

PSHCE Key Stage 3 delivery schedule

Year 7

Year 8

Year 9

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

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

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