

## PSHE/RSE KS3 & KS4

YEAR	TERM 1A	TERM 1B	TERM 2A	TERM 2B	TERM 3A	TERM 3B
7	<b>BEING IN MY WORLD</b> <ul style="list-style-type: none"> <li>Who am I?</li> <li>My influences</li> <li>Peer pressure and belonging</li> <li>My online identity</li> <li>What are the consequences of what I say and do online?</li> </ul>	<b>CELEBRATING DIFFERENCE</b> <ul style="list-style-type: none"> <li>Prejudice &amp; discrimination</li> <li>Accepting differences in others</li> <li>Challenging stereotypes</li> <li>Discrimination in school</li> <li>Bullying</li> </ul>	<b>DREAMS AND GOALS</b> <ul style="list-style-type: none"> <li>What are my dreams and goals?</li> <li>Achieving my dreams and goals</li> <li>Coping strategies</li> <li>How different choices affect my dreams and goals</li> <li>How making an irresponsible choice could affect a person's dreams and goals</li> </ul>	<b>RELATIONSHIPS</b> <ul style="list-style-type: none"> <li>Positive qualities of healthy relationships</li> <li>My changing supportive relationships</li> <li>Getting on and falling out</li> <li>Discerning external factors in relationships</li> <li>Assertiveness in relationships</li> </ul>	<b>ACTIVE CITIZENS</b> <ul style="list-style-type: none"> <li>The importance of the vote</li> <li>Voting in the UK</li> <li>Rights and responsibilities</li> <li>The role of law Creating change</li> </ul>	<b>CHANGING ME</b> <ul style="list-style-type: none"> <li>My changing body</li> <li>Having a baby</li> <li>Types of relationships and their impact</li> <li>Image and self-esteem</li> <li>My changing feelings</li> </ul>
8	<b>BEING IN MY WORLD</b> <ul style="list-style-type: none"> <li>Who am I?</li> <li>My family</li> <li>Family factors</li> <li>The power of first impressions</li> <li>Faith and beliefs</li> </ul>	<b>CELEBRATING DIFFERENCE</b> <ul style="list-style-type: none"> <li>Prejudice and Discrimination</li> <li>Inequality</li> <li>Social injustice</li> <li>Bullying</li> <li>How can I make a difference</li> </ul>	<b>SELF-ESTEEM</b> <ul style="list-style-type: none"> <li>Positive self-esteem</li> <li>Causes of low self-esteem</li> <li>Celebrities</li> <li>Social media</li> <li>Toys</li> <li>Depression and anxiety</li> </ul>	<b>DREAMS AND GOALS</b> <ul style="list-style-type: none"> <li>Your goals - long-term</li> <li>What money can't buy</li> <li>Online Safety</li> <li>Money and Earnings</li> <li>The price of life</li> </ul>	<b>LOOKING AFTER OUR HEALTH</b> <ul style="list-style-type: none"> <li>Diet and exercise</li> <li>Smoking and alcohol</li> <li>Common illnesses</li> <li>Anger</li> <li>Self-harm</li> <li>Improving mental health</li> </ul>	<b>CHANGING ME</b> <ul style="list-style-type: none"> <li>Different types of relationship</li> <li>What's in a relationship?</li> <li>Looks and smiles</li> <li>Does watching pornography help people to understand relationships?</li> <li>Alcohol and Risk</li> </ul>
9	<b>BEING IN MY WORLD</b> <ul style="list-style-type: none"> <li>Expectations and perceptions of relationships</li> <li>Peer approval</li> <li>Family factors</li> <li>Being me in a group</li> <li>Consent</li> </ul>	<b>CELEBRATING DIFFERENCE</b> <ul style="list-style-type: none"> <li>Equality</li> <li>Understanding difference</li> <li>The power of positive language</li> <li>Bullying</li> <li>Discrimination</li> </ul>	<b>RELATIONSHIPS</b> <ul style="list-style-type: none"> <li>Power in relationships</li> <li>Assertiveness and saying no</li> <li>Porn – Is it real?</li> <li>Contraception</li> <li>Consequences of unprotected sex</li> </ul>	<b>ADDICTION</b> <ul style="list-style-type: none"> <li>Causes of addiction</li> <li>Smoking and vaping</li> <li>Alcohol</li> <li>Cannabis</li> <li>Drugs</li> <li>Effects of addiction on communities</li> </ul>	<b>MONEY MATTERS</b> <ul style="list-style-type: none"> <li>Bank accounts</li> <li>University and apprenticeships</li> <li>Tax and interest</li> <li>Debt and payday loans</li> <li>Money mules and fraud</li> <li>Pensions</li> </ul>	<b>LIFE IN BRITAIN</b> <ul style="list-style-type: none"> <li>Democracy</li> <li>Political systems and parties</li> <li>Free speech and tolerance</li> <li>Laws and justice</li> <li>Inequality in Britain and charity</li> <li>Immigration</li> </ul>

YEAR	TERM 1A	TERM 1B	TERM 2A	TERM 2B	TERM 3A	TERM 3B
10	<b>BEING IN MY WORLD</b> <ul style="list-style-type: none"> <li>• Liberties and safety in my world</li> <li>• How I feel when things end</li> <li>• How social media affects me, my identity and culture</li> <li>• Potential threats to online safety</li> <li>• potential threats to safety in a range of situations on and offline</li> </ul>	<b>EXPLOTATION AND GROOMING</b> <ul style="list-style-type: none"> <li>• Sexual wellbeing**</li> <li>• Equality in relationships*</li> <li>• Sexting*</li> <li>• Grooming*</li> <li>• Rape*</li> <li>• Myths around consent*</li> </ul>	<b>CHANGING ME</b> <ul style="list-style-type: none"> <li>• Changing society &amp; me</li> <li>• Managing change and decision making</li> <li>• Gender and sexual identity</li> <li>• Gender stereotypes and sexual identity</li> <li>• Physical and emotional changes</li> </ul>	<b>BODY AND MIND</b> <ul style="list-style-type: none"> <li>• Physical health</li> <li>• Concentration</li> <li>• Self-esteem</li> <li>• Stress and ways of coping</li> <li>• Depression and mood disorders</li> <li>• Psychosis</li> </ul>	<b>RELIGIOUS EDUCATION</b> <ul style="list-style-type: none"> <li>• Where did the universe come from?</li> <li>• Why is the creation story important to theists?</li> <li>• When does life begin?</li> <li>• Is death the end?</li> <li>• How have attitudes to the family changed over time?</li> </ul>	<b>EXTREMISM</b> <ul style="list-style-type: none"> <li>• Defining terrorism</li> <li>• Exploitation and grooming</li> <li>• Media and propaganda</li> <li>• Prejudice</li> <li>• Causes</li> <li>• Social change</li> </ul>
11	<b>BEING IN MY WORLD</b> <ul style="list-style-type: none"> <li>• Becoming an adult</li> <li>• Relationships and the law</li> <li>• The law and you</li> <li>• Me, the internet and the law</li> <li>• How to act in an emergency situation</li> </ul>	<b>HEALTHY ME</b> <ul style="list-style-type: none"> <li>• Relaxation and managing stress</li> <li>• Hygiene and health</li> <li>• Under pressure</li> <li>• Pregnancy &amp; choice</li> <li>• Staying safe in sexual relationships</li> </ul>	<b>EMPLOYMENT AND EXAMS (See AC)</b> <ul style="list-style-type: none"> <li>• Success</li> <li>• Next steps</li> <li>• Applications</li> <li>• Job interviews</li> <li>• Behaviour in the workplace</li> <li>• Digital footprint</li> </ul>	<b>REVISION TECHNIQUES (See MJH &amp; SC)</b> <ul style="list-style-type: none"> <li>• Exam and revision techniques</li> <li>• Dealing with exam stress</li> </ul>		

Sex and relationships lessons \*

Sex education lessons \*\*