



The following contains an overview of topics covered during PSHE lessons in Key Stage 3:	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<p>YEAR 7 Lessons per 2-week timetable cycle:2</p>	<p>Being me Unique me, differences & conflict, my influences, gateway emotions, belonging to a group, peer pressure, child on child abuse, online safety, sexting, consequences, online legislation</p>	<p>Celebrating difference Bullying, prejudice & discrimination (positive and negative), Equality Act, bystanders, stereotyping, challenging influences, negative behaviour and attitudes, child on child abuse, assertiveness</p>	<p>Dreams and goals Celebrating success, identifying goals, employment, learning from mistakes, overcoming challenges, planning skills, safe & unsafe choices, substances, gangs, knives, exploitation</p>	<p>Healthy me Stress and anxiety, managing mental health, physical activity and mental health, effects of substances, legal consequences, nutrition, sleep, vaccination and immunisation, importance of information on making health choices</p>	<p>Relationships Characteristics of healthy relationships, consent, relationships and change, emotions within friendships, child on child abuse, rights and responsibilities, being discerning, assertiveness, sexting</p>	<p>Changing me Puberty changes, Reproduction facts, FGM, breast flattening/ironing, responsibilities of parenthood, IVF, types of committed relationships, media and self-esteem, self-image, brain changes in puberty, factors affecting moods, sources of help and support</p>
<p>YEAR 8 Lessons per 2-week timetable cycle:2</p>	<p>Being me Self-identity, influences, family and identity, stereotypes, personal beliefs and judgements, managing expectations, first impressions, respect for the beliefs of others, marriage, protected characteristics, active listening</p>	<p>Celebrating difference Positive change made by others, how positive behaviour affects feelings of wellbeing, social injustice, inequality, community cohesion and support, multiculturalism, diversity, race and religion, stereotypes, prejudice, LGBT+ bullying, peer on peer abuse hate crime, fear & emotions, stand-up to bullying, the golden rule, organ and blood donation</p>	<p>Dreams and goals Long-term goals, skills, qualifications, careers, money and happiness, ethics and mental wellbeing, budgeting, variation in income, positive and negative impact of money, online safety and legal responsibilities, gambling issues</p>	<p>Healthy me Long-term physical health, responsibility for own health, dental health, stress triggers and help tips, substances and mood, legislation associated with substances, exploitation and substances, county lines, medicine, vaccinations, immunisation</p>	<p>Relationships Positive relationship with self, social media and relationship with self, negative self-talk, managing a range of relationships, child on child abuse, personal space, online etiquette, online privacy, bullying and personal safety, social media issues and the law, coercion, unhealthy balance of power in relationships, sources of support</p>	<p>Changing me Types of close intimate relationships, physical attraction, love, legal status of relationships, behaviours in healthy and unhealthy romantic relationships, pornography, sexuality, alcohol and risky behaviour</p>



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
YEAR 9 Lessons per 2-week timetable cycle:1	Being me Perceptions about intimate relationships, consent, sexual exploitation, peer approval, child on child abuse	Being Me Grooming, radicalisation, county lines, risky experimentation, positive and negative self- identity, groups, influences, social media, abuse and coercion, coercive control	Healthy me Misperceptions about young people’s health choices, physical and psychological effects of drugs and alcohol, alcohol and the law, alcohol and drug poisoning, addiction	Healthy me Smoking, vaping, drug classification, supply and possession, legislation, emergency situations, substances and safety, sources of advice and support	Relationships Healthy relationships, Power and control in intimate relationships, risk in intimate relationships, importance of sexual consent, child on child abuse, assertiveness skills	Relationships Sex and the law, pornography and stereotypes, contraception choices, age of consent, family planning, consequences of unprotected sex, STIs, support and advice services.