

PSHE Curriculum for Key Stages 3 and 4

Lesson	Year 7	Year 8	Year 9
1	Supporting transition to secondary school	Learning to learn – developing the mind and revision skills	Learning to learn – developing learning and revision skills
2	Social and emotional aspects of learning (SEAL skills)– How to develop friendships and manage feelings	Citizenship- understanding tolerance and acceptance of differences	Citizenship – Immigration/ emigration
3	SEAL skills – individuals rights and responsibilities	Citizenship- the consequences of crime	Citizenship – Asylum
4	Learning to learn – Failure and success / goal setting	Risk/Safety – understanding knife crime and gang culture	The media and social media- fact or fiction
October half term			
5	Anti-Bullying –Understanding bullying and how to deal with issues	Anti-Bullying- Awareness of IT misuse and safe use	Drugs –legal and illegal, risks and consequences
6	Anti-Bullying- How to get support (to coincide with anti-bullying week)	Conflict – resolving issues with adults and peers	Careers- understanding skills , qualities and options
7	Drugs –understanding legal and illegal drugs	Healthy Lifestyles – What is a healthy relationship?	Careers- understanding options and support
8	Risk and safety – Road awareness	Healthy Lifestyles – Staying safe and signs of unhealthy relationships (Women’s Aid)	Healthy Lifestyles – Understanding, consent, negative relationships, sexual grooming
Christmas holidays			
9	First Aid – What to do in an emergency	Media pressure and self-image	Healthy Lifestyles – mental health
10	Healthy Lifestyles - diet	Consumer Rights	Global Issues – The EU
11	Healthy Lifestyles – relationships at home	Global Issues- Fairtrade	Global Issues – Nuclear war
February half term			
12	Citizenship –What is fair trade	Citizenship – democracy ,local issues and Government	Global Issues – Terrorism
13	Understanding prejudice, and stereotyping	Understanding prejudice, stereotyping and racism	Citizenship the government and democracy
14	Understanding Racism	Celebrating differences	Citizenship – How does the UK government work?
Easter holidays			
15	Sexual Health – understanding puberty and physical development	Careers- the world of work and understanding skills	Environment – climate change
16	Sexual Health – understanding emotional development	Sexual Health – staying safe and contraception	Managing Money – tax
17	Citizenship – Global issues including recycling/upcycling	Managing Money – How we earn money and budget for ourselves	Managing Money – loans/savings/mortgages/pay day loans
May half term			
18	Citizenship- Global Issues including sweatshops and child labour	Global Issues – Global businesses	Global events and ethics- The World cup and Olympics
19	Identity and discrimination	Environment – ethics of agriculture	Sexual health- STIs and contraception
20	Careers Guidance – What is a business? Job and career	Drugs –the risks, the law and physical dangers	Learning Styles- Transition to key stage 4

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Topic	Year 10	Year 11
1 Health and Wellbeing	Developing risk management- drugs Emergency Aid Drugs and alcohol Personal Safety	Citizenship Democracy and freedom of speech Our values in society Diversity and
2 Relationships	Physical relationships and contraception STIs & HIV/Aids Contraception and abstinence consent Developing risk management	Understanding the dynamic of healthy relationships Consent Different relationships, family and partners FGM & forced marriage Sexuality and homophobia Sexual exploitation
3 Mental health	Understanding personal change and responsibility Stress and resilience	Understanding personal change and responsibility Stress and resilience Exam pressure and managing strategies
4 Careers	Qualities and skills for the world of work Personal skills and interests Work experience planning CV preparation	Further and higher education Apprenticeships Preparation for transition Careers advice
5 Lifechoices	Pregnancy Emotional and financial impact Career planning	Finance Budgeting Tax, pensions

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Topic	Helplines	Web Links
Physical and mental health	Samaritans 08457 90 90 90 Childline 0800 11 11	www.nhs.uk/change4life www.nhs.uk/teenlifecheck www.learntobehealthy/teens www.keepkidshealthy.com https://respectyourself.info/ www.childrenfirst.nhs.uk/teens/health/mental_health www.samaritans.org www.bbc.co.uk/health/conditions/mental_health http://www.nhs.uk http://teens.smartpeople.com www.kidshealth.org/teen www.foodfitness.org.uk
Smoking	Go Smoke Free 0800 022 4332 Smoking Advice service 08454 220040	www.nhs.uk/smokefree www.childrenfirst.nhs.uk/teens/life/campaigns www.WorldHeart.org www.direct.gov.uk/en/HealthAndWellBeing/HealthyLiving/DG_4002727 www.ash.org.uk www.roycastle.org/atyc/ageing-game
Alcohol	Drinkline 0800 9178282 Talk to Frank 0800 776600	www.talktofrank.com www.truthaboutbooze.com www.units.nhs.uk www.teenissues.co.uk
Safe sex, sexuality and sex education	Sexwise 0800 282 930 GUM clinic 08454 224279	www.condomessentialwear.co.uk www.brook.org.uk www.ruthinking.co.uk www.sexualhealth.org.uk www.likeitis.org.uk https://respectyourself.info
Drugs	Childline 0800 11 11 Talk to Frank 0800 77 66 00	www.thesite.org/drinkanddrugs/ www.talktofrank.com www.homeoffice.gov.uk/drugs/ www.nhs.uk/LiveWell/drugs www.teenagehealthfreak.org
Diet		www.foodfitness.org.uk www.kidshealth.org/teen www.eatwell.gov.uk www.realbuzz.com
Self Harm	Samaritans 08457 90 90 90 Childline 0800 88 44 44	www.self-harm.org.uk www.talktofrank.com www.samaritans.org www.childline.org.uk
Coping with Stress or Bullying	Samaritans 08457 90 90 90 Childline 0800 88 44 44 Parentlineplus 0808 800 2222	www.youngminds.org.uk www.kidshealth.org/teen www.need2know.co.uk/health www.anti-bullyingalliance.org.uk/ www.antibullying.net/ www.parentchannel.tv/bullying www.bullying.co.uk/ www.parentlineplus.org.uk

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Managing Money	National Debtline 0808 808 4000	www.connexions-direct.com www.whataboutmoney.info www.adviceguide.org.uk www.moneymakesense.co.uk
Body Image	b-eat (eating disorders) 0845 634 7650 Gloucestershire Eating disorders Project 01452 563 035	www.channel4.com/health www.childrenfirst.nhs.uk/teens www.b-eat.co.uk www.edglos.org.uk
Setting Goals and careers		www.connexions-direct.com www.nya.org.uk www.nhs.uk/teenlifecheck www.schoolsuccess.co.uk www.teenhelp.com/teen-issues/life-directins-for-teens.html http://teenweightwise.com/making_changes/smart_targets.html
Help if you are a Young Carer		www.glosyoungcarers.org.uk www.youngcarers.net
Help if you Suffer from domestic abuse		http://www.womensaid.org.uk