

At Key Stage 3, students build on the knowledge & understanding, skills, attributes and values they have acquired and developed during the primary phase. PSHE education acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills which will equip them for the opportunities and challenges of life. Students learn to manage diverse relationships, their online lives, and the increasing influence of peers and the media.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Core Theme 1 Health and wellbeing Transition and safety Transition to secondary school and personal safety in and outside school, including first aid.	Core Theme 1 Health and wellbeing Health and puberty Healthy routines, influences on health, puberty,	Core Theme 3 Relationships Diversity Diversity, prejudice, and bullying	Core Theme 2 Living in the wider world Financial decision making Saving, borrowing, budgeting and making financial choices	Core Theme 2 Living in the wider world Careers Teamwork, aspiration and enterprise	Core Theme 3 Relationships Building relationships Self-worth, romance and friendships (including online), relationship, boundaries and consent, unwanted contact and FGM
	Core Theme 3 Relationships Identity and relationships Gender identity, sexual orientation, consent, and an introduction to contraception	Core Theme 2 Living in the wider world Digital literacy Online safety, digital literacy, media reliability, 'sexting' and gambling hooks	Core Theme 3 Relationships Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia.	Core Theme 1 Health and wellbeing Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Core Theme 2 Living in the wider world Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Core Theme 1 Health and wellbeing Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use
Year 9	Core Theme 3 Relationships Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Core Theme 3 Relationships Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Core Theme 2 Living in the wider world Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Core Theme 2 Living in the wider world Employability skills Real Game	Core Theme 1 Health and wellbeing Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Core Theme 1 Health and wellbeing Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid

At Key Stage 4, students deepen knowledge and understanding, extend and rehearse skills, and further explore attitudes, values and attributes acquired during key stage 3. PSHE education reflects the fact that students are moving towards an independent role in adult life, taking on greater responsibility for themselves and others. **Some of these will be delivered as drop down days.**

Year 10	Core Theme 1 Health and wellbeing Self-Concept Self-awareness, assertiveness and resilience Mental & Emotional Wellbeing Strategies, Warning signs and Healthy responses	Core Theme 1 Health and wellbeing Health Related Decisions Online usage, Sources of information, Personal responsibility, Risks and Outside influences	Core Theme 3 Relationships Positive Relationships Intimate relationships, unhealthy relationships, legal rights/advice Bullying, abuse and discrimination The law relating to abuse in relationships and strategies to challenge all forms of prejudice and discrimination	Core Theme 2 Living in the wider world Learning Skills Employability skills, personal strengths, areas for development, future career choices and employability Choices and pathways Opportunities including education, training and employment and information, advice and guidance	Core Theme 3 Relationships Consent: Relationships, attitudes towards sexual assault, impact of drugs and alcohol on choices and sexual behavior Social influences Behavior influences Contraception and parenthood Contraception choice and pregnancy options	Core Theme 2 Living in the wider world Work and Career Labour market, employment sectors and types, and changing patterns of employment, work experience, interview and CV preparation Employment rights and responsibilities illegality of discrimination and harassment in the workplace
	Core Theme 1 Health and wellbeing Drugs, alcohol and tobacco Use and misuse, Consequences and Getting help Managing Risk & Personal Safety Personal safety, Gambling, STI's, Pregnancy, portrayal of sex in pornography	Core Theme 2 Living in the wider world Financial Choices Saving and budgeting, financial exploitations, contracts, including self-employment full-time, part-time and zero-hours contracts	Core Theme 3 Relationships Relationship Values Influence decision making, faith and cultural practices Respectful relationships Different stages of relationships, legal and ethical responsibilities	Core Theme 2 Living in the wider world Media literacy and digital resilience Personal and professional reputation online, social media and the shared responsibility to challenge extreme viewpoints		