

KS3 Curriculum overview – PSHE 2023-24



| | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
|---------------|---|--|--|--|--|---|
| Year 7 | <p>Being me in my world: Students will explore and reflect upon what makes them unique, the social influences in their lives, peer pressure and forms of online safety.</p> | <p>Celebrating difference: Students will be introduced to the law around bullying, stereotypes and exploring how to safely challenge negative behaviour and attitudes.</p> | <p>Dreams and goals: Students will be goal setting, celebrating success and discussing how to overcome challenges.</p> | <p>Healthy me: Students will explore techniques for managing stress and mental health including importance of sleep and making healthy lifestyle choices.</p> | <p>Relationships: Students will discuss the characteristics of a healthy relationship, consent and boundaries. Managing emotions within friendships and what makes a healthy romantic relationship.</p> | <p>Changing me: Students will be building upon previous knowledge gained at primary school about puberty. Students will also investigate media and the impact on self-image and self-esteem.</p> |
| Year 8 | <p>Being me in my world: Students will develop their sense of self-identity reflecting upon person beliefs and judgement as well as stereotypes and first impressions.</p> | <p>Celebrating difference: Students will explore the positive change made by others in the interest of equality. How behaviour impacts wellbeing and keeping safe.</p> | <p>Dreams and goals: Students will be setting long-term goals, considering their academic qualifications. Discussing career aspirations, money and happiness including economic wellbeing.</p> | <p>Healthy me: Students will be looking at long-term responsibilities for looking after your own health, including dental health, stress triggers, substances, vaccinations and immunisation.</p> | <p>Relationships: Students will explore positive relationships with self and social media. Negative self-talk and managing a range of relationships including personal safety.</p> | <p>Changing me: Students will be investigating close intimate relationships including legal status of relationships, healthy and unhealthy relationships.</p> |
| Year 9 | <p>Being me in my world: Students will be managing their perceptions of different relationships, including discussion around risky behaviours, negative influences and exploitation.</p> | <p>Celebrating difference: Students will develop their knowledge of the equality act with a focus on protected characteristics, discrimination, harassment and stereotypes.</p> | <p>Dreams and goals: Students will be reflecting upon personal skills, setting SMART targets. Discussing the link between mental and physical health in the interest of setting goals for the future.</p> | <p>Healthy me: Students will be exploring misperceptions about young people’s health choices, the law and effects of alcohol and drugs.</p> | <p>Relationships: Students will investigate the risks of intimate relationships, importance of sexual consent and the law around sex.</p> | <p>Changing me: Students will discuss mental health stigma and support strategies including the importance of sleep for managing emotional change.</p> |