

PSHCE Programme of Study KS3 2016/17

	Year 7	Year 8	Year 9
Health and Wellbeing	Transition	Personal strengths	Accept helpful feedback / Reject unhelpful criticism
	Confidence/Self Esteem/Independence	Mental and emotional health	Managing stress/anxiety/worries
	Friendship	Human reproduction / pregnancy	Contraception - choices and risks
	Puberty / personal hygiene	Body image and media	Body image, media and managing feelings
	Healthy Eating	Introducing smoking - health risks	Drugs - risks and consequences
	Physical Activity	Introducing alcohol - health risks	Negative effects of drugs and alcohol
	Immunisation and Vaccination	Importance of sleep	Maintaining a healthy weight, obesity and risks
	First Aid	Balance of school, leisure and exercise	
	Risky behaviour - personal safety		
Relationships	Challenge personal values and choices	Communication Skills - listening, feedback, reflection	Different levels of intimacy, consequences, delaying sexual activity
	Types of relationships & positive qualities	Team work - negotiation, setbacks, compromise, planning	Challenging sexist, homophobic, transphobic and disablist language/behaviour
	Diversity - relationships and society	Expectations of a girl/boyfriend	Abuse in relationships -grooming & CSE
	E-safety	Sex, gender identity and sexual orientation -correct terminology	Peer approval - sex, drugs, alcohol, tobacco
	Peer pressure and strategies	Sex and the media - sexting	Sexual bullying
	Bullying		What makes a healthy relationship (Domestic Abuse)
Living in the Wider World	Setting realistic and challenging targets	Importance of organisation and personal presentation	Research and presentation skills
	Your learning style	Benefits of being ambitious - including aspirations	Discrimination - how to respond
	Your strengths, skills and qualities	Social and moral dilemmas	Career pathways and voluntary work - the benefits
	Understanding the difference between Need and Want	Money matters	Law and by-laws - young persons employment