

THE JOURNEY THROUGH KS3 PSHE

THE NEXT STEP...

Y
E
A
R
9

Y
E
A
R
8

Y
E
A
R
7

Relationships



Exploring identities
Gender and sexual identities



Friendship
Good friendships
Changing friendships



Bullying and cyber – bullying
Impact and responses



Pornography & relationships
Myths and unrealistic expectations



STIs
Symptoms and treatment



Government and democracy
How Britain's democratic system works



Managing conflict
Runaways



Gambling
Assessing and managing risk



Substances
Drugs risks



Substances
Risks of alcohol



Influence
Peer pressure, 'groupthink' and addiction



Reframe negative thinking
Resilience



Managing influences
Peer pressure and social media



Gangs
Joint Enterprise and knife crime



Consent and YPSI
Risks and the law



Contraception



Vaping
Influences and impacts



Substances
Use and misuse



Diversity
Challenging disablist words and behaviour



Tolerance
Challenging stereotypes



British Values
Human rights



Body confident
Pressure, Selfies



Healthy coping strategies
Intense emotions
Strategies



Promoting emotional wellbeing
Building resilience



Attitudes to mental health
Define Stigma

Health and Wellbeing



Puberty
Physical and emotional changes



Personal hygiene
Good and bad hygiene habits



Sleep
Importance of sleep and poor sleep habits



Healthy lifestyle
Eatwell and exercise



Substances and your body
Risks – addiction and health



Substances and the law
Alcohol, vaping, smoking



Basic life support
Recovery position and CPR



Dealing with change
Identifying, Managing change



Family life
Family roles, Managing changes



Relationships and consent
Positive relationships
Consent



Relationships and romance
Good friendships
Managing changes



Self-esteem
Media impact
Improving self-esteem



Prejudice
Challenging prejudice
Promoting diversity



Diversity
What makes someone who they are?
Rights and responsibilities