

PSHCE Key Stage 3 delivery schedule

	Year 7
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Health and Wellbeing	Transition
	Confidence/Self Esteem/Independence
	Friendship
	Puberty / personal hygiene
	Healthy Eating
	Physical Activity - the importance of it
	First Aid
	Immunisation and Vaccination
Relationships	Peer pressure and strategies
	Challenge personal values and choices
	Types of relationships & positive qualities
	E-safety
	Diversity - relationships and society
	Bullying
Living In The Wider World	Your learning style
	Your strengths, skills and qualities
	Setting realistic and challenging targets
	Understanding the difference between Need and Want
	Risky behaviour - Personal Safety

Year 8

Personal Strengths
Importance of sleep
Introducing Smoking - health risks
Introducing Alcohol - health risks
Body Image and Media
Human reproduction / pregnancy
Balance of school, leisure and exercise
Mental and Emotional Health
Sex, gender identity and sexual orientation -correct terminology
Sex and the media - sexting
Communication Skills - Listening, feedback, reflection
Team work - negotiation, setbacks, compromise, planning
Expectations of a girl/boyfriend
Money matters
Importance of organisation and personal presentation
Benefits of being ambitious - including aspirations
Social and moral dilemmas

Year 9

Managing Stress/Anxiety/Worries
Accept Helpful Feedback / Reject unhelpful Criticism
Negative effects of drugs and alcohol
Maintaining a healthy weight, obesity and risks
Body Image, Media and managing feelings
Drugs - risks and consequences 'experimental and occasional' substance use
Contraception - choices and risks
Different levels of intimacy, consequences, delaying sexual activity
What makes a healthy relationship (Domestic abuse)
Peer approval - sex, drugs, alcohol, tobacco
Abuse in relationships - grooming & CSE
Sexual bullying
Challenging sexist, homophobic, transphobic and disablist language and behaviour
Research and presentation skills
Career pathways and voluntary work - the benefits
Law and by-laws young persons employment
Discrimination - how to respond