**Derby Cathedral School PSHE KS3 Scheme of Learning**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 7** | **Transition and safety**  Transition to secondary school and personal safety in and outside school, including first aid | **Diversity**  Diversity, prejudice, and bullying | **Health and puberty**  Healthy routines, influences on health, intro puberty. | **Developing skills and aspirations**  Careers, teamwork and enterprise skills, and raising aspirations | **Building relationships**  Self-worth, romance and friendships (including online) and relationship boundaries | **Developiong me, UNIFROG 1**  This unit is an introduction to careers and thinking about the future |
| **Year 8** | **Drugs and alcohol**  Alcohol and drug misuse and pressures relating to drug use  Associated First aid | **Discrimination**  Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia. | **Internet Safety**  This unit covers how to be safe online and the dangers of grooming, manipulation and selfies. | **Developing me 2 UNIFROG 2**  Continuing from year 7 developing the pupils knowledge of careers subjects and labour market information | **Looking after me**  This unit covers social media and online stress. Bullying and cyber bullying, sleep body image and FGM | **Mental Health and well being**  This unit covers attitudes around mental health, the promotion of well being, helpful and unhelpful coping strategies. |
| **Year 9** | **Peer influence and substance use**  Peer pressure, assertiveness, alcohol and substance misuse, and first aid | **Respectful relationships**  Healthy and unhealthy relationships, child sexual exploitation, gang culture and knife crime. | **Developing me 3 UNIFROG 3**  Learning strengths, career options and goal setting as part of the GCSE options process | **Healthy me**  Diet, exercise, lifestyle balance and healthy choices, and associated First Aid | **Intimate relationships**  Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography | **Careers and enterprise skills**  This unit involves the pupils starting a franchise business, improving their enterprise skills and learning more about the world of work. |





