

### Key Stage 3 PSHE Overview

		Year 7	Year 8	Year 9
<b>Term 1</b> <b>Developing Relationships</b>  <b>Bigfoot Theatre – Y9 and Y10 Prevent workshops</b>	1	Types of relationships. Families and friends	Levels of intimacy in relationships	Biological and emotional aspects of sexual relationships
	2	Stereotypes and media representations – what is fact and myth	Romantic partnerships	How to negotiate within all forms of a relationship
	3	Internet safety and social networking Wk 4 (long term) – Internet safety pt2	What is sexual attraction?	<b>School Nurse - Safe sex and condom use</b>
	4	Sex & relationships- reliable information vs misconceptions	Sexual pressures – social media <b>School Nurse - Access to appropriate info (not porn)</b>	<b>School Nurse - Unprotected sex/consequences – facts about abortion</b>
	5	Self-esteem and the positive value of friendship	Contraception <b>School Nurse - Cup of tea consent</b>	<b>School Nurse - STIs. Get connected- how to find help</b>
	6	Review of learning – repeat the memory platform from Wk1	Review of learning – repeat memory platform from Wk1	Review of learning - repeat memory platform from Wk1
<b>Term 2</b> <b>Living in the Wider World</b>	1	Life in modern Britain What are the advantages to living in Britain? (NHS, Police, democracy etc)	What should I know about making money and spending it as I get older?	What does the government do and how does it affect me?
	2	How does migration benefit Britain?	What are consumer rights? How do they affect me?	How does democracy work at school?
	3	What sporting opportunities does Britain offer?	How does the media influence what I buy and want to buy?	How can I help in my community?
	4	Why is British countryside so special?	How do I become an ethical consumer?	What is equality and independence and how do they affect your life?
	5	How has Britain led the way in the arts?	The dark side of consumerism	How do laws protect us in society?
	6	Why is Britain thought of as a world leader in science and engineering?	Illegal vs. risky choices	How do rules and B4L support good learning at NOA?
	7	Evaluate your transition from primary school	Review of learning – repeat the memory platform from Wk1	Review of learning – repeat the memory platform from Wk1
<b>Term 3</b> <b>Healthy Lifestyles</b>  <b>Informed - external provider support with risk management to all students</b>	1	Who am I? Personal identity	Risk and personal safety	Balancing work, leisure & exercise
	2	What does a healthy family look like?	Causes of accidents	Mental health & access to support
	3	Why should I eat healthily?	Road safety – <b>youth workers trained by Oxfordshire Council</b>	Living with illness
	4	Why should I exercise?	First aid skills	Assessing & managing risks

<b>Diversity Week</b>  <b>Pegasus Theatre - Young People &amp; Self-harm Y8-9</b>	5	Smoking – risks and saying no	What to do in emergency situations?	What are my rights and responsibilities as a young person? Pt 2
	6	Alcohol – risks and saying no	Smoking – cannabis risks and saying no	Empathy- what is life like living with HIV?
	7	Review of learning – repeat the memory platform from Wk1	Review of learning – repeat the memory platform from Wk1	Stereotypes- what are the impacts of bullying, prejudice and discrimination?
<b>Term 4 Developing Relationships</b> <b>Back 2 Basics - health advice Y7-10</b>	1	Personal core values/societal values	How far is my identity influenced by my friends?	Stereotypes- gender
	2	Peer influence – the good, the bad and the ugly	Diversity of values – sexual orientation <b>EBL TO SUPPORT</b>	Stereotypes-age
	3	What are my rights and responsibilities as a young person?	Discrimination and prejudice – issues associated with sexual orientation	Stereotypes-ability/disability
	4	What is prejudice?	Racism and religious intolerance	Religious views on contraception
	5	Bullying- different types	Commitment in relationships – why do we need commitment, love and trust in a meaningful relationship?	Review of learning – repeat the memory platform from Wk1
	6	Bullying- what to do and how to be assertive.	Marriage and civil partnerships – what happens when it goes wrong? Divorce	Aspirations. Personal strengths & weaknesses in relation to these.
	7	Review of learning – repeat the memory platform from Wk1	Review of learning – repeat the memory platform from Wk1	Curriculum- how is it related to diff career options?
<b>Term 5 Living in the Wider World</b> <b>CSE - Chelsea's Choice Y9-10</b>  <b>College Elections</b>	1	Goals and aspirations	What is the difference between appropriate and inappropriate emails?	Choices @14+
	2	Why do people work? Motivation	What is a career? Career vs. job	Qualifications and levels
	3	Employment sectors-public	Enterprise skills and employment	Review of learning – repeat the memory platform from Wk1
	4	Employment sectors- private	Different types of businesses. Public vs. private	Why should I eat healthily? Pt 2
	5	Personal finance- spending decisions	How are businesses organised/ financed?	Balanced diet vs. dieting
	6	Budgeting and saving	Review of learning – repeat the memory platform from Wk1	Food choices 1 – slim down
<b>Term 6 Healthy Lifestyles</b>	1	What are the physical changes of puberty?	What are the physical changes of puberty? Pt 2	Food choices 2 – build up
	2	What is personal hygiene?	What are the consequences of risky behaviour?	Disordered eating

<b>I am healthy Changes – Y7 Minds – Y8 Bodies – Y9</b>  <b>2017 ABC Week – Services (Fire, Army, Ambulance, Police)</b>	<b>3</b>	What are the emotional changes of puberty?	What are the emotional changes of puberty? Pt 2	Support and treatment for disordered eating
	<b>4</b>	Health- different health services	Mental health and health services	Get connected – where to get help
	<b>5</b>	Get connected – where to go for help	Get connected- where to go for help	FGM
	<b>6</b>	Review of learning – repeat the memory platform from Wk1	Review of learning – repeat the memory platform from Wk1	Review of learning – repeat the memory platform from Wk1

## Year 10 overview

<b>Term 1</b> <b>Healthy Lifestyles</b> Bigfoot Theatre – Y9 and Y10 Prevent workshops  Kingfisher Team assembly - CSE	1	Healthy bodies- taking responsibility for the future
	2	Stress- causes and triggers
	3	Testicular/breast – how to do a self-examination <b>School Nurse assembly</b>
	4	Accessing medical services- for unplanned sex and pregnancy
	5	How to access information- appropriate support services
	6	Overcoming barriers to healthy lifestyles
	7	Healthy bodies- attitudes and consequences of binge drinking
<b>Term 2</b> <b>Living in the Wider World</b>	1	Life in modern Britain What are the advantages to living in Britain? (NHS, Police, democracy etc)
	2	How does migration benefit Britain?
	3	What sporting opportunities does Britain offer?
	4	Why is British countryside so special?
	5	How has Britain led the way in the arts?
	6	Why is Britain thought of as a world leader in science and engineering?
	7	Reflections and assessment
<b>Term 3</b> <b>Developing Relationships</b> Informed - external provider support with risk management to all students  Diversity Week	1	Communicating assertively – how to resist unhelpful pressure and negotiate to keep safe
	2	Communication – how to manage praise and criticism
	3	Friendship groups – what are the impacts on self-esteem and self-confidence?
	4	How to support friends in accessing the help they might need.
	5	What are the issues of coming out?
	6	Self-image and self-awareness
<b>Term 4</b> <b>Healthy Lifestyles</b> Back 2 Basics - health advice Y7-10	1	<b>Addictions – alcoholism</b>
	2	<b>Drugs – ‘legal’ highs</b>
	3	<b>The health risks of drink, drugs and smoking relating to sexual activity and pregnancy</b>
	4	<b>Emotional and mental wellbeing – strategies to support</b>
	5	Lifestyle choices & emotional/mental wellbeing
	6	Accessing support for mental health problems
<b>Term 5</b> <b>Living in the Wider World</b> CSE - Chelsea's Choice Y9-10 College Elections	1	Rights and responsibilities – human rights
	2	Rights and responsibilities – human rights pt2
	3	Rights and responsibilities – multiculturalism
	4	Rights and responsibilities – consumer and employment
	5	Power, politics and the media
<b>Term 6</b> <b>Developing Relationships</b> I am healthy Relationships – Y10	1	Power, politics and the media pt2
	2	Staying safe on the internet – what are the risks of online relationships - chat roulette, sexting etc?
	3	Relationships breaking down in family situation
	4	Relationship break down – rights and responsibilities in sexual relationships
	5	How to deal with ending relationships positively
	6	Bereavement and support- get connected
	7	Review

## Year 11 Overview

<b>Term 1 Developing Relationships</b>	<b>1</b>	Diversity in sexual attraction. Sexual orientation & esteem
	<b>2</b>	Pressures of sex and relationships – why it's STILL ok to say no
	<b>3</b>	Healthy relationships - equality
	<b>4</b>	Exploitative and unhealthy relationships – domestic and dating violence
	<b>5</b>	Is porn realistic?
	<b>6</b>	Sexual harassment – getting help
	<b>7</b>	Get connected – places to find out more and get help
	<b>8</b>	Memory platform learning review
<b>Term 2 Living in the wider world</b>	<b>1</b>	The EU - what are the costs and benefits?
	<b>2</b>	Being a parent - what are the costs/ benefits? (financial and life experience)
	<b>3</b>	How do I work? Increasing pay and knowing about deductions.
	<b>4</b>	How can I manage my money? Pt1 - Budgeting
	<b>5</b>	How can I manage my money? Pt2 - Debt
	<b>6</b>	How can I manage my money? Pt3 - Banking
	<b>7</b>	Memory platform review
<b>Term 3 Healthy Lifestyles</b>  <b>Informed - external provider support with risk management to all students</b>  <b>NCS Assembly</b>	<b>1</b>	Body image – I'm feeling confident!
	<b>2</b>	Self-image & self esteem
	<b>3</b>	Stress – revisited. Where to access help
	<b>4</b>	Mental health- what is mental illness?
	<b>5</b>	Sexual consent – the impacts of having a family
	<b>6</b>	Sexual health and STI - screening, information and advice
<b>Revision</b>	<b>1</b>	
	<b>2</b>	
	<b>3</b>	
	<b>4</b>	
	<b>5</b>	
	<b>6</b>	
<b>Exams</b>	<b>1</b>	
	<b>2</b>	
	<b>3</b>	
	<b>4</b>	
	<b>5</b>	