

PSHE POS KS3

Year	Autumn 1 Celebrating Diversity & Equality	Autumn 2 Staying Safe Online & Offline	Spring 1 Health & Wellbeing	Spring 2 Relationship and Sex Education	Summer 1 Rights, Responsibilities & British Values	Summer 2 Life Beyond School
7	<p>What is your identity To understand the wide variety of aspects that make up ones identity To understand how different things might influence your identity To understand that its OK to be different and to be proud of your identity</p> <p>Nature Vs Nurture Secure:To understand what makes up our identity Extended:To explore how our identity is formed Advanced:To evaluate what influences our identity the most</p> <p>The Equality Act To explore the brief history of Anti-discriminations laws passed in the UK To understand what characteristics are protected under the Equality Act 2010 To evaluate whether the UK is doing enough to ensure equality opportunities for everyone</p>	<p>Why not to join a gang Understand the causes of why young people might want to join a gang Understand the consequences of breaking the law and engaging in criminal behaviour Come up with solutions for preventing young people turning to gangs</p> <p>Staying Safe Online (social Networks) I can explain what a gut feeling is and how it links to my intuition I can identify a range of risks associated with 'being online' I know how to mitigate any potential risks associated with being 'online' and where to go to seek further help and support</p> <p>Fortnite and Safety in Gaming To define what a gaming addiction is and recognise symptom of it To explore the benefits and risks associated with</p>	<p>Introduction to Puberty To describe the emotional, social and physical changes that happen during puberty To empathise with those that are starting puberty and understand how to support them Will understand that girls and boys develop differently during puberty.</p> <p>Puberty - Girls (Periods DOUBLE LESSON) To understand the physical and emotional changes that happen to girls during puberty I understand the basics of the menstrual cycle and the range of feminine protection products available</p> <p>Puberty - Boys (Wet dreams + Erections) To describe the physical and emotional changes that happen to boys through puberty To understand the challenges that boys face during puberty including</p>	<p>Consent and Boundaries understand what constitutes consent and why consent should always be respected To evaluate why personal space and boundaries are important when growing up To understand how to deal with situations in an assertive way</p> <p>What does it mean to be a man today? To describe what it means to be a man in 2020's. To explore gender stereotypes of masculine men To evaluate the characteristics of a 'good man' and not a 'mans man'</p> <p>Managing Friendships & Relationships To understand the different types of friendships that exist To understand what an unhealthy relationship might look like To explore what being a</p>	<p>Politics + Parliament 1 (Why is politics important) To understand the impact politics has on every day life To explore the History of the UK Parliament To evaluate why its better to live in a democracy rather than a dictatorship</p> <p>Politics & Parliament 2 (How is the country run) To describe the make up of parliament and the main roles it performs To understand the role of a local MP To evaluate whether MP's are doing a good job at running the country and representing our views in Parliament</p> <p>Politics + Parliament 3 (Setting up a Party) To name the main parties that represent the UK in Parliament To explore what makes a good political party To be able to create a new political party for the UK</p>	<p>Importance of sleep and Relaxation To describe what actually happens when we sleep To explore the benefits of good quality sleep To explain how to improve sleep quality and where to source extra help and support from</p> <p>Getting to Know People I understand the concept of trust I can explain what I have in common with others across my class. To evaluate what it would take for society to truly flourish</p> <p>Transition Point in Your life Describe how people's feelings change during stages of transition Describe your feelings during times you have experienced transitions Identify ways of coping with transition points and how you would apply them to future</p>

<p>Breaking Down Stereotypes - Gender / Age To define stereotyping and prejudice To explore why stereotyping still exists today To evaluate what can be done to challenge stereotypes</p> <p>Multicultural Britain To describe how diverse modern Britain is To explore the recent history of migration to Britain To evaluate the concept of Britishness and whether multiculturalism works</p> <p>Prejudice and Discrimination To identify different forms of prejudice and discrimination: age, racial, gender etc. To consider how we can ensure equality for all in society To evaluate how cohesive Britain really is</p>	<p>online gaming including grooming of players To evaluate what support networks are available to help support those in need</p> <p>Drugs - Alcohol To understand how alcohol impacts the body To explore the consequences of alcohol misuse To evaluate the negative impact alcohol use is having on wider society</p> <p>Drugs - Nicotine I can explain the harmful chemicals that are contained within a cigarette I understand the impacts smoking has on the body To evaluate how effective the government has been in helping people to quit smoking</p> <p>Drugs - E-Cigs, Vaping and Shisha To understand the science behind vaping and the health consequences of it To understand the difference between smoking and vaping To</p>	<p>erections, wet dreams and body image.</p> <p>Puberty - Personal Hygiene I understand the ways in which diet, exercise, hygiene and sleep contribute to being healthy To understand how important personal hygiene is and how to achieve it</p> <p>Puberty - Growing Up (Menstruation and FGM) To understand a range of issues that may impact you as you grow up to be an adult To understand there are some cultural practices in the world that do not respect 'your body your rules' principle and are illegal and dangerous</p> <p>Puberty - Assertiveness, consent & Hormones Demonstrate effective ways to communicate personal boundaries and show respect for the boundaries of others Explain that no one has the right to touch anyone else in a sexual</p>	<p>true friend to someone really entails</p> <p>What Makes a good Friend To understand the importance of friendship and the qualities makes a good friend To understand what is needed to make positive relationships with friends. To evaluate why some friendships can be more beneficial than others</p> <p>Respect and Relationships To understand the wide range of relationships young people have To understand that different types of relationships will work in different ways To consider the differences between people and learn how to respect those differences</p> <p>Being positive + Self Esteem To understand that people can all feel the same range of emotions, but do not necessarily respond in the same way</p>	<p>Politics + Parliament 4 (Campaigning) To describe the different types of elections in the UK To explore how a new government is formed after a general election To evaluate the importance of exercising your right to vote</p> <p>Politics + Parliament 5 (Big Debates) To define the terms advocate and devils advocate To practice the art of debating To evaluate recent law changes in the UK</p> <p>Politics & Parliament 6 (Exploring Parliament) To describe the state opening of parliament To explore inside the House of commons and the House of Lords To explain the difference between parliament and Government and evaluate who holds the balance of power</p>	<p>times of change in your life</p> <p>Careers and your Future To understand the meaning of the word career To be aware of how careers education can help you plan for the future Recognise the limitations of making career choices based on 'dream' ideas To be aware of what considerations are involved in making realistic choices</p> <p>FC - Financial Education To describe the concept of money To explore positive and negative uses for money To discuss how the government spends money to help the country</p> <p>What is Your Community To understand the concept of community and what makes a cohesive community To explore how British communities have changed over the past 60 years To evaluate</p>
--	---	---	---	--	--

		<p>evaluate whether there should be a ban n High Street Vape Shops</p> <p>Energy Drinks and Caffeine - Drugs To understand how much sugar and caffeine are in a range of drinks To explore the health risks associated with energy drinks To understand the importance of making healthy life choices</p> <p>Why not to Carry a knife To explain why it is wrong to ever carry a knife To understand the legal, emotional and physical consequences of carrying a knife To understand how knife crime impacts families and communities</p>	<p>manner if they do not want to be touched.</p> <p>Puberty - Self Esteem + Empowerment To describe the concept of self esteem and recognise behaviours linked to low and high self esteem Develop strategies to help someone who has low self esteem and to understand the wide range of influences on self esteem</p>	<p>to similar situations To celebrate personal strengths and achievements and promote awareness of what can affect us</p> <p>Peer Pressure and Influence To be able to explain why it is important to be confident and assertive. To understand how to cope with peer pressure To understand when peer pressure can go wrong and how it can make someone else feel</p>		<p>how welcoming your local community is</p>
--	--	--	--	---	--	--

Year 8	Autumn 1 Celebrating Diversity & Equality	Autumn 2 Staying Safe Online & Offline	Spring 1 Health & Wellbeing	Spring 2 Relationship and Sex Education	Summer 1 Rights, Responsibilities & British Values	Summer 2 Life Beyond School
	LGBT + What is it To define the acronym LGBTQ+ To explore a variety of LGBT+ Role Models in British society	County Lines - What is it (Gang Culture) I understand what the term county lines means I can explain how County	Health & Wellbeing Understand what positive wellbeing might look like in someone's life To recognise a	RSE - Sexual Orientation To understand the many different key terms and concepts that are used within this topic To	Law 1 - Desert Island Living To explore what it would be like to live on a desert island To understand	What are enterprise Skills Be able to effectively work as part of a team and research the issues

<p>To understand the many different key terms and concepts that are used within this topic</p> <p>LGBT + Homophobia in society To reflect on the extent homophobia exists in schools To understand what constitutes homophobic language and homophobic bullying To empathise with how difficult it can be for young people to deal with/ live with homophobia in modern day society</p> <p>Support someone (LGBT focus) To define the term ally To explore why ally's are needed for the LGBT community To understand what can be done to support a friend in need</p> <p>LGBT - challenging Homophobia To explore why homophobia exists To explore how to assertively challenge homophobic language and phrases in school</p>	<p>lines gangs recruit and exploit young people I understand the importance of getting immediate help for myself or a friend if I suspect they or I am are in trouble</p> <p>County Lines - Who is at risk To understand who County Lines Gangs target and why To identify the signs that someone is being exploited To understand how county lines Gangs use Psychological, financial and physical methods to make people feel trapped</p> <p>Substance Misuse To define the term substance misuse and understand the way drugs effect users To explore why people misuse substances To evaluate what support networks are available to help support those in need</p> <p>Grooming (Boys & Girls) To understand how to stay safe online from</p>	<p>range of healthy and unhealthy habits we might have To know a range of methods to improve my own and others health & wellbeing</p> <p>Child Abuse (Physical and Emotional and Neglect)) To understand the different forms of child abuse To explore the importance of consent and boundaries in any relationship To know who to talk to and where to access support and help in relation to any form of abuse</p> <p>Types of Bullying & Responding to Bullying Describe the meaning of bullying and cyberbullying and the impact it can have on an individual Exploring appropriate ways of responding to discriminating, hurtful or intimidating behaviour. Explain where to seek support and advice on bullying/cyberbullying</p> <p>What is Mental Health?</p>	<p>Explore and challenge LGBT+ prejudices and stereotypes that are out there To understand the damaging impact homophobic language has on people</p> <p>RSE - What is Gender Identity To explore a a range of language used with gender identity To understand the Gender Recognition Act and the difference between sex and gender To explore and challenge gender prejudices and stereotypes that are out there</p> <p>RSE - What is RSE To understand the core aims of RSE in secondary schools. To understand how physical touch may be different in a sexual relationship to any other relationship To explore what a healthy and unhealthy relationship might look like</p> <p>RSE - Dealing with Conflict To understand the different areas of life</p>	<p>that with rights comes responsibilities To evaluate the fairest way to make choices</p> <p>Law 2 - Desert Island Living Complete To understand the concept of community cohesion and what makes a community To be able to make decision and understand the impact of those decisions To understand the different forms of prejudice that exist</p> <p>Law 3 - Desert Island Making Decisions) Understanding how to survive on a desert Island To describe the different rites of passage throughout life To develop skills of evaluation, prediction and self reflection</p> <p>Law 4 - Criminal, Laws and Society To understand why the age of criminal responsibility varies in different countries To understand how the criminal justice system operate for young</p>	<p>and come up with solutions Apply this understanding by redesigning an area of our School. Evaluate what makes an effective and persuasive presentation.</p> <p>Proud to be me To identify what is important for you and what you expect from yourself, taking into account the beliefs and expectations that others have of you I can describe my self esteem and understand ways to improve it To evaluate what self self love is</p> <p>Careers interests and Jobs To help me think carefully about potential careers and focus on my interests and preferences To be aware that understanding myself and my interests will help shape my choices about KS4 Options and future career ideas</p> <p>Boosting Self Esteem</p>
---	--	--	---	---	---

	<p>and everyday life To understand how to handle difficult people and uncomfortable conversations</p> <p>Transphobia To understand the terms gender dysphoria and transphobia To explore the misconceptions that surrounds trans people To examine how Trans people are treated throughout the world</p> <p>LGBT - Coming out To explore the concept of trust and what it means to 'come out' To understand the thoughts, feeling and processes someone might be going through who is thinking of coming out To evaluate what support networks are available to help support those in need</p>	<p>grooming To know how to spot a fake profile and catfishers To know where to seek specialist support and advice to help anyone including yourself who is at risk</p> <p>Drugs - Alcohol and Society To understand how alcohol impacts the body To explore the consequences of alcohol misuse To evaluate the negative impact alcohol use is having on wider society I can explain how alcohol is measured and what limits are for adults To explore the consequences of alcohol consumption To evaluate when introducing alcohol to a situation can lead to very dangerous consequences</p> <p>Cyber Bullying and online safety Describe the meaning of bullying and cyberbullying and the impact it can have on an individual Explore appropriate ways of responding to</p>	<p>To define the term mental health To explore why we say we are OK when we are not To understand a variety of different types of mental illnesses and know some strategies to maintain positive mental wellbeing</p> <p>Positive Body Image To understand what body image is To explore what impacts body image for boys and girls To understand ways someone can improve their own or a friends self-esteem</p> <p>Healthy Eating and cholesterol To identify the components of a healthy diet To understand the difference between good cholesterol and bad cholesterol To understand how to replace unhealthy snacks and foods with healthier alternatives</p> <p>Stress What is it? To gain an understanding into what causes stress and how to</p>	<p>where conflict may occur To understand the cause of conflict and learn a range of conflict resolution methods</p> <p>RSE - Healthy Respectful Relationships Compare and contrast the characteristics of healthy and unhealthy relationships. Describe the potential impacts of power differences such as age, status or position within relationships.</p> <p>RSE What is Love? To define the term love and understand that it comes in many forms To understand the meaning of love between a couple and the expectations that form a positive romantic relationship</p> <p>Introduction to Contraception To describe the concept of abstinence To understand the three main other ways of reducing the risk of pregnancy To be able to identify a wide range of contraceptive methods</p>	<p>offenders To evaluate why young people commit crimes</p> <p>Law 5 - How are laws made in society To understand why laws are needed in society To understand the process of how a bill passes through Parliament To evaluate recent changes to the law in England and Wales</p> <p>Law 6 - Prison, Reform and Punishment To explain the types of punishments available in the UK To understand the different theories behind punishing offenders To evaluate whether Prison is an effective form of punishment</p>	<p>To describe self esteem and how it impacts someone life To explore ways to boost self esteem To evaluate the impact negative self talk can have on self esteem</p> <p>FC -Labour Market Information To be aware of what labour market information (LMI) is and how it can be useful to you To be able to start using LMI to get a realistic picture of the labour market which I will use to help me make decisions about future careers</p> <p>FC - Exploring Careers To identify the 10 main UK Job sectors To explore a wide variety of jobs To evaluate the different qualifications, starting salaries and duties of a wide range of jobs</p>
--	--	--	---	---	--	---

		<p>discriminating, hurtful or intimidating behaviour. To know how to manage oneself appropriately online</p> <p>CEOP Lesson To define child sexual exploitation and be able to give examples To explore a variety of risks and dangers related to being online To evaluate how to reduce the risks associated with being online</p>	<p>deal with it To recognise a lot of our more pleasurable times are when we are engaging with the world through our senses rather than thoughts.</p>	<p>Periods and Menstrual Cycle To understand the menstrual cycle and its role in human reproduction To understand how and why feminine protection is so absorbent and effective. To evaluate the role of hormones in the regulation of the body's functions</p>		
--	--	--	---	--	--	--

Year 9	Autumn 1 Rights, Responsibilities & British Values	Autumn 2 Staying Safe Online & Offline	Spring 1 Health & Wellbeing	Spring 2 Relationship and Sex Education	Summer 1 Relationship and Sex Education	Summer 2 Life Beyond School
	<p>Conspiracy & Fake News To understand what a conspiracy theory is To explore why conspiracy theories and extremist narratives are interlinked To evaluate why conspiracy theories can be damaging to society</p> <p>Extremism in all its forms To define the terms extremism, terrorism</p>	<p>Introduction to Drugs Education (Lesson 1) To define the term drug and understand the different forms it can take To explore why people use drugs To evaluate the impact drug use is having on society</p> <p>Drugs - Cannabis Products To understand the different forms and street names given to</p>	<p>What is a Penis - Body confidence To explore what a penis is and the make up of a sperm cell To understand the male reproductive system To understand the role testosterone plays in the body</p> <p>What is a vulva - Body Confidence To explore what a vulva is and the make up of</p>	<p>FGM and the Law To revise the different parts of the female reproductive organs To understand what FGM is and to know that FGM is illegal and where you can go for help and support</p> <p>Y9 Sexual consent & Law To know the legal definition of consent and the law surrounding it</p>	<p>Treating STI's & clinics To describe the key symptoms and risks associated with a variety of different STI's To understand the importance of sexual Health Clinics (GUM) and why young people after unprotected sex should always get themselves checked out</p> <p>Contraception –</p>	<p>Failure to Success To understand how success and failure are often linked To explore what motivates people to achieve incredible things To evaluate the importance of resilience and learning from mistakes and failures</p> <p>Social Media and Online Stress FOMO To explore the link between mental health</p>

<p>and radicalisation To understand the different types of extremism To understand how extremist views can lead to acts of terrorism</p> <p>Terrorism (Far Right & Islamist) To understand the iceberg analogy of terrorism To explore why people may choose to commit an act of terrorism To evaluate the current terror threat to the UK and explore recent acts of terrorism</p> <p>What are British Values To explore if being British is still a positive identity for young people today To understand how supporting British values can help combat extremism To understand some of the dangers young people should be aware of and how to protect against them</p> <p>The Radicalisation Process I understand how the radicalisation process</p>	<p>cannabis To explore why some people take cannabis To evaluate whether cannabis should be legalised in the UK</p> <p>Drugs and their Classifications To consider the differences classification of drugs To explore the legal classifications of 36 drugs To understand key aspects of the UK's drug policy</p> <p>Drugs - Illegal Drugs (Party Drugs) To explore the way 'party' drugs effect users and can put them in very dangerous situations To learn about a range of illegal drugs (Magic Mushrooms, MDMA, Ecstasy, LSD) To explore the link between county line gangs and drugs (deal lines)</p> <p>Drugs Illegal - (Class A and B) To learn more about a variety of Class A and B drugs and the impact these drugs have on society To explore the physical and mental</p>	<p>the vagina To understand the female reproductive systems To understand the importance of cervical screening</p> <p>HBT - Bullying in all its forms I can define all three forms of HBT Bullying To explore the impact HBT Bullying is having on young people in society To evaluate what support schools and students can give to those impacted by the effects of HBT bullying</p> <p>Dealing with Grief and Loss (& stages) To explore what grief is and how it affects people To understand how grief can impact people in a variety of different ways and how you can support a friend or family member To evaluate what support networks are available to help those grieving</p> <p>Media and Air brushing (unrealistic Body image Expectations)</p>	<p>To understand the practicalities of consent and the importance of it To understand the consequences of sexual activity with no consent</p> <p>RSE - Pleasure and Masturbation To define the terms pleasure, masturbation and sexual activities To explore the benefits and risks associated with masturbation To evaluate risks associated with different sexual activities and identify high and low risk activities and ways to mitigate the high risk activities</p> <p>RSE - Delaying Sexual Activity Understand the benefits of delaying sexual activity To know how to be assertive and deal with undue pressure Understand that you don't have to do anything you don't want to and consent and respect for each other should be paramount in any relationship</p>	<p>To understand how a variety of different forms of contraception work To be able to identify which types of contraception would be best used by different types of people To explore which forms of contraception protect against pregnancy, STI's or both</p> <p>Contraception - Condom lesson To understand the correct steps for using an external or male condom Describe three obstacles to condom use and explain how they can be overcome</p> <p>Contraception Explored To understand the block, supress and disable methods to reducing the risk of pregnancy To explore which forms of contraception protect against pregnancy, STI's or both To know what thrush is and the common symptoms of it in men and women</p>	<p>and social media usage To identify coping strategies to manage online stress Recognise that social media sometimes does not reflect real life</p> <p>First Aid - How to Administer CPR (Defibrillators) To Understand the vital importance of First Aid as a life saving skill how to perform first aid, including CPR, the use of defibrillators, choking and basic treatment for common injuries To understand how to put someone in the recovery position and when to contact emergency services</p> <p>Importance of Happiness - Improving Metal Health) To explore what happiness might mean to different people To explore why its OK for us to explore our own feelings and emotions To evaluate whether happiness truly exists</p> <p>Anger Management</p>
---	--	--	--	--	--

<p>works I am able to explore the different methods used by extremist groups to spread their ideologies I understand what can be done to prevent myself and others from being susceptible to radicalisation</p> <p>How does Counter Terrorism Work? I understand how counter terrorism works in the UK and the Prevent duty I understand how to respond in a terrorist situation I can evaluate the best way to fight extremism and the ideologies spread by extremist groups</p>	<p>impact these drugs have on users To evaluate what support networks are available to help support those who use drugs as a coping mechanism or addicted to drugs</p> <p>Volatile Substance Abuse To define the term Volatile Substance Abuse To explore the short term, long term and chronic effects of VSA To evaluate what harm VSA is having on the individual and on society and what can be done to help those who abuse</p> <p>Different Types of Addictions To define the term substance addiction To understand the different types of addictions that people can have To evaluate whether sugar is more addictive than cocaine</p>	<p>To describe how photo editing and air brushing are contributing to a false sense of beauty To explore what it means to be body positive and body neutral To evaluate the impact advertisements are having on our self esteem</p> <p>How Self Esteem Changes To define the term self esteem and explain how it impacts us To explore why people do not necessarily respond in the same way to similar situations, and that different people may express their feelings in many different ways.</p> <p>Cancer Prevention + Healthy lifestyles To explore the health benefits of living a healthy lifestyle To explore how diet, stress and life situations can impact on health To evaluate the latest research on cancer prevention and healthy lifestyle choices</p>	<p>RSE - Why have Sex? To understand the considerations to be taken before making a relationship sexual To understand the positive and negative reasons to have sex To explore the consequences of making a relationship sexual</p> <p>RSE - Relationships and partners To understand the meaning of a healthy relationship between a couple and the expectations that form a positive relationship To understand the non physical characteristics someone might look for in a future partner To look at relationships and understand the factors necessary to develop a relationship</p> <p>What are STI's? (Main Types) Name at least five common STDs and how they are transmitted. Understand the term safe sex. Compare sexual behaviours that put people at high, low or no risk for STD</p>	<p>Sexual Harassment & Stalking To define the terms stalking and harassment To explore the differences between flirting and sexual harassment To understand the laws surrounding Stalking and Harassment</p> <p>HIV and AIDS To define the terms HIV and AIDS and understand the difference To explore the different ways HIV can be transmitted and how to reduce the risk of transmission To evaluate the importance of support International World Aids Day</p> <p>HIV - Discrimination and Prejudice To understand the history of HIV and AIDS and understand the recent advances in HIV treatment and prevention To explore how the cycle of prejudice and discrimination towards HIV and AIDS sufferers can be broken</p>	<p>To understand the science behind why someone gets angry To explore how our thoughts and feelings can impact what we do and say To understand how to deal with and manage anger</p> <p>Employment & Financial Management To define terms such as financial capability and financial competence. To understand the importance of budgeting throughout a person life To know how to calculate your personal income tax liability</p> <p>Importance of saving money To define a variety of banking and financial key terms To understand the importance of saving money and the different methods of storing it To be able to identify the difference between essential and non-essential expenditure</p>
--	--	---	---	--	--

