

## Scheme of work for PSHE/SRE KS3 Year 7 and 8

	Lessons 1	Lessons 2	Lessons 3	Lessons 4	Lessons 5	Lessons 6
Focus	Friendships	Relationships		Self respect		Physical and emotional changes.
Intro /starter	What is a good friend?	Relationships		What is body image?		What changes happen when? What do we know?
Main body	Appropriate friendships. How to spot and good friend or a bad friend. Bullying - use of social stories.	What is love. What are the different types of love.		How to have positive self attitudes. Realisation of photoshop magazine culture.		Periods. Erections/wet dreams. How they happen and why?
		Family relationships. Are there different types of families? Gay parents, multicultural families? Looking at personal space.		Who is your body for?	'Hands out of my pants' booklet.	Appropriate conversations to have ? Personal hygiene.
Plenary	How to be a good friend. What ingredients make a good friend?	Role models for good relationships. How do we spot a good relationship. What do we want from a good relationship.				Chance to reflect and ask questions.
				'Keeping my hands to myself' 'Touching curiosity' Social stories		