

PSHE KEY STAGE 3 CURRICULUM OVERVIEW

By the end of Key Stage 3, students should:

Know	<i>Students should have an age and development stage-appropriate understanding of key terms, legislation and sources of support regarding mental and physical health and wellbeing, all relationship types and the wider world.</i>
Do	<i>Students should apply the knowledge learnt to make informed and responsible decisions. They should also apply the key skills to real-life situations, including: communicating their feelings, needs, consent and boundaries, managing risk and seeking support, navigating the online world respectfully and safely and challenging harmful behaviours including misinformation, prejudice and unhealthy social pressures.</i>
Appreciate	<i>Students should appreciate their own wellbeing, worth and boundaries. They should appreciate the importance of empathy and respect in all relationships and the wider community. They should appreciate diversity in all forms and inclusion. They should appreciate how, and when, to seek appropriate support for themselves and others.</i>

Curriculum coverage

	Topic	Sub topic	Coverage
Year 7	Transition and Change	Transition and Building Relationships	<ul style="list-style-type: none"> Transition and Values Building Trust Making Friends Dealing with Conflict Respecting Boundaries Bullying and Banter
		Health and Puberty	<ul style="list-style-type: none"> Maintaining Physical Health Personal Responsibility for Health Sleep and Diet Contraception and Parenthood Puberty and Menstruation
		Positive Relationships and Diversity	<ul style="list-style-type: none"> Forced Marriage and FGM LGBTQ+ Stereotypes and Prejudice Racism Homophobia Disabilities and Faith Prejudice
Year 8	Safe and Healthy Choices	Respectful Relationships	<ul style="list-style-type: none"> Values in Relationships Respecting Boundaries in Relationships Managing Romantic Feelings Sending Explicit Images Consent Breakdown of Relationships
		Substance Misuse	<ul style="list-style-type: none"> Drugs Smoking and Vaping Alcohol Gangs and Knife Crime Peer Pressure
		The Digital World	<ul style="list-style-type: none"> Digital Footprint and Online Safety Online Relationships Online Influencers Challenging Extremism
Year 9	Risk and Resilience	Dangerous Relationships	<ul style="list-style-type: none"> Values and Expectations in relationships Grooming Consent Child Sexual Exploitation Harassment and Stalking Sexual Harassment and Abuse
		Challenge and Resilience	<ul style="list-style-type: none"> Resilience Eating Disorders Body Image and the Media Challenging the Stigma around Mental Health Healthy Coping Strategies
		Consent and Sexual Risk	<ul style="list-style-type: none"> Consent and Readiness for Sex STIs, Self-Examination and Unplanned Pregnancy Contraception Pornography