<ul style="list-style-type: none"> ● Contraception and STIs: - What are STIs? - Treating STIs and the Clinic - Contraception Explored - HIV and AIDS Prejudice and Discrimination <ul style="list-style-type: none"> ● Legal and Illegal Drugs: - 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: - Sexual Consent and the Law - FGM and the Law - Relationships and Partners - Domestic Abuse and Domestic Violence - Why Have Sex? - Sexual Harassment and Stalking <ul style="list-style-type: none"> ● Combatting Extremism and Terrorism: - Conspiracies Theories & Narratives - Forms of Extremism - What is Terrorism? - War & Conflict - The Radicalisation Process - How Does Counter Terrorism Work? - Antisemitism in the UK

