

# KS3 Personal, Social and Health Education including Relationship and Sex Education

**Personal Social and Health Education (PSHE)** is delivered to all students weekly with one session each week. The curriculum covers a wider variety of topics under three themes of Health and Wellbeing, Relationships and Living in the Wider World. These are developed through KS3 (outlined below) and KS4, allowing for development and age appropriate content as well as spacing and interleaving to allow students to learn most efficiently and effectively.

	<b>Term 1</b> <b>Core Theme 1:</b> <b>Health and Wellbeing</b>	<b>Term 2</b> <b>Core Theme 2:</b> <b>Relationships</b>	<b>Term 3</b> <b>Core Theme 3:</b> <b>Living in the wider world</b>	<b>Term 4</b> <b>Core Theme 1:</b> <b>Health and Wellbeing</b>	<b>Term 5</b> <b>Core Theme 2:</b> <b>Relationships</b>	<b>Term 6</b> <b>Core Theme 3:</b> <b>Living in the wider world</b>
1 <sup>st</sup> Half Term	Self concept Mental health and emotional wellbeing  Healthy lifestyles  Self-examination <b>Vaccinations</b>  Role of consent	Self care Wellbeing Team work and social skills <b>Signs of grooming</b>	Learning skills and revision skills  Media literacy and digital resilience  Financial choices  Basic first aid	Drugs, alcohol and tobacco/ vaping <b>Risk to Personal safety</b> <b>Impact of gambling</b> Managing risks and personal safety <b>Illegal behaviours online</b>	Positive relationships  Relationship values Forming and maintaining respectful relationships Consent Contraception and parenthood Bullying, abuse and discrimination Social influences	Learning skills and revision skills  Choices and pathways  Work and careers Employment rights and responsibilities
2 <sup>nd</sup> Half Term	<b>Caring friendships</b>  How friendships are made Characteristics of friendships ( <b>kindness</b> ) Healthy friendships <b>Social Media and escalating conflicts</b> Turbulence of friendship and ending relationships	<b>Families and people who care for me</b> Golden rules Importance of families and growing up Healthy family life Families: love and care Stable and caring relationships <b>including early years brain development</b> <b>Marriage/ Civil partnership</b> Family relationships <b>Common Law Marriage and Forces Marriage</b>	<b>Online relationships</b> Critical thinking need for online behaviour Online relationship principles including the sharing of images Rules for keeping safe online Considering online friendships Data and sharing information <b>The Law on pornography</b> <b>Harmful Sexual Behaviour</b> <b>Risk associated with AI</b>	<b>Healthy bodies including Puberty</b>  Relationships and health Puberty External body parts <b>Female Genital Mutilation</b> How humans grow <b>Reproduction Health screening</b>	<b>Respectful relationships</b> Respecting others Respectful relationships  <b>Communication:</b> Courtesy and manners  Self-respect  Respect from other Bullying Stereotypes Permission seeking	<b>Being safe</b>  Boundaries Privacy Appropriate and inappropriate contact Responding safely Feelings Asking for advice and help How to report concerns Where to seek advice