






























Personal, Health, Social and Economic Education (PSHE)

KS3 Curriculum Map 2022-2023

Year	Autumn Term		Spring Term		Summer Term	
	HT1	HT2	HT3	HT4	HT5	HT6
Year 7	 <p>Transition of Safety</p> <ul style="list-style-type: none"> * Challenges of moving to a new school. * First aid. * Road safety. * Rail safety. * Water safety. 	 <p>Developing Skills and Aspirations</p> <ul style="list-style-type: none"> * Challenging stereotypes. * Equality in the community and workplace. * Career action planning, linking to personal values. * Enterprise skills. 	 <p>Diversity</p> <ul style="list-style-type: none"> * What are human rights and responsibilities in society? * Signs and effects of bullying. * How to challenge bullying and where to get support. * Challenging discrimination. 	 <p>Health and Puberty</p> <ul style="list-style-type: none"> * How to lead a healthy and safe lifestyle. * Understanding drugs and alcohol. * Vaping. * Legal and illegal drug use. * Managing physical and emotional changes during puberty. 	 <p>Building Relationships</p> <ul style="list-style-type: none"> * Qualities and behaviours of positive relationships. * How to recognise an unhealthy relationship and where to get support. * What is consent and how is this applied in relationships, expectations of romantic relationships. * Developing and maintaining self-worth. 	 <p>Financial Decision Making</p> <ul style="list-style-type: none"> * Ethical and unethical practices. * How to save and budget effectively. * How many ways can you safely borrow money, and where from? * Risks and effects of poor financial choices.
Year 8	 <p>Drugs and Alcohol</p> <ul style="list-style-type: none"> * Understanding drugs and alcohol. * Vaping. * Legal and illegal drug use. * Alcohol. 	 <p>Community and Careers</p> <ul style="list-style-type: none"> * Equality and discrimination – links to careers. * Equality and discrimination – links to community. * Stereotyping – links to careers. * Stereotyping – links to community. 	 <p>Discrimination</p> <ul style="list-style-type: none"> * Signs and effects of discrimination. * Managing your own beliefs and decisions effectively, self-worth and confidence. * How to recognise and challenge homophobia, biophobia and transphobia. * How to recognise and challenge racism and religious discrimination. 	 <p>Emotional Well-being</p> <ul style="list-style-type: none"> * What is effective mental health and emotional well-being. * What strategies can be used to improve mental health and emotional well-being. * Myths and stigma attached to mental health and emotional well-being. * Unhealthy coping strategies and where to get support. 	 <p>Identity and Relationships</p> <ul style="list-style-type: none"> * The law and consent in relationships. * Gender identity and the impact on individuals. * Signs and impact of positive and healthy relationships. * Sexting and online safety. * Forms of contraception and their impact. 	 <p>Digital Literacy</p> <ul style="list-style-type: none"> * Online safety and recognising grooming in different forms. * Exploitation, extremism and radicalisation. * Making responsible decisions online. * How to be safe and protect yourself online.
Year 9	 <p>Peer Influence, Substance Use and Gangs</p> <ul style="list-style-type: none"> * Exploring attitudes. * Drugs, law and managing risk. * Alcohol and cannabis. * Knife crime and gun crime. * Gangs. 	 <p>Setting Goals</p> <ul style="list-style-type: none"> * Showcasing personal strengths. * Transferrable skills, abilities and interests. * Online opportunities. * Employment and careers pathways. * GCSE and post 16 options. 	 <p>Respectful Relationships</p> <ul style="list-style-type: none"> * Different types of families. * Positive relationships in the home. * Dealing with conflict in the home. * Making relationship changes and support available. 	 <p>Healthy Lifestyle</p> <ul style="list-style-type: none"> * Relationships with physical and mental health. * Effective work life balance. * Managing your own health, making positive and responsible choices. * Managing influences on body image. 	 <p>Intimate Relationships</p> <ul style="list-style-type: none"> * Consent and the right to withdraw consent and being ready for sexual activity. * Myths and misconceptions relating to consent and the law. * STI's and safer sex, consequences of unprotected sex. * Relationships with the media and pornography and its effects on expectations. 	 <p>Employability Skills</p> <ul style="list-style-type: none"> * Skills and employability. * Employment rights and responsibilities. * Managing your personal brand online and access to support for concerns. * Habits and strategies to support progress.

Personal, Health, Social and Economic Education (PSHE) KS4 Curriculum Map 2022-2023

Year	Autumn Term		Spring Term		Summer Term	
	HT1	HT2	HT3	HT4	HT5	HT6
Year 10	 <p>Mental Health</p> <ul style="list-style-type: none"> * Reframing negative thinking. * Bereavement. * Managing changes in adolescence. * Recognising mental ill health. 	 <p>Financial Decision Making</p> <ul style="list-style-type: none"> * Budget and saving options. * Managing debt. * Gambling. * Fraud. 	 <p>Healthy Relationships</p> <ul style="list-style-type: none"> * Myths, assumptions, misconceptions and social norms about sex and relationships. * Risks of online relationships. * Recognise and respond to pressure, coercion and exploitation and accessing support. * Asexuality, abstinence and celibacy, what these mean and the impact on relationships. 	 <p>Exploring Influence</p> <ul style="list-style-type: none"> * Positive and negative role models and their influence. * Gang culture and the media's impact and perceptions. * The affect of drugs and alcohol on decision making and keeping people safe in these situations. * Exit strategies in dangerous situations and help and support available. 	 <p>Addressing Extremism and Radicalisation</p> <ul style="list-style-type: none"> * What is the equality act, diversity and values. * Inclusion, respect and belonging to a community. * Impact of social media on beliefs and opinions, managing conflict and misleading information. * Extremism and radicalisation. 	 <p>Work Experience</p> <ul style="list-style-type: none"> * Career development plans and work experience. * Evaluating strengths and areas for improvement in relation to career plan. * Challenges and adversity in the work place. * Managing personal presence online.
Year 11	 <p>Building for the Future</p> <ul style="list-style-type: none"> * Effective sleep patterns. * How to balance ambition and expectations. * Causes, effects of stress and strategies to manage stress. * Digital footprint, positive and safe ways to use social media. 	 <p>Next Steps</p> <ul style="list-style-type: none"> * C.V. writing. * Cover letter and applications. * Employability. * Preparing and performing in interviews. 	 <p>Communication in Relationships</p> <ul style="list-style-type: none"> * Gender identity, gender expressions and sexual orientation. * Communication, wants and needs, confidently and assertively. * Unwanted attention, harassment, stalking, online and how to manage this. * Unhealthy, exploitative, abusive relationships and signs, impact and support available. 	 <p>Independence</p> <ul style="list-style-type: none"> * Personal safety in new situations, after leaving school. * Emergency first aid, assessing emergency and non-emergency situations. * Lifestyle and links to disease, cancer, etc. and the importance of self-screening and self-examinations. * Registering with doctors, sexual health clinics, opticians and other health services, blood, organ and cell donation. 	 <p>Families</p> <ul style="list-style-type: none"> * Different family units and family structures. * Birth, pregnancy, marriage, unplanned pregnancy options, adoptions and fostering. * Managing change, loss, grief and bereavement. * Honour based violence, forced marriage and how to safely access support. 	