

Craig Ormerod Associates Ltd.

Subject Overview: PSHE (KS3)

PSHE is taught through the three strands recommended by the PSHE Association:

- *Health and Wellbeing (HW)*
- *Living in the Wider World (LWW)*
- *Relationships and Sex Education (RSE) **

* RSE topics that form part of September 2020's statutory guidelines, such as the **Transitional Lesson** for pupils moving into Year 7, are shown in **red**.

YEAR 7

The Year 7 curriculum begins with the delivery of introductory lessons under the RSE strand. We then encourage pupils to look at basic finance via the LWW strand, which helps them consider their fundamental wants and needs. HW lessons in the final term build on knowledge gained through the service's Food Technology units of work.

Topics include:

- **Transitional RSE lesson**
- **Friendships**
- Mental health: An Introduction
- **Bullying vs banter**
- **Family**
- **Relationships: An Introduction**
- Finance 1: Saving and budgeting
- Healthy living
- Energy drinks
- **Cyberbullying**
- **Falling in love**
- Ethical living
- Self-esteem
- Puberty
- Anger management

YEAR 8

Year 8 pupils continue with the HW themes started the previous year; we begin by addressing factors affecting our health. LWW lessons incorporate an introduction to Careers education. RSE topics progress to consider themes more commensurate to pupils' age and experiences.

Topics include:

- Smoking and vaping
- Mindfulness
- Drugs: Classification
- Teen parenting
- Finance 2: Income and expenditure
- **LGBTIQA+: An Introduction**
- Careers: Communication skills
- Careers: Taxes
- **Safe sex and contraception**
- **Consent**
- **Sexting**
- **Pornography**
- **Domestic conflict**
- **British values: Tolerance and respect**

YEAR 9

In Year 9, pupils move on to examine drug and mental health awareness in greater detail as part of their HW studies. RSE work encourages pupils to deepen their knowledge and understanding of the most critical issues and decisions facing them as young people. Finally, pupils will continue to develop and self-evaluate their growing skillset within the LWW strand.

Topics include:

- Drugs: The Law
- Mental Health: Anxiety
- Social media addiction
- Self-harming
- School-related stress
- **Domestic violence and abusive relationships**
- **Body image and the media**
- **Child sexual exploitation**
- **Peer pressure**
- Knife crime
- Youth offending
- Careers: Employability skills
- Consumer rights
- Human rights