

Key Stage 3 PSHE

Delivered in weekly, timetabled lessons and supported by assemblies & tutor time

YEAR 7

- Exploring family, friendships and healthy relationships of all types
- Wellbeing and staying physically & mentally healthy
- Puberty and growing up
- Staying safe online and in the community
- Media Literacy
- Political Structure and law in the UK
- How charity works in the UK
- Introduction to Personal Finance
- Basic First Aid

YEAR 8

- The role of the UN Human Rights, Rights of the Child, channels of power & responsibility
- Identity & Inclusivity, protected characteristics, race, gender, LGBTQ+ identities and disabilities
- Positive and healthy relationships, including consent, romance & commitments
- Avoiding harmful online content and relationships (including grooming)
- Mental Health, the risks of self-diagnosis, body image and suicide prevention
- Harms and laws of smoking, vaping, cannabis and alcohol
- Genital health including FGM

YEAR 9

- Decision making, risk taking and Peer pressure
- Risks associated with Gambling
- Misuse of Medication and Prescription Drugs
- Illegal drug laws and harms
- Relationships and Sex Education including:
- Positive and healthy relationships
- Medical terminology relating to sex
- Sexual and reproductive health and wellbeing
- Sexual consent and the law
- Online safety and sex, including AI risks
- Coercion, harassment and abuse
- Contraceptive choices and pregnancy